



Senate Committee on Health and Human Services

September 8, 2010

Interim Charge #7: Obesity Initiatives

David Lakey, M.D.
Commissioner



Overview

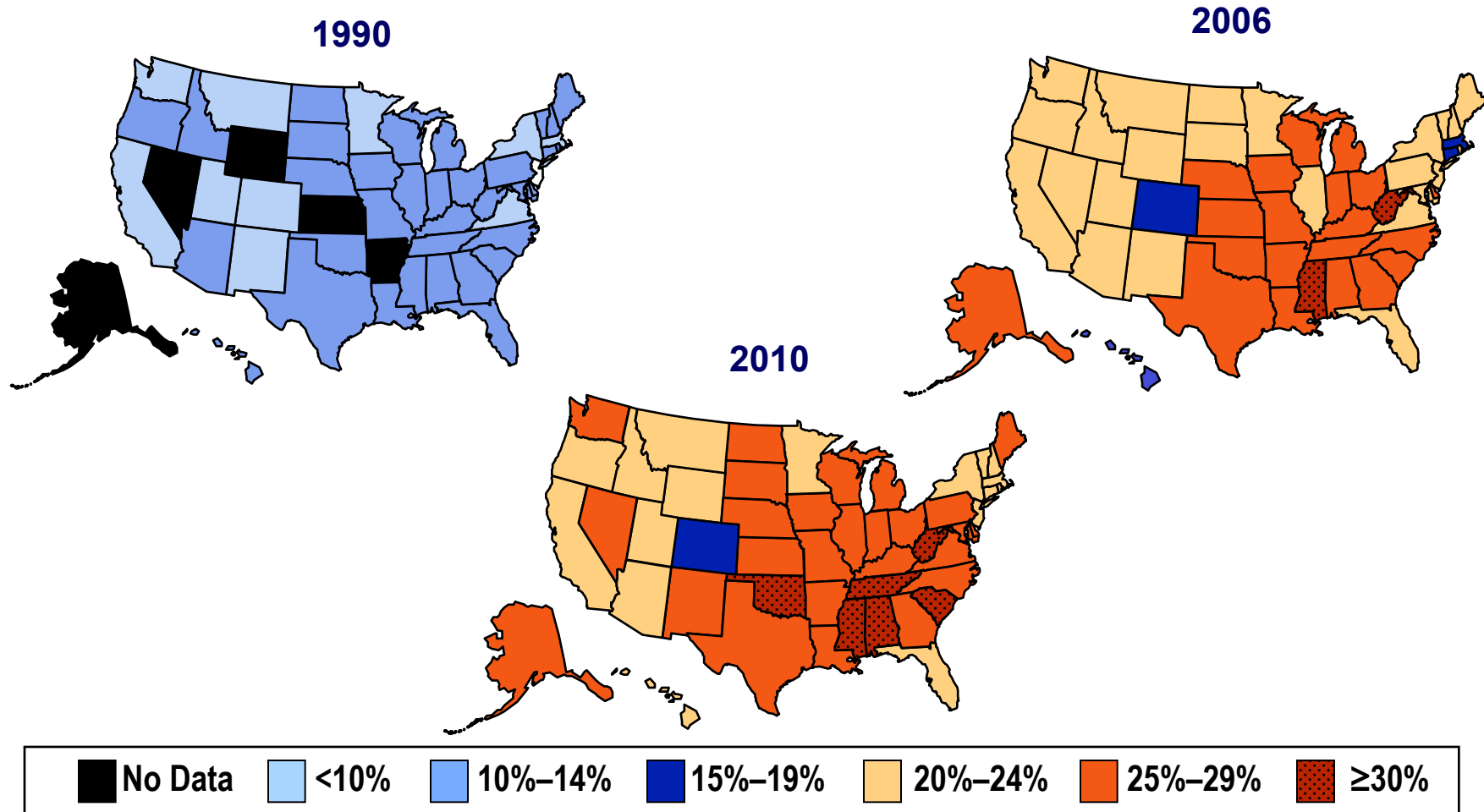
- **Obesity Trends**
- **Strategic Goals**
- **DSHS Activities**
- **Future Opportunities**

Obesity in Texas

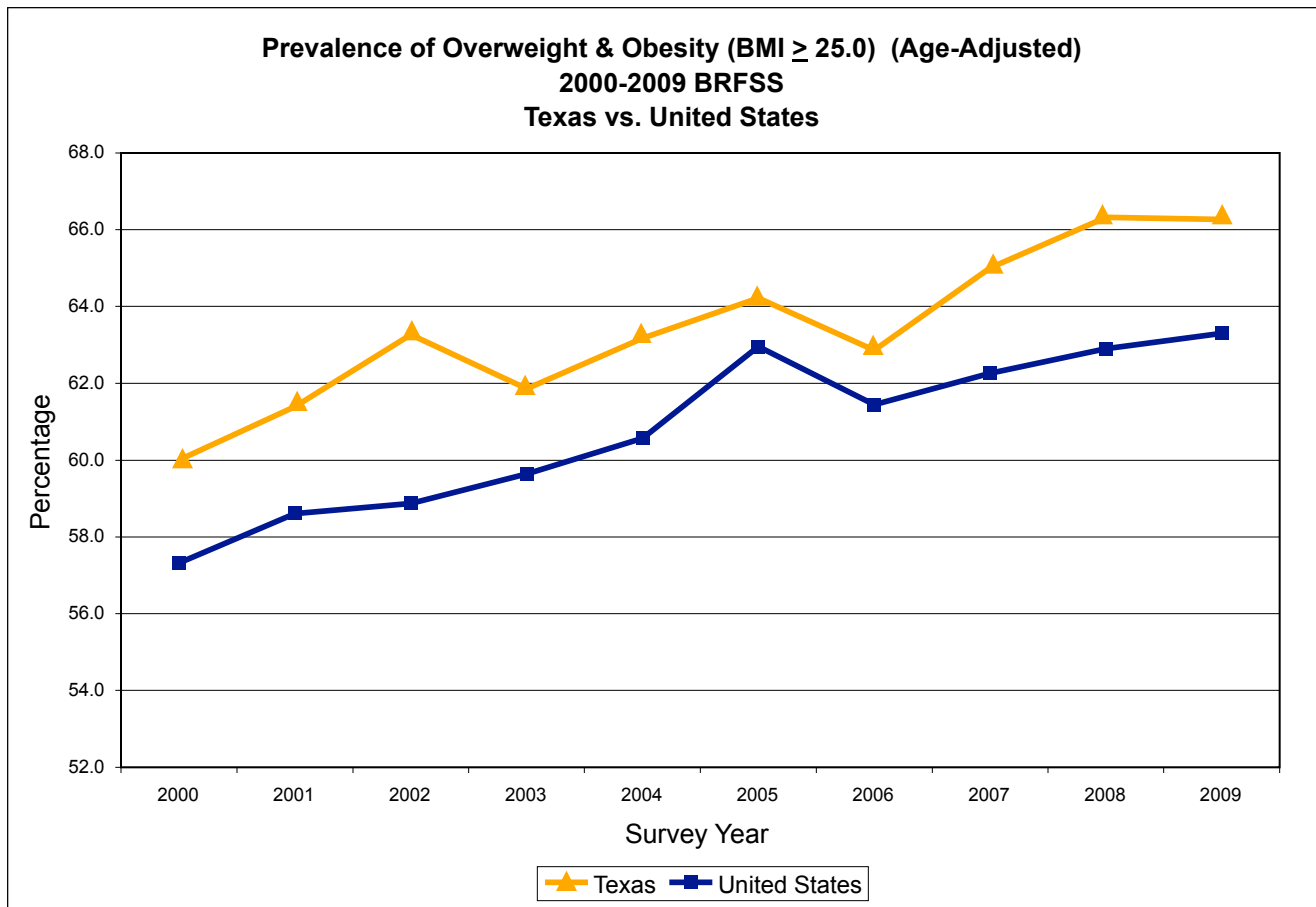
- **Adult obesity rates have been increasing at an alarming rate in Texas.**
 - **The adult obesity rate in Texas increased from 23% in 2000 to 29% in 2007.**
 - **The rate increased by more than a quarter (26%).**
- **Increased obesity rates as a result of:**
 - **Demographic changes**
 - **Weight change in the aging process**
 - **Increased obesity among younger adults**
- **The consequences of increasing obesity include cardiovascular diseases, diabetes and other chronic diseases.**
- **Obesity rates are highest in the border and rural counties**

