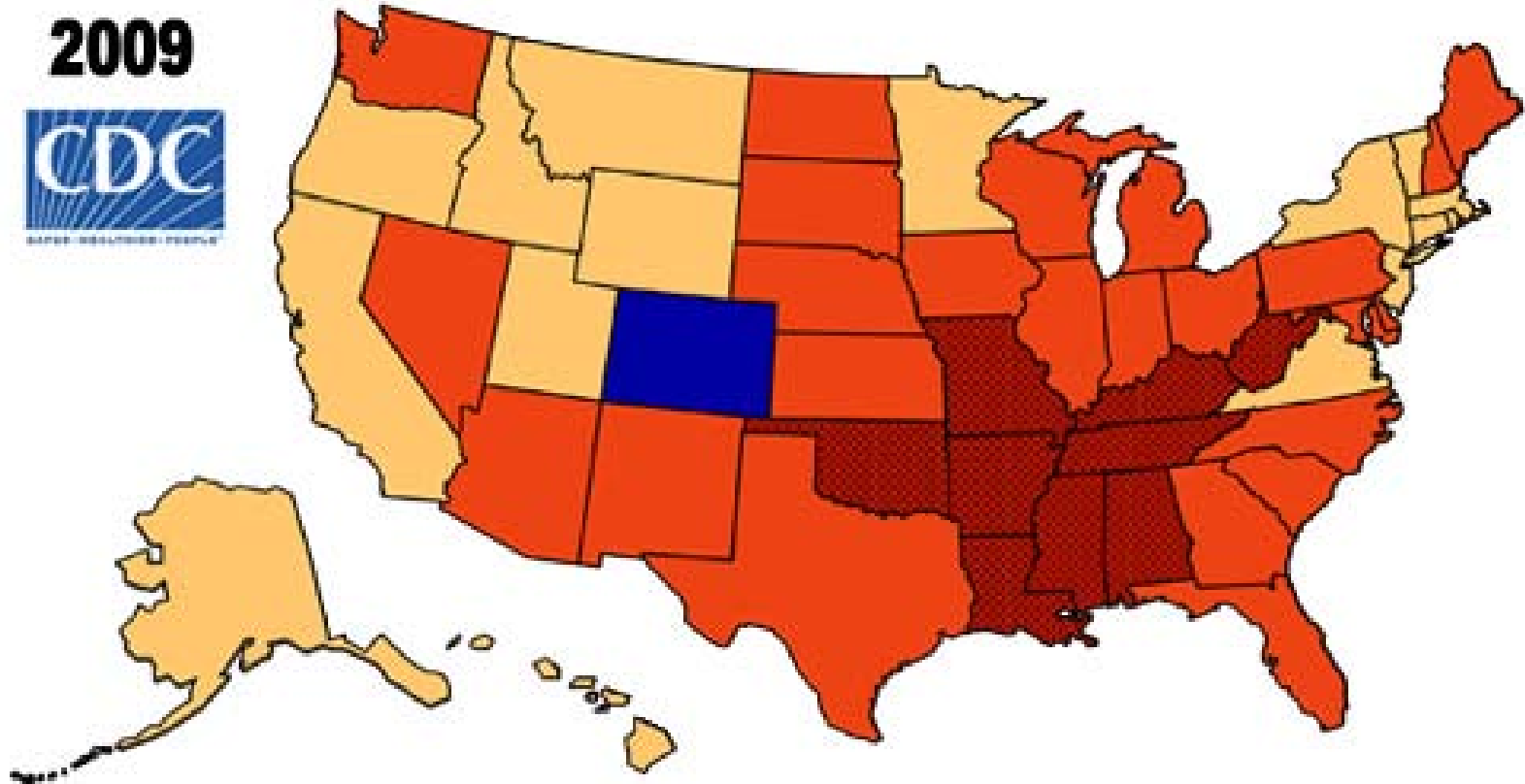


Early Childhood Obesity: Overview and Impact

**Presented by
David Gardner, D.A.
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NC General Assembly**

North Carolina is an Orange State

2009



NC Obesity Rates: Adults, Children and Teens

- 29.4% Obese Adults – 10th highest nationally
 - 65.2% Overweight and Obese Adults
 - 9.3% Adults have diabetes (14th highest nationally)
 - 29.9% Adults have high blood pressure (10th highest nationally)
- 18.6% Obese Children & Teens (ages 10-17) – 11th highest nationally

Source: "F as in Fat: How Obesity Threatens America's Future 2010," Trust for America's Health

North Carolina Numbers

Children under 5 years old

- 539,509 (2000)
- 563,248 (2009)

Children under 5 as percent of population

- 6.7% (2000)
- 7.1%(2009)

Children enrolled in Child Care Centers

- 240,162 (2010)

Source: NC Department of Health and Human Services

NC Overweight and Obesity in Early Childhood

Low income children ages 2-5

- 15.7% are obese

Children ages 2-4

- 31% at risk for overweight or obesity

Overweight children

- at greater risk for adult obesity, asthma and diabetes

Sources: NC Department of Health and Human Services and the Centers for Disease Control and Prevention

Combating Obesity in North Carolina: Studies and Recommendations

- 2004-05 - *Fit Together NC – Fit Families NC: A Study Committee on Childhood Overweight/Obesity* – NC Health and Wellness Trust Fund with support from BCBSNC, Co-Chaired by Sen. William Purcell, Rep. Verla Insko and Dr. Olson Huff
- 2008-09 - *Task Force on Preventing Childhood Obesity* – Established by NC Legislature, Co-Chaired by Dr. Leah Devlin and Howard N. Lee
- 2009-10 - *Prevention for the Health of North Carolina: Prevention Action Plan* – NC Institute of Medicine, Co-Chaired by Dr. Jeffery P. Engel, Dr. William L. Roper and Robert W. Seligson
- 2009-10 – *Legislative Task Force on Childhood Obesity* – North Carolina General Assembly, Co-Chaired by Sen. William Purcell and Rep. Douglas Yongue

Historical Focus

- Adults and school-age children/youth
- K-12 food & meals, PE & PA
- Built environment at community level

Shift in Focus

- Early childhood strategies
- Childcare involvement
- Early investment and intervention for greater long-term gain

Combating Early Childhood Obesity

- Nationally
 - Centers for Disease Control and Prevention
 - US Department of Agriculture
 - First Lady Michelle Obama – *Let's Move* initiative
- North Carolina
 - Eat Smart, Move More NC
 - SHAPE NC
 - NC Partnership for Children

Building Action on Resources

- Policies

- ESMM NC 2010 Policy Strategy Platform
- NC Alliance for Health
- Legislative Task Force on Childhood Obesity
- NCIOM Prevention Action Plan
- HWTF Fit Together NC Childhood Obesity Study Committee Report
- RWJF Policy Recommendations

- Built Environment

- Natural Learning Initiative – NCSU
- Active Living by Design

- Agriculture

- NC DOA
- NC Cooperative Extension
- NC Farm to Schools

Building Action on Resources

- Funding
 - Federal
 - State
 - NC Obesity Funders Alliance
 - Private
- Providers
 - Regulated Child Care Centers
 - NC Smart Start
 - Be Active NC
 - NAP SACC
- Research
 - ESMM NC University Collaborative (ECU, UNC-CH, Duke, WF, NCSU, UNCA)
- Concerned Parents and Adults
 - All of us

Time for Action

- Delays in action = Increases in obesity
- Obesity is an economy killer
- NC is resource rich
- Many NC resources are on hold
- Childhood obesity is preventable
- We cannot fail our children and their future

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