Obesity and Chronic Disease

Managing and preventing chronic disease is the top health challenge of the 21\textsuperscript{st} century. Seven out of every 10 deaths are from chronic diseases, including heart disease, stroke, cancer, diabetes, kidney disease and dementia. Leading a healthy lifestyle can greatly reduce the risk of developing chronic diseases. Four modifiable health risk behaviors—lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption—are responsible for much of the illness, suffering and early death related to chronic diseases.

Critical Indicators

**Obesity** is common, serious, and costly.
More than two-thirds of the adult population is overweight or obese. About one in five children are overweight or obese by the time they reach their sixth birthday, and more than half of obese children become overweight at or before age two.

**Chronic disease**, including heart disease, cancer, stroke and diabetes, accounts for more than 75 percent of our nation’s health care spending. These persistent conditions – the nation’s leading causes of death and disability – leave in their wake deaths that could have been prevented, lifelong disability, compromised quality of life, and burgeoning health care costs.

**Eating healthy** can help reduce the risk of heart disease, high blood pressure, diabetes, osteoporosis, and several types of cancer, as well as help to maintain a healthy body weight. Healthy eating is influenced by access to healthy, safe, and affordable foods, as well as by individuals’ knowledge, attitudes, and culture. Communities can support healthy eating and make healthy options affordable and accessible, and people can be provided with the information and tools they need to make healthy food choices.

**Physical activity** is one of the most important things that people can do to improve their health. Even people who do not lose weight get substantial benefits from regular activity, including lower blood pressure.
- Physical inactivity is a primary contributor to overweight and obesity.
- Few schools provide daily physical education.
  Only 13 percent of children walk or bike to school, compared with 44 percent a generation ago.
- The average eight-to-18-year-old is exposed to nearly 7.5 hours of passive screen daily.

Who can help?
- State, local and tribal governments
- Businesses and employers
- Health care systems, insurers and clinicians
- Early learning centers, schools and colleges
- Community, non-profit and church organizations
- Individual families
- You!

Questions?
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Adapted from the National Prevention Strategy

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**A PROJECT FUNDED BY**

[Logos and names of the funding organizations]
Highlights from the 2012 Northern Michigan Community Health Assessment

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<tr>
<th>Community Health Status Assessment</th>
<th>Community Themes &amp; Strengths</th>
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| • Obesity rates in the 10-county region exceed State rate of 32% in all but Charlevoix County, where 28% of adults are obese.  
• Teen obesity rates range from 10% in Presque Isle County to 19% in Cheboygan County  
• About one-quarter of the population does not engage in any physical activity, ranging from 22% in Charlevoix County to 29% in Cheboygan County. | • Northern Michigan residents voiced concerns regarding obesity and the need to prevent chronic disease in focus groups held all across the region. Focus groups were concerned about access to healthy food.  
• Obesity was ranked as one of our top three health problems by 42% of community residents and 68% of health care providers.  
• Lack of physical activity was ranked as one of our top three health problems by 32% of residents and 49% of health care providers.  
• Chronic disease was ranked as one of our top three health problems by 27% of residents and health care providers. |

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<th>Forces of Change Assessment</th>
<th>Public Health System Assessment</th>
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| Participants identified the following forces related to access to healthcare:  
• Poor quality of school cafeteria offerings  
• Many in the large older adult population has at least one chronic disease; as overweight/obese Baby Boomers age, they will develop chronic disease and it is growing faster than the population as a whole | Health and social service representatives, law enforcement, government and elected officials, grant-makers, and others rated the following as the system’s top related to improving access to care:  
<table>
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<tr>
<th>Optimal Capacities</th>
<th>Significant Capacities</th>
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| • Developing plans and policies  
• Evaluating population-based and personal health services | • Mobilize partnerships  
• Link individuals to needed services |

Community groups from across Northern Michigan identified reducing obesity and preventing chronic disease as a top public health priority for their county. The Obesity and Chronic Disease Prevention Plan of the Northern Michigan Regional Community Health Improvement Plan aligns with Healthy People 2020 goals and objectives:

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<tr>
<th>Healthy People 2020 Goal</th>
<th>Healthy People 2020 Objectives</th>
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| Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights | Reduce the proportion of adults who are obese  
Reduce the proportion of children and adults who are obese  
Increase the proportion of infants who are exclusively breastfed through 6 months of age |
| Improve health, fitness, and quality of life through daily physical activity | Reduce the proportion of adults who engage in no leisure time physical activity  
Increase the proportion of adults, adolescents, and children who meet physical activity guidelines  
Increase the proportion of the Nation’s public and private schools that require daily physical education for all students  
Increase regularly scheduled recess in elementary schools  
Reduce the proportion of adults who engage in no leisure time physical activity |