Obesity Trends* Among U.S. Adults

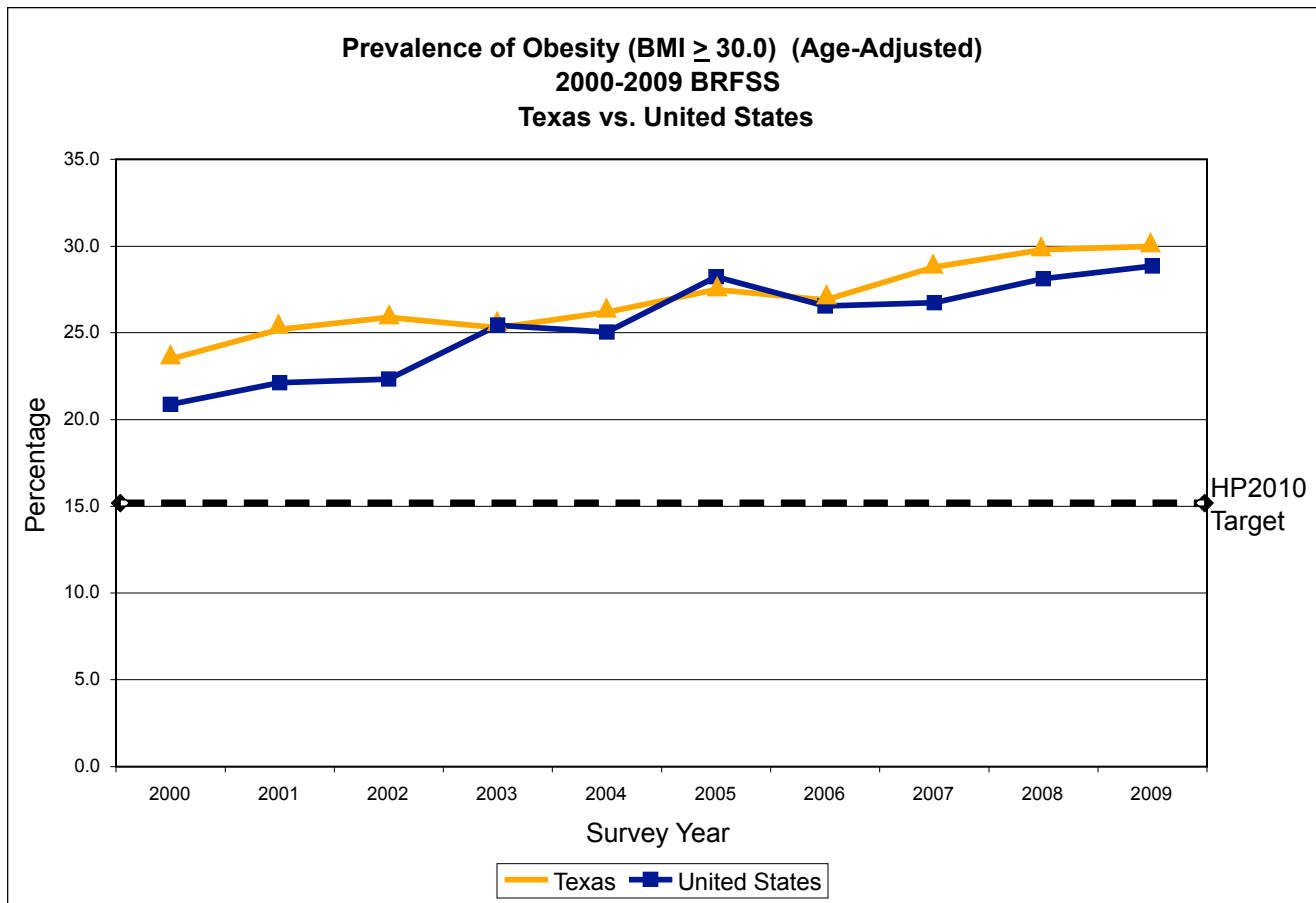
(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



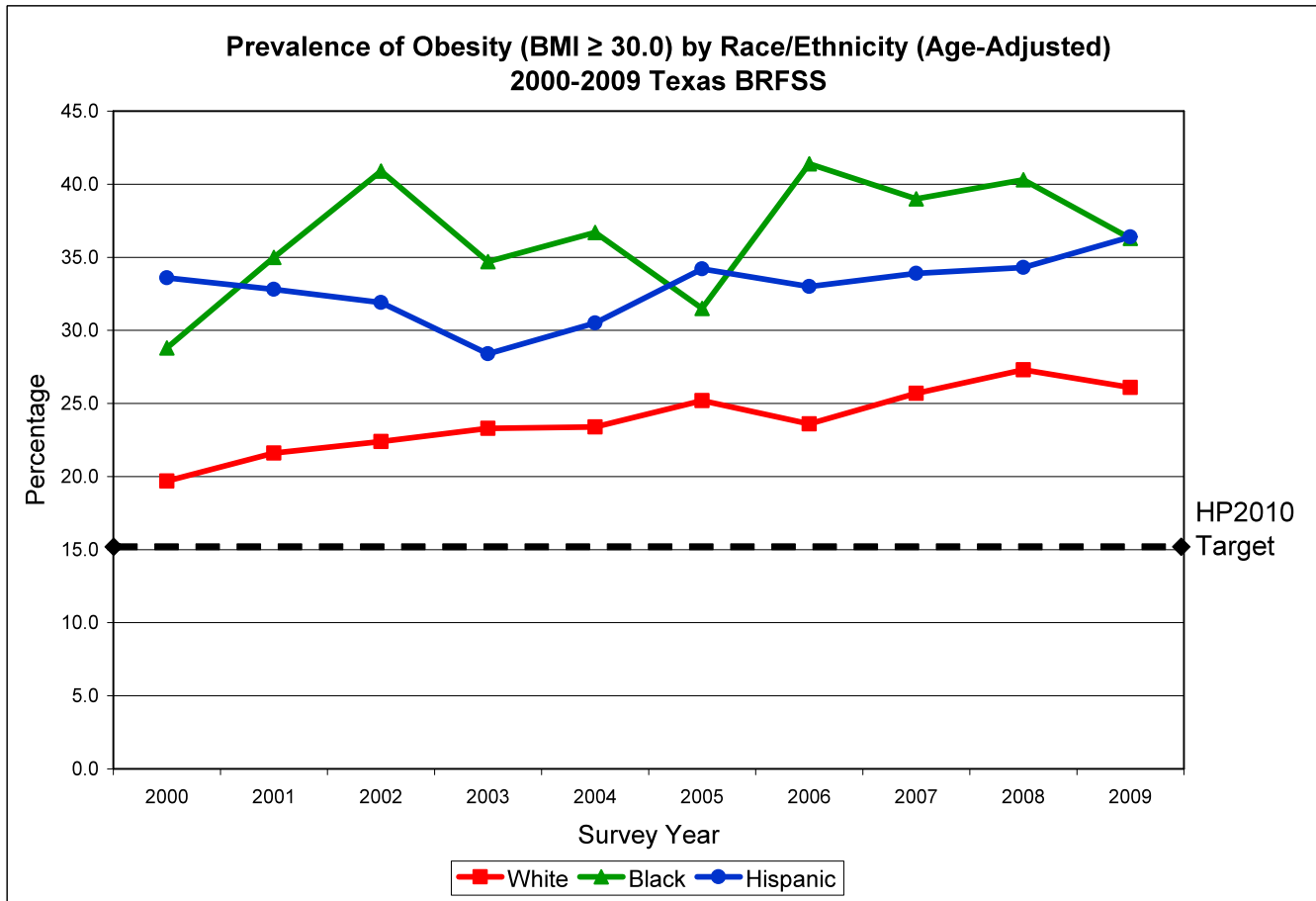
Obesity: Texas and the United States (BMI \geq 25)



