Overweight and Obesity

Arizona
State Nutrition, Physical Activity, and Obesity Profile

Obesity has important consequences on our nation’s health and economy. It is linked to a number of chronic diseases, including coronary heart disease, stroke, diabetes, and some cancers (NIH Clinical Guidelines, 1998). Among adults, the medical costs associated with obesity are estimated at 147 billion dollars (Finkelstein, 2009). Many American communities are characterized by unhealthy options when it comes to diet and physical activity. We need public health approaches that make healthy options available, accessible, and affordable for all Americans.
CDC’s Division of Nutrition and Physical, and Obesity (DNPAO) supports the nation’s capacity to address public health in all policies and establish successful and sustainable interventions to support healthy eating and active living. The Division provides support (i.e., implementation and evaluation guidance, technical assistance, training, surveillance and applied research, translation and dissemination, and partnership development) to states, communities and national partners to implement policy, system, and environmental strategies. The goal is to improve dietary quality, increase physical activity and reduce obesity across multiple settings—such as child care facilities, workplaces, hospitals and medical care facilities, schools, and communities.

State Population of Arizona

| Estimated Total Population 2010 | 6,392,017 |
| Adults age 18 and over | 74.5% of the total population in 2010 |
| Youth under 18 years of age | 25.5% of the total population in 2010 |

| Source of Adult Obesity Data: |

| Source of Adult Fruit and Vegetable Data: |

| Source of Adult Physical Activity Data: |

Adult Overweight and Obesity

**Overweight and Obesity**

- 64.8% were overweight, with a Body Mass Index of 25 or greater.
- 24.3% were obese, with a Body Mass Index of 30 or greater.

**Dietary Behaviors**

- 33.7% of adults reported having consumed fruits at the recommended level of 2 or more times per day.
- 24.4% of adults reported having consumed vegetables at the recommended level of 3 or more times per day.

**Physical Activity**

- 46.4% of adults achieved at least 300 minutes a week of moderate-intensity aerobic physical activity or 150 minutes a week of vigorous-intensity aerobic activity (or an equivalent combination).
- 19.0% of Arizona’s adults reported that during the past month, they had not participated in any physical activity.

**Overweight and Obesity**

- 14.6% were overweight (≥ 85th and < 95th percentiles for BMI by age and sex, based on reference data).
- 13.1% were obese (≥95th percentile BMI by age and sex, based on reference data).

**Unhealthy Dietary Behaviors**

- **Fruit consumption**: Data Not Available
- **Vegetable consumption**: Data Not Available
- **Sugar-sweetened beverage consumption**: 28.1% drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the 7 days before the survey. (continued on next page)
**Physical Activity**<sup>(6)</sup>

- **Achieved recommended level of activity:**
  Only 25.7% were physically active* for a total of at least 60 minutes per day on each of the 7 days prior to the survey.

- **Participated in daily physical education:**
  32.6% of adolescents attended daily physical education classes in an average week (when they were in school).

**Physical Inactivity**<sup>(6)</sup>

- **No activity:** 15.6% did not participate in at least 60 minutes of physical activity on any day during the 7 days prior to the survey.

- **Television viewing time:** 33.3% watched television 3 or more hours per day on an average school day.

**The 2010 Arizona School Health Profiles assessed the school environment, indicating that among high schools**<sup>(7)</sup>

- 56.2% did not sell less nutritious foods and beverages anywhere outside the school food service program.

- 10.1% always offered fruits or non-fried vegetables in vending machines and school stores, canteens, or snack bars, and during celebrations whenever foods and beverages were offered.

- 63.0% prohibited all forms of advertising and promotion of candy, fast food restaurants, or soft drinks in all locations. All school-related locations were defined as in school buildings; on school grounds, including on the outside of the school building, on playing fields, or other areas of the campus; on school buses or other vehicles used to transport students; and in school publications.

**Child Overweight and Obesity**

**Breastfeeding**<sup>(8)</sup>

Increasing breastfeeding initiation, duration, and exclusivity is a priority strategy in CDC’s efforts to decrease the rate of childhood obesity throughout the United States.

- 78.4% of infants were Ever Breastfed.

- 52.0% of infants were Breastfed for at least 6 months.

**Body Mass Index**<sup>(9)*</sup>

Among Arizona’s children aged 2 years to less than 5 years*

- 15.7% were overweight (85th to < 95th percentile BMI-for-Age).

- 14.2% were obese (≥ 95th percentile BMI-for-Age).

**Sources of Breastfeeding Data:**


**Sources of Child Obesity Data:**

<sup>(9)</sup>CDC. Division of Nutrition, Physical Activity, and Obesity, 2010 Pediatric Nutrition Surveillance System, Table 6 (PedNSS). http://www.cdc.gov/pednss/pednss_tables/tables_health_indicators.htm

* BMI data only includes low-income children from the PedNSS sample and do not represent all children.

* BMI data is based on 2000 CDC growth chart percentiles for BMI-for-age for children 2 years of age and older.
Arizona’s Response to Obesity

 למעלה שחקנים למען שינוי – מדיניות בריאות בית ספר

Arizona provided 48 schools with targeted technical assistance and training on implementing evidence-based nutrition and physical policies in their schools using School Health Index Action Plans. Arizona is encouraging up to 200 schools to form a School Health Advisory Council that will drive school policies for nutrition and physical activity. (continued on next page)

 이상한 다섯 단계로 유방육아 성공

Arizona is working to increase the number of hospitals with Breastfeeding Friendly Initiatives. The Arizona Department of Health Services (ADHS) assisted hospitals in implementing changes by providing breastfeeding training to hospital staff. Sample policies and technical assistance were provided to Hospital Administrators. Marketing materials were made available to hospitals in order to advertise their commitment to breastfeeding to potential clients. Patient education materials and a 24-hour Breastfeeding hotline are now available to mothers after discharge to provide continuation of services. The program has also developed a video in collaboration with one of the physicians to be used in hospitals and doctor’s waiting rooms and patient rooms to support breastfeeding. See enclosed link:

• English video: http://www.youtube.com/watch?v=NayDGN6FrL0
• Spanish video: http://www.youtube.com/watch?v=PGj-_h8V7iA

Contact Information
Cynthia Melde, MS
Nutrition and Physical Activity Manager
Arizona Department of Health Services
150 N 18th Ave, Suite 310
Phoenix, AZ 85007
(602) 364-1492
Cynthia.melde@azdhs.gov

References