



## NUTRITION, PHYSICAL ACTIVITY & OBESITY APPROPRIATIONS FACT SHEET

<b>FY 2012</b>	<b>President's Budget</b>	<b>FY 2013 Suggested</b>
\$34,189,000	Coordinated	\$54,189,000

Additional resources will allow for the creation of programs in more states and localities. CDC will continue building toward a national coordinated and comprehensive program for improving nutrition, increasing physical activity, and preventing obesity in communities, worksites, medical care, child care and schools.

### **Basic Facts about Nutrition, Physical Activity & Obesity**

- Second only to tobacco use, physical inactivity and unhealthy eating are responsible for at least 300,000 preventable deaths each year.
- In the past 30 years, the prevalence of persons who are overweight or obese has increased sharply for both adults and children. Between 1976-1980 and 2003-2006, the prevalence of obesity among adults aged 20-74 years increased from 15%-32.2%.
- The number of overweight and obese children has increased dramatically (NHANES 1976-1980 and 2003-2006):
  - From 5%-12.4% for those aged 2-5 years
  - From 6.5%-17.0% for those aged 6-11 years
  - From 5%-17.6% for those aged 12-19 years

### **The Cost of Obesity**

- People who are obese are at increased risk for heart disease, high blood pressure, diabetes, arthritis-related disabilities and some cancers.
- The proportion of all annual medical costs that are due to obesity increased from 6.5 percent in 1998 to 9.1 percent in 2006.
- The Society of Actuaries estimated in 2011 that obesity costs the U.S \$270 billion a year

### **How Reducing the Number of Overweight and Obese Americans Can Prevent Chronic Diseases**

- Chronic diseases accounted for 7 of the 10 leading causes of death in 2005 in the United States. The prolonged illness and disability associated with many chronic diseases also decreases the quality of life for millions of Americans. Much of the chronic disease burden is preventable. Physical inactivity and unhealthy eating contribute to obesity and a number of chronic diseases.
- Despite the proven benefits of physical activity, more than one-third of U.S. adults do not meet recommendations for aerobic physical activity based on the 2008 Physical Activity Guidelines for Americans; and 24.8% report no leisure-time physical activity.

- Research shows that good nutrition can help to lower people's risk for many chronic diseases, including heart disease, stroke, some cancers and osteoporosis. However, a large gap remains between healthy dietary patterns and what Americans actually eat.
- In 2007, only one-fourth of U.S. adults ate the recommended five or more servings of fruits and vegetables every day.

### **CDC's Nutrition, Physical Activity, and Obesity Program**

Currently, 25 states receive funding under the Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases to address the problem of obesity through state-based, coordinated policy and environmental change approaches. These approaches leverage policy and environmental strategies that promote healthy eating and active living to create healthy environments (e.g., childcare, communities, medical facilities, schools and workplaces). Examples include supporting underserved communities through access to full-service grocery stores and supermarkets; permitting access to public service venues to increase physical activity; improving the availability of local fresh produce; limiting access to unhealthy foods and beverages in child care and school settings. CDC and state programs promote healthy lifestyles through educating health providers and the public. CDC also supports research to increase understanding of the relationships between physical activity, nutrition and health.

An increase in funding in FY13 for the Division of Nutrition, Physical Activity, and Obesity (DNPAO) will help expand the number of jurisdictions implementing policy and environmental strategies-to reduce the population-level burden of obesity, improve nutrition and physical activity. At \$54 million, DNPAO could:

- Provide funding to states, tribes and U.S. Territories
- Substantially enhance prevention research, surveillance and evaluation efforts
- Support complimentary and sustainable policy and environmental strategies in communities, workplaces, medical care settings, child care, and school programs
- Demonstrate enhanced capacity, policy and environmental changes, and policy implementation in all funded jurisdictions
- Create the necessary policy and environmental climate to potentially observe regional and statewide improvements in physical activity and nutrition behaviors, as well as declining obesity prevalence rates.

For more information visit [www.cdc.gov/nutritionphysicalactivityobesity](http://www.cdc.gov/nutritionphysicalactivityobesity)

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