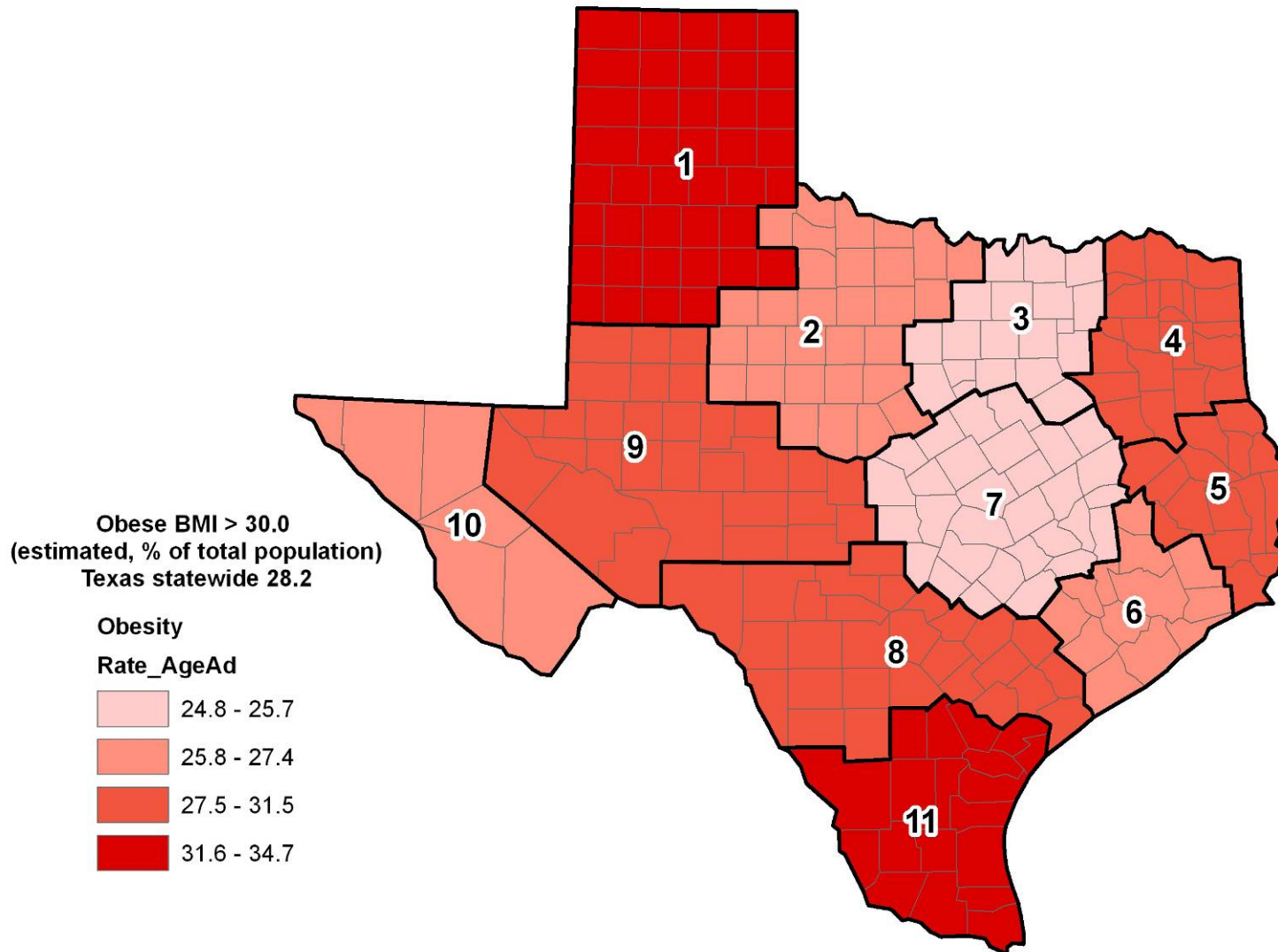
Obesity: Texas and the United States (BMI \geq 30)



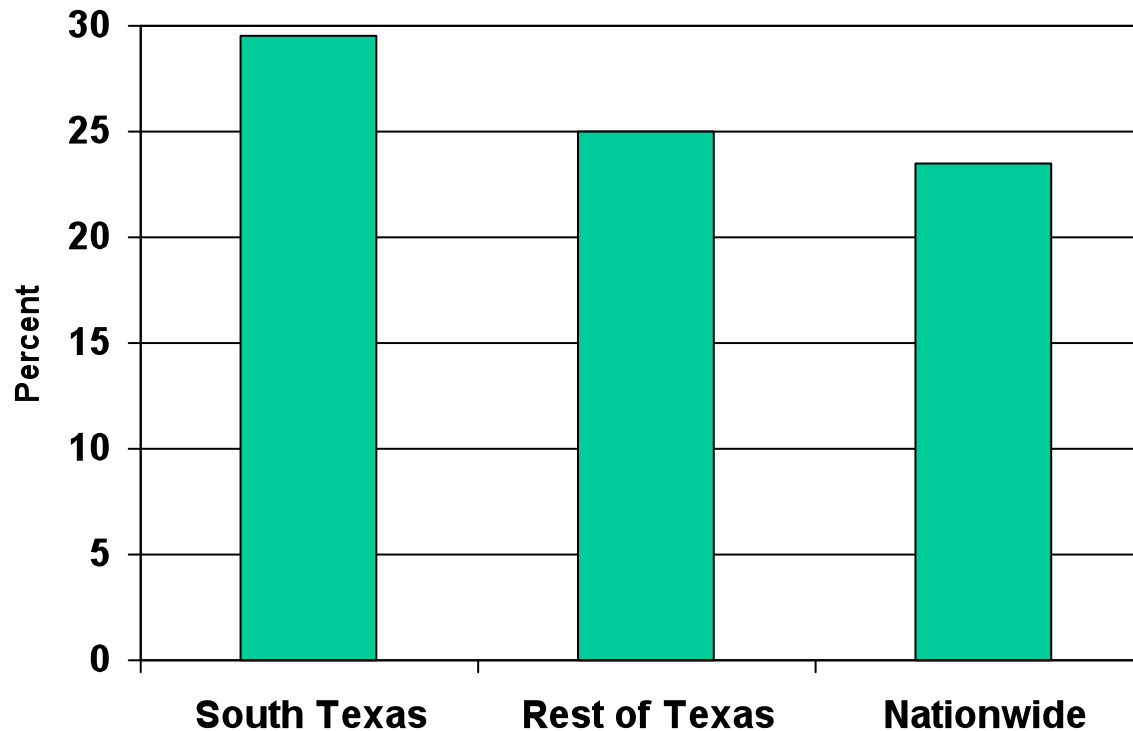
Obesity in Texas by Race and Ethnicity



Obesity in Texas by Public Health Region

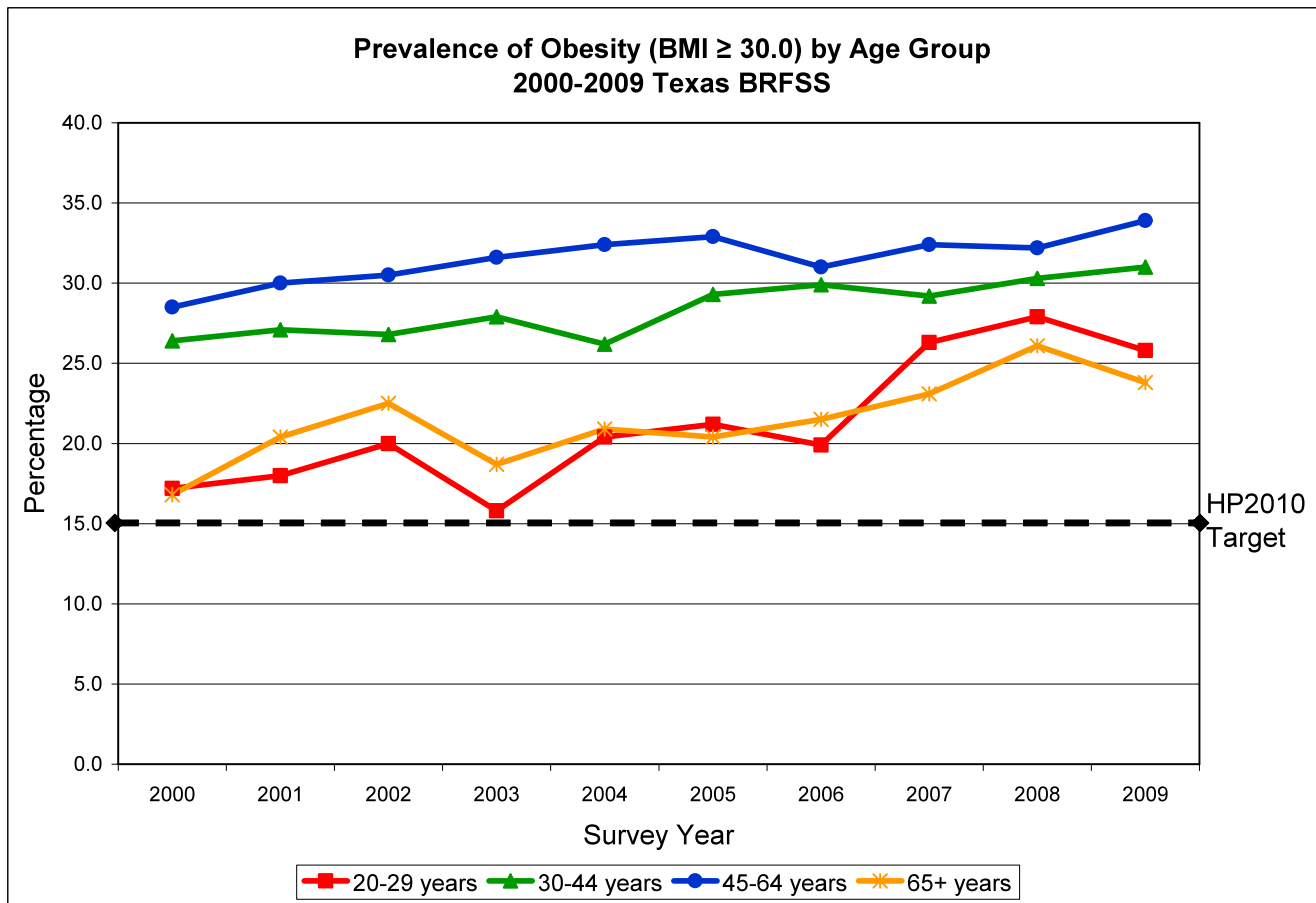


Obesity in Texas Border Area

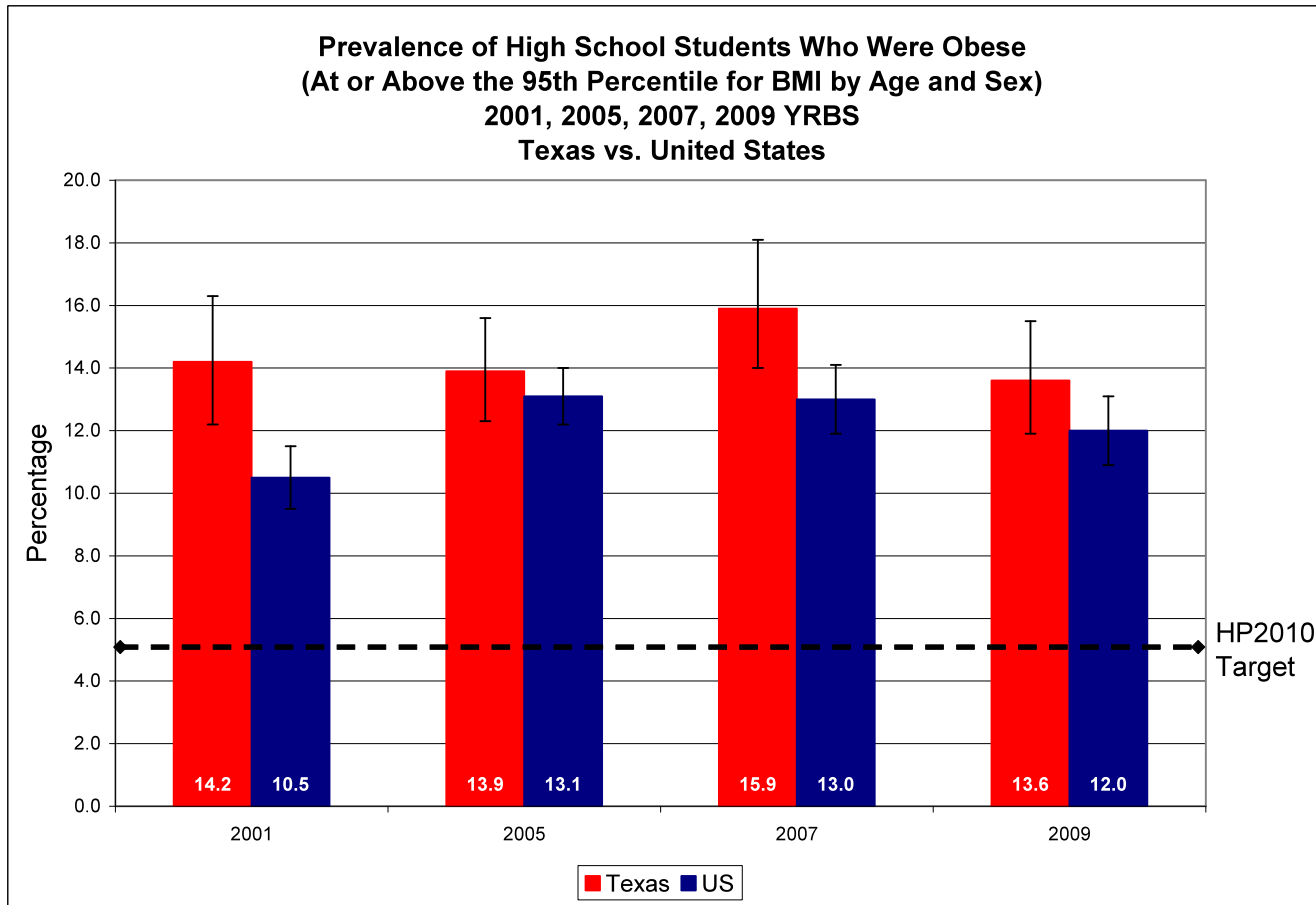


In 2002-2005, almost 30 percent of adults who lived in South Texas were obese. The prevalence of obesity in South Texas was higher than the prevalence in the rest of Texas or nationwide.

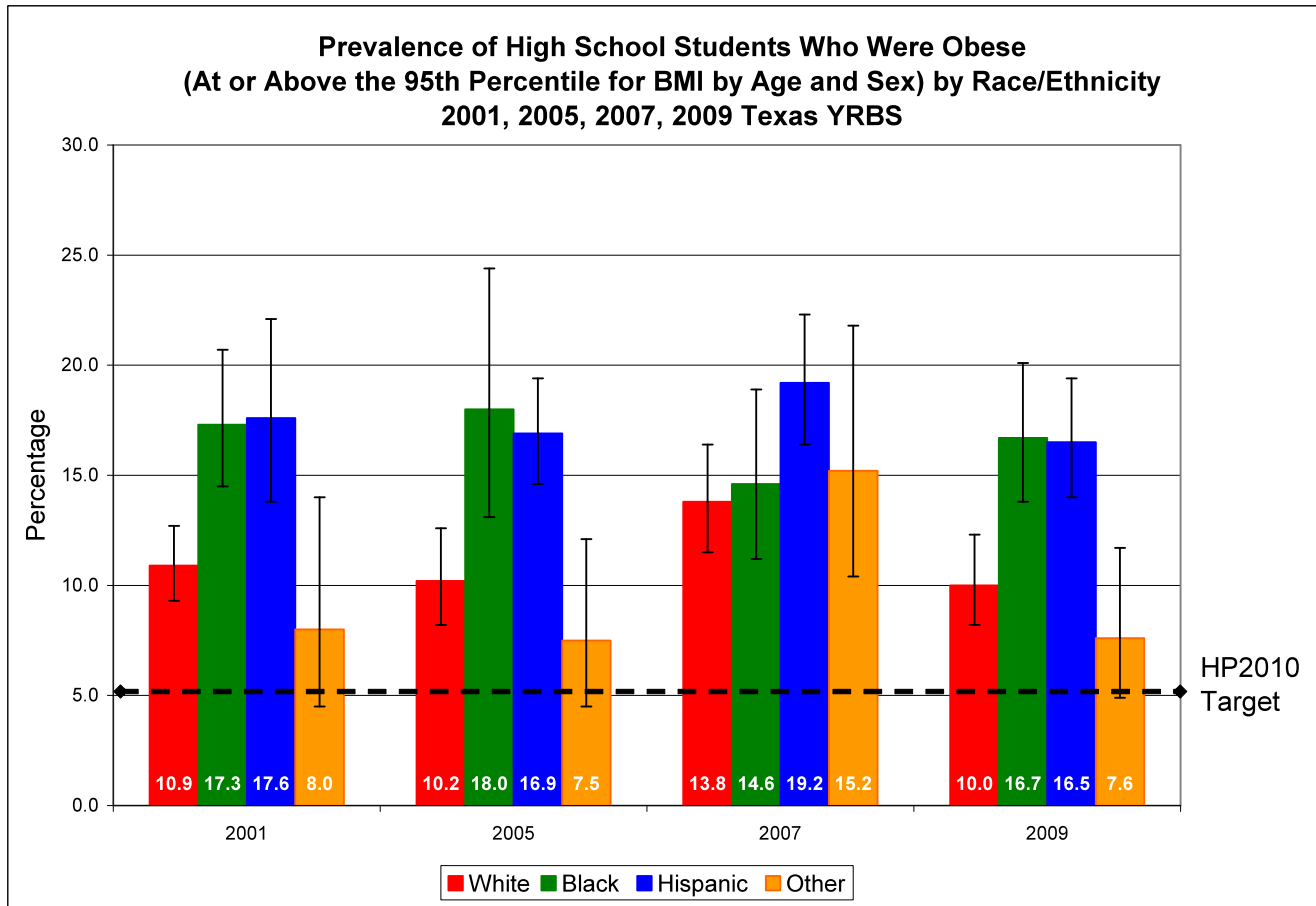
Obesity in Texas by Age Group



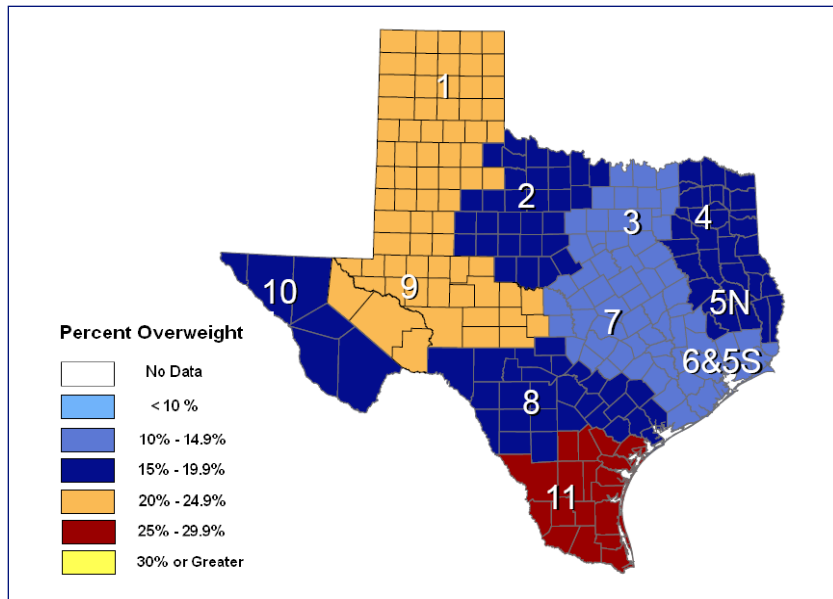
Obesity In High School: Texas and the U.S.



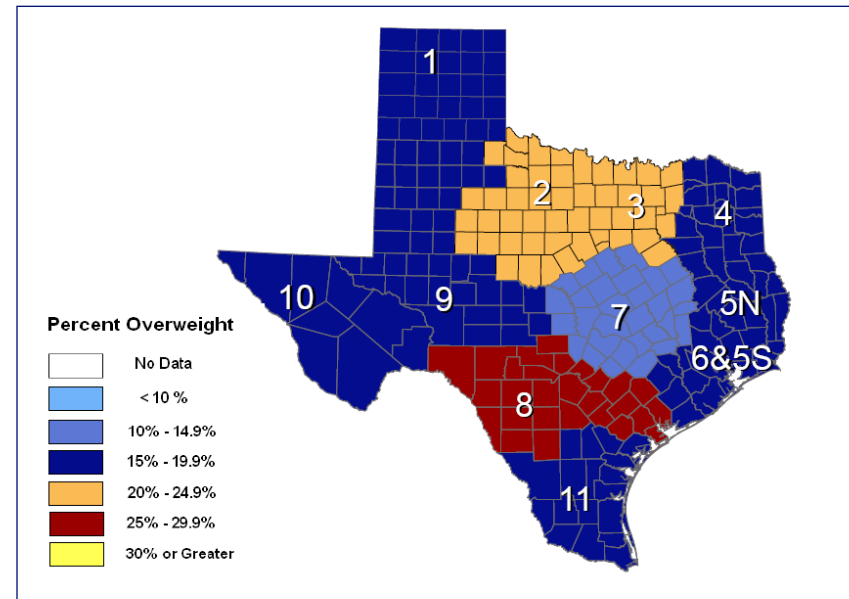
Obesity in High School: By Race and Ethnicity



11th Grade Prevalence of Overweight* by Health Service Region in Texas, SPAN, 2000-2002 to 2004-2005



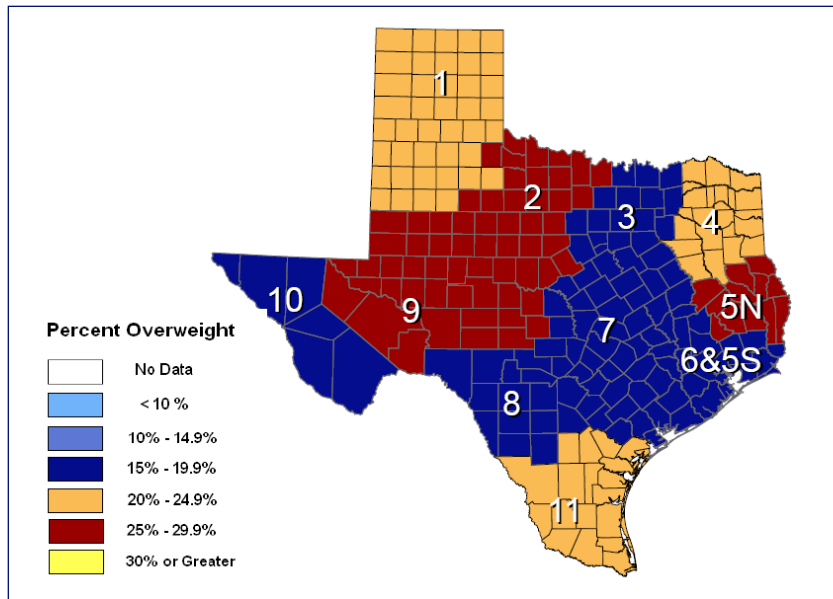
2000-2002



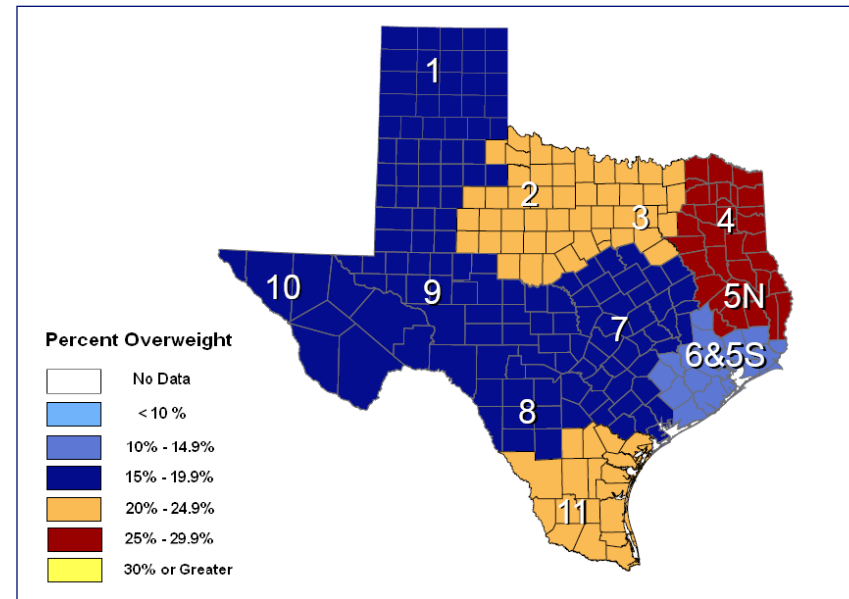
2004-2005

*Overweight is \geq 95th Percentile for BMI by Age/Sex

8th Grade Prevalence of Overweight* by Health Service Region in Texas, SPAN, 2000-2002 to 2004-2005



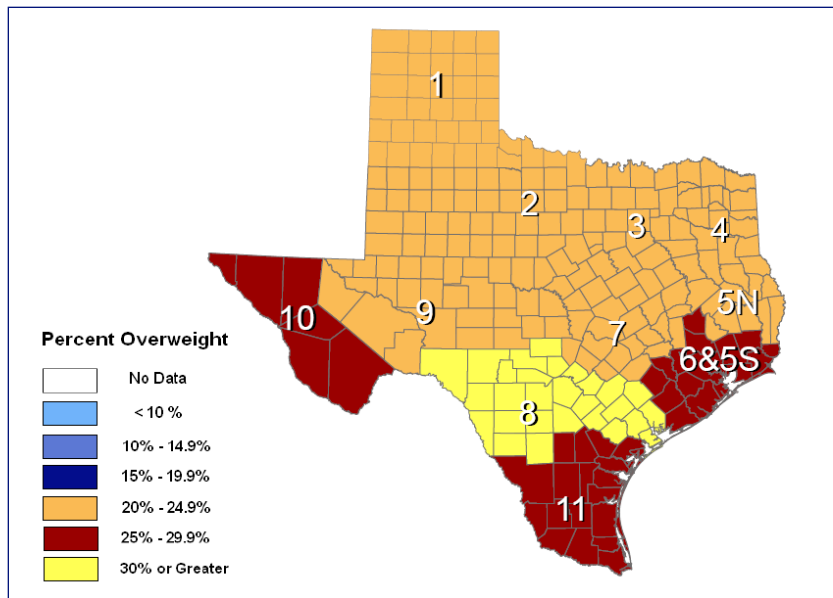
2000-2002



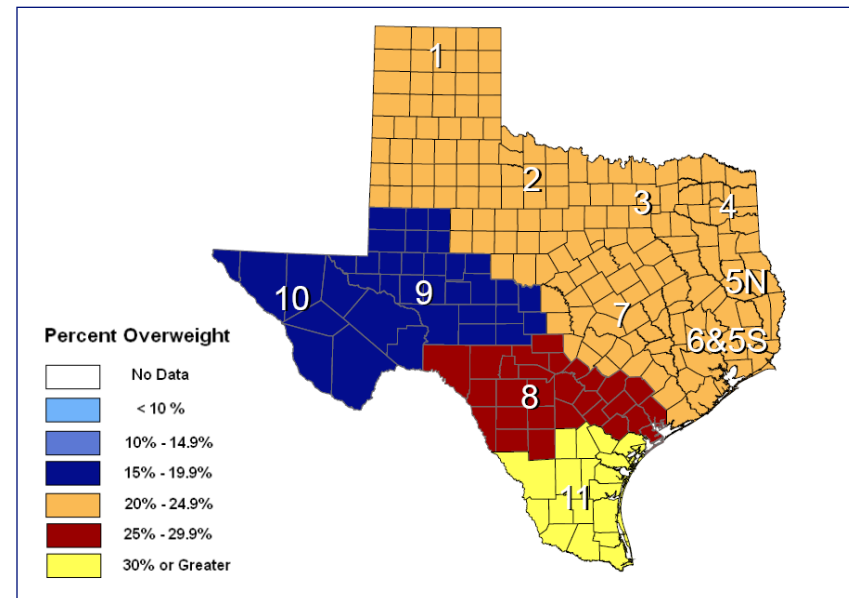
2004-2005

*Overweight is \geq 95th Percentile for BMI by Age/Sex

4th Grade Prevalence of Overweight* by Health Service Region in Texas, SPAN, 2000-2002 to 2004-2005



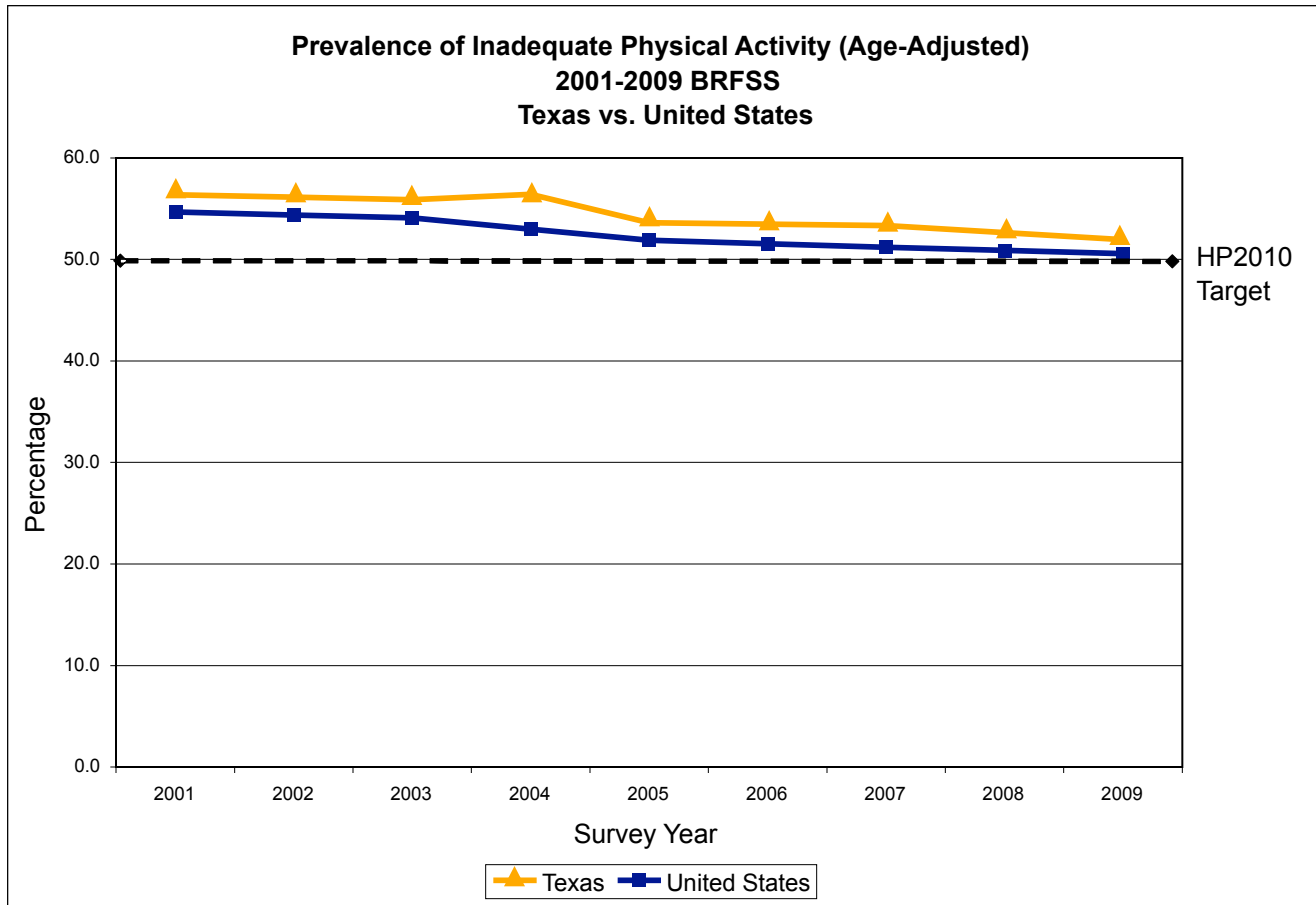
2000-2002



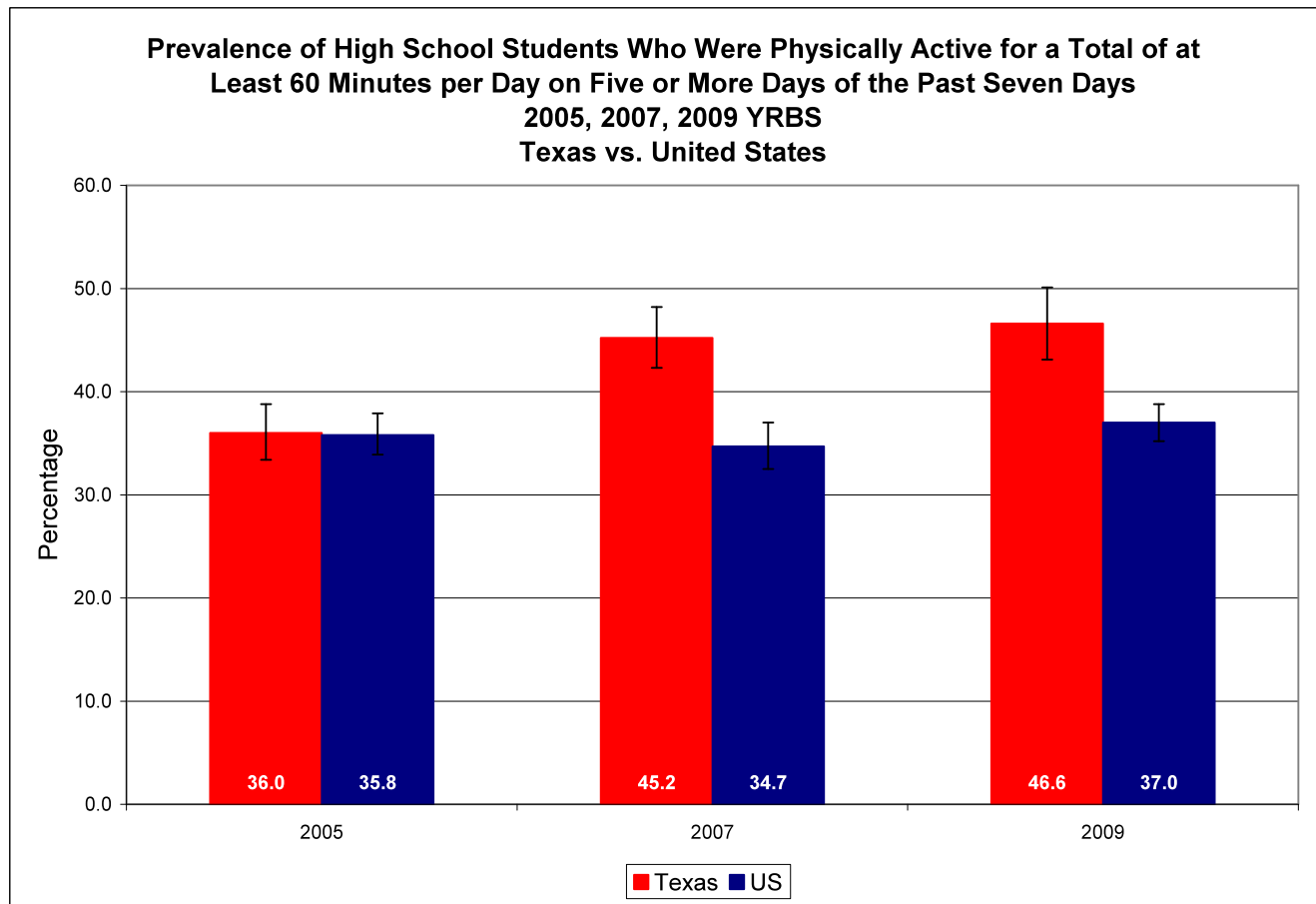
2004-2005

*Overweight is \geq 95th Percentile for BMI by Age/Sex

Lack of Physical Activity: Texas and the U.S.



Lack of Physical Activity in High School: Texas and U.S.



Projected Obesity Rates

Summary Tables and Figures

Table 1. Projected Increases in Obesity in Texas: Demographic Changes only, and with continuation of current life course patterns, trends

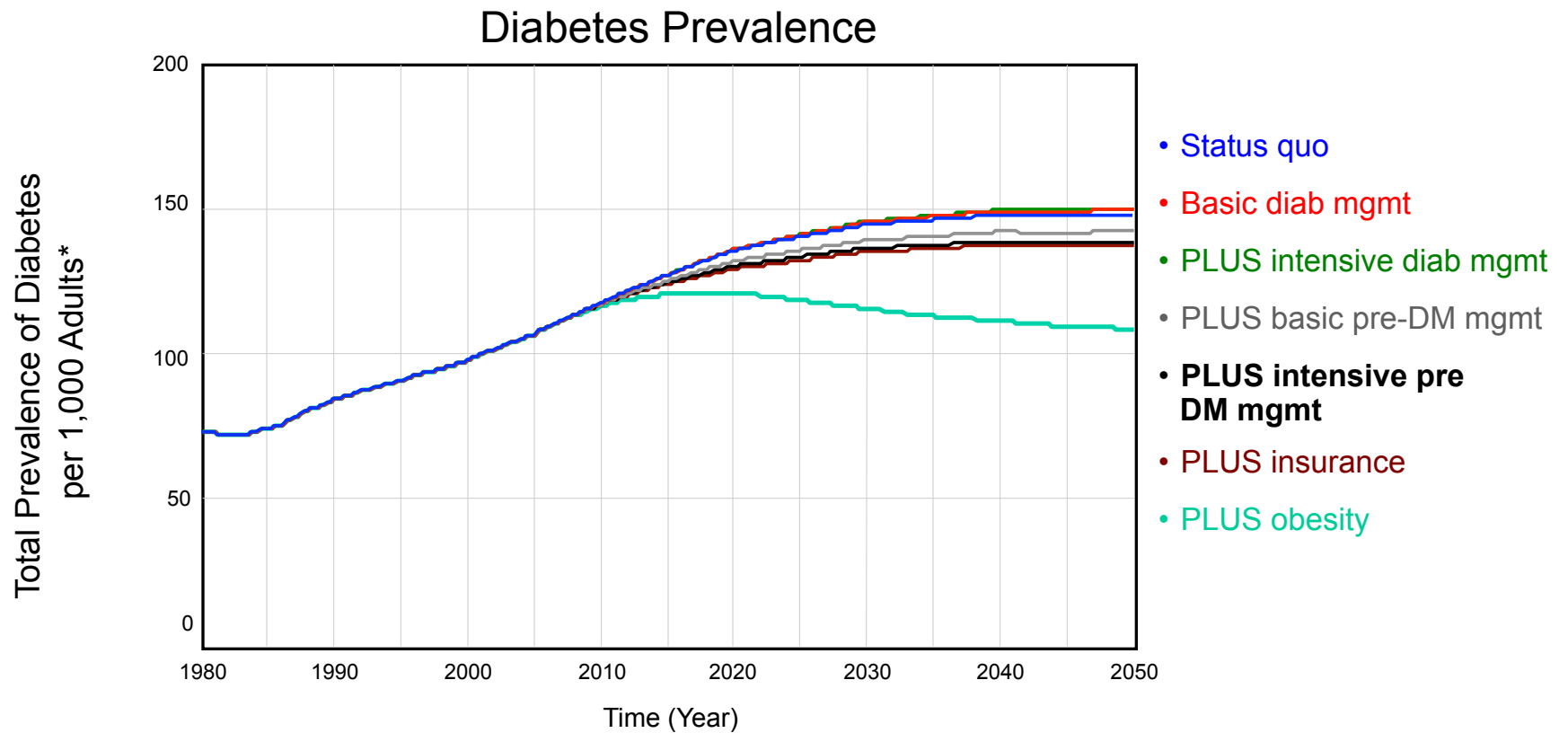
Year	Population	Demographic Changes Only		Demographic Changes, "Life Course" and Continuing Recent Trends	
		Number Obese	Percent Obese	Number Obese	Percent Obese
2005/7	17,133,075	4,776,806	27.9	4,776,806	27.9%
2010	18,524,737	5,178,917	28.0	5,338,356	28.8%
2020	22,774,445	6,996,810	30.7	7,223,329	31.7%
2030	28,173,936	9,069,493	32.2	10,337,175	36.7%
2040	34,433,790	11,063,648	32.1	14,656,539	42.6%

Table 2. Projections of increasing numbers of Obese Persons, with demographic changes, "life course" increases in obesity, and continued increases in obesity among young adults

	2005/7	2010	2020	2030	2040
Anglo	2,135,060	2,153,606	2,283,584	2,612,806	2,907,721
African American	733,185	793,317	972,391	1,156,828	1,428,194
Latino	1,762,235	2,207,965	3,607,205	5,969,222	9,407,802
Other	146,326	183,468	360,149	598,319	912,822
Total	4,776,806	5,338,356	7,223,329	10,337,175	14,656,539

Source: Office of the State Demographer projections, using 2000-2004 migration scenario population projections

Increasing Diabetes Rates Tied to Obesity



*Includes both diagnosed and undiagnosed

*Based on a CDC model using Texas-specific data (DSHS)



Present and Future Costs of Obesity in Texas

A Comptroller's study estimated the following costs of obesity to Texas businesses in 2005:

- **\$1.4 billion in health care costs**
- **\$591 million in obesity-related absenteeism costs**
- **\$1.2 billion in lower productivity costs related to obesity**
- **\$116 million in short-term disability costs related to obesity**
- **The total estimate for 2005 is \$3.3 billion**
- **Projected total cost in 2025, factoring increases in the working population and obesity rates:
\$15.8 billion**
- **Almost five times the economic burden**

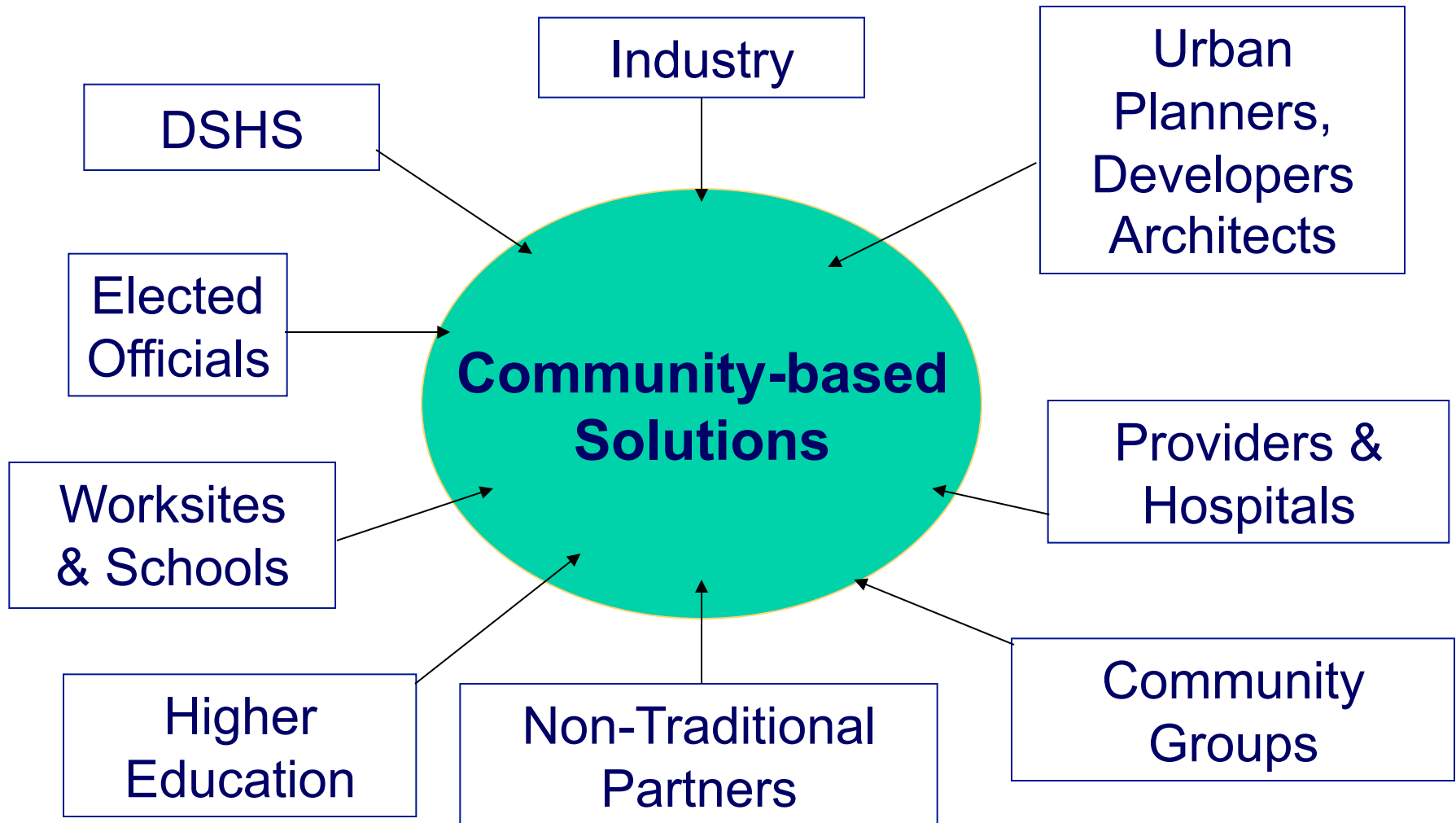
--"Counting Costs and Calories," Office of the Comptroller, March 2007



2008 Strategic Plan on Obesity Update

- **Developed with partner input**
- **Decreased targets from 43 to 19 S.M.A.R.T. objectives**
- **Evidence-based**
- **Evaluation plan for implementation**
- **Living document**
- **More than half of key targets relate to childhood obesity**

Partnerships Needed to Implement Obesity Prevention





Strategic Plan Targets Focused on Childhood Obesity

Increase:

- **physical activity, consumption of fruits and vegetables, breastfeeding**

Decrease :

- **TV time, exclusive vending contracts with school districts**

Ensure:

- **wellness policies in place for all Texas school districts**
- **all eligible TX children participate in school breakfast/lunch program**
- **childhood obesity rates do not increase**



Strategic Plan Targets Focused on Adult Obesity

Increase:

- **physical activity, consumption of fruits and vegetables, public and private worksites with wellness programs, number of farmers' markets, communities with walking trails**

Decrease:

- **screen time (TV and computer), proportion of adults with no leisure-time physical activity**

Ensure:

- **screen adult obesity rates do not increase**

OBESITY RELATED STANDARDS IN SCHOOLS -- 2010								
	Nutritional Standards for School Meals	Nutritional Standards for Competitive Foods	Limited Access to Competitive Foods	Physical Education Requirements	BMI or Health Information Collected	Non-Invasive Screening for Diabetes	Health Education Requirements	Farm-to-School Program
Alabama	✓	✓	✓	✓			✓	
Alaska				✓			✓	✓
Arizona	✓	✓	✓	✓			✓	
Arkansas	✓	✓	✓	✓	✓		✓	
California	✓	✓	✓	✓	✓	✓	✓	✓
Colorado	✓	✓	✓	✓				✓
Connecticut	✓	✓	✓	✓			✓	✓
Delaware				✓	✓		✓	
DC	✓	✓	✓	✓			✓	✓
Florida			✓	✓	✓		✓	
Georgia			✓	✓			✓	
Hawaii		✓	✓	✓			✓	
Idaho				✓			✓	
Illinois		✓	✓	✓	✓	✓	✓	✓
Indiana		✓	✓	✓			✓	
Iowa				✓	✓		✓	✓
Kansas				✓			✓	
Kentucky	✓	✓	✓	✓			✓	✓
Louisiana	✓	✓	✓	✓	✓		✓	
Maine		✓	✓	✓	✓		✓	✓
Maryland		✓	✓	✓			✓	✓
Massachusetts	✓				✓		✓	✓
Michigan				✓			✓	✓
Minnesota				✓			✓	
Mississippi	✓	✓	✓	✓			✓	
Missouri				✓	✓		✓	
Montana				✓			✓	✓
Nebraska			✓	✓			✓	
Nevada	✓	✓	✓	✓	✓		✓	
New Hampshire				✓			✓	
New Jersey	✓	✓	✓	✓			✓	
New Mexico		✓	✓	✓			✓	✓
New York			✓	✓	✓		✓	✓
North Carolina	✓	✓	✓	✓	✓		✓	
North Dakota				✓			✓	
Ohio				✓			✓	
Oklahoma	✓	✓	✓	✓	✓			✓
Oregon		✓	✓	✓			✓	✓
Pennsylvania		✓	✓	✓	✓		✓	✓
Rhode Island	✓	✓		✓			✓	
South Carolina	✓	✓	✓	✓	✓		✓	
South Dakota	✓			✓			✓	
Tennessee	✓	✓		✓	✓		✓	✓
Texas	✓	✓	✓	✓	✓		✓	✓
Utah				✓			✓	
Vermont	✓	✓	✓	✓	✓		✓	✓
Virginia		✓		✓			✓	✓
Washington				✓			✓	✓
West Virginia		✓	✓	✓	✓		✓	
Wisconsin				✓			✓	✓
Wyoming				✓			✓	
# of States	20 + D.C.	28 + D.C.	29 + D.C.	50 + D.C.	20	2	48 + D.C.	23 + D.C.

Source:
 “F as in Fat: How Obesity Threatens America’s Future 2010”, Trust for America’s Health.

Please note: Checkmarks in the chart above that are in red type represent new laws passed in 2009 or 2010.



DSHS Obesity Prevention Activities

- **Collaboration/Partnerships**
- **Education, Outreach and Training**
- **Direct Services – WIC**
- **Grant to Local Communities**



Collaborations/Partnerships

- **Interagency Obesity Council**
- **TSHAC (Texas School Health Advisory Council)**
- **State employee model wellness program**
- **Healthy Food Advisory Committee**
- **State agencies, universities and coalitions, local governments, community organizations**



Education, Outreach and Training

- **Obesity summit**
- **Online professional training**
- ***Texas! Bringing Healthy Back*, a grassroots social marketing initiative**
- **Technical assistance**
- **Coordinated School Health**
- **Community Needs Assessments**



Direct Services -- WIC

- **Food Package Improvements**
- **Breastfeeding**
- **Nutrition Counseling**



Grants to Local Communities

- **Policy Change**
- **Access to Healthy Foods**
- **Exercise**
- **Breastfeeding**



DSHS Obesity Prevention Exceptional Item

- **DSHS will have an exceptional item to support community-based obesity prevention activities that are evidence-based and designed to improve nutrition and increase physical activity.**
 - **Increase the consumption of fruits and vegetables**
 - **Increase physical activity**
 - **Increase breastfeeding support**
 - **Decrease television viewing**
 - **Decrease consumption of high-energy dense foods**
 - **Decrease consumption of sugar sweetened beverages**

Critical Issues

- **Correlation between rising health care costs & increased prevalence of chronic disease**
- **Community-by-community data required to measure impact of interventions**
- **Size and cultural diversity of Texas requires customized interventions**
- **It is critical to work in all arenas: schools, grocery stores, workplaces, playgrounds**
- **Reducing childhood obesity requires**
 - **policy changes**
 - **changes to communities' built environment**
- **Previous public health campaigns have demonstrated**
 - **need for comprehensive approaches**
 - **behavior changes take time (Don't give up)**

Appendix



Nutrition, Physical Activity and Obesity Prevention Grants

- **DSHS currently funds and provides technical assistance to 19 funded communities**
- **Grant funds provided by General Revenue, Title V, Office of Border Health and CDC**
 - **Farmers' markets**
 - **Community markets**
 - **Walking trails**
 - **Implement physical activity curriculum in childhood development settings at and at home**
 - **Partner with restaurants on access to fresh fruits and vegetables and kid-friendly portions**
 - **Breastfeeding initiatives**



DSHS Funded Communities

-
- **Community Council of Greater Dallas – Dallas**
 - **A&M University Health Science Center Research Foundation-Hidalgo, Cameron, and Starr Counties**
 - **Texas State University-San Marcos**
 - **UT Health Science Center – Houston**
 - **Brazos Valley Community Action Agency, Inc. – Bryan and College Station**
 - **City of Houston Health & Human Services**
 - **Teaching and Mentoring Communities – Laredo**
 - **City of San Antonio Metropolitan Health District**
 - **Memorial Hospital – Nacogdoches**
 - **City of Henderson**
 - **City of Austin Health and Human Services**
 - Brownsville Farmers Market
 - San Antonio Food Bank
 - Tarrant County Health Department
 - Parkland Hospital – Dallas
 - Baby Café – El Paso
 - Baby Café – University of Texas Health Science Center San Antonio
 - Baby Café – Beaumont
 - Sustainable Food Center – Austin

Bolded = entities funded in 2010 with General Revenue funding from the 81st Legislature & using Title V and Border Health funding.



Supplemental Federal Funds

- **DSHS was awarded \$3.89 million in ARRA funds to support the following policy and environmental change initiatives that address obesity prevention:**
 - **Establish joint use agreements between schools and local government agencies to support increased opportunities for safe physical activity and serve as central hubs for access to fresh local grown fruits and vegetables.**
 - **Implement a Texas Mother-Friendly Worksite Policy Initiative to facilitate the development and implementation of worksite policies that support breastfeeding statewide.**