

National Alliance for Nutrition & Activity

National Health Priorities

**Reducing Obesity, Heart Disease, Cancer, Diabetes,
and Other Diet- and Inactivity-Related Diseases,
Costs, and Disabilities**



**Strengthen the Centers for Disease Control and Prevention's
Division of Nutrition, Physical Activity, and Obesity**

2010

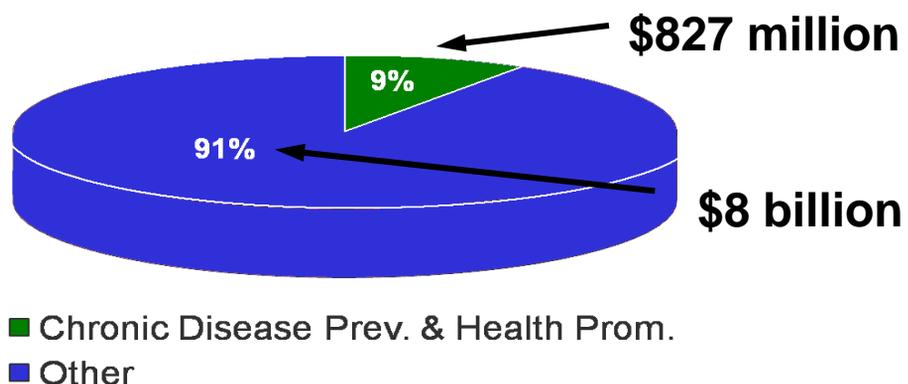
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Lack of National Investment in Disease Prevention Is Inconsistent With Current Health Concerns

Seven of every 10 Americans who die each year, die of a chronic disease.¹

More than 75% of the nation's \$2 trillion medical-care costs are a result of chronic diseases.¹

The budget for CDC's National Center for Chronic Disease Prevention and Health Promotion represents only 9% of CDC's \$8.8 billion budget



CDC FY 2008 Spending for Chronic Disease Prevention and Health Promotion

1/3 of premature deaths in the U.S. are attributable to poor nutrition and physical inactivity. Yet, funding for the CDC's Division of Nutrition, Physical Activity, and Obesity represents less than 1/2% of the CDC's total budget.



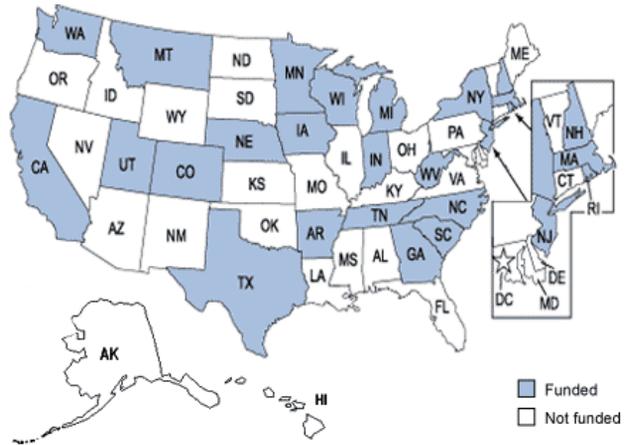
Strengthen the CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO)

Obesity is one of the pressing health issues facing the country. The estimated national cost of obesity is \$123 billion; half of which is paid through Medicare and Medicaid.² Yet, current funding for DNPAO is \$42 million.

•CDC can *only* fund 23 states (AR, CA, CO, GA, IN, IA, MA, MN, MI, MT, NE, NH, NJ, NY, NC, RI, SC, TN, TX, UT, WA, WI, WV).

•88% of the applications CDC received for FY09 funding were rated as outstanding or very good, yet 13 states lost funding (AZ, FL, IL, KS, MD, ME, NM, MO, OK, OR, PA, SD, VT).

DNPAO Funded States



Source: CDC, 2008

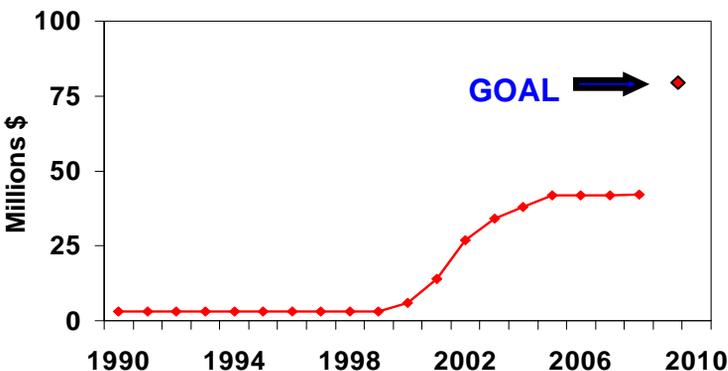
Funding for FY 2010 should be \$90 million.

•CDC could fund all states that were denied or lost funding in FY2009.

•\$90 million would allow CDC to fund all approved states. The average award for the state grants is approximately \$756,000 per state, which supports state programs, implementation of a state plan, increased capacity for surveillance, evaluation of program impact, and working with communities.

•Significant investment could be made in the prevention of obesity and diet- and inactivity-related diseases.

Funding History of DNPAO



Support a FY 2010 appropriation of \$90 million for the CDC to promote healthy eating and physical activity and to reduce obesity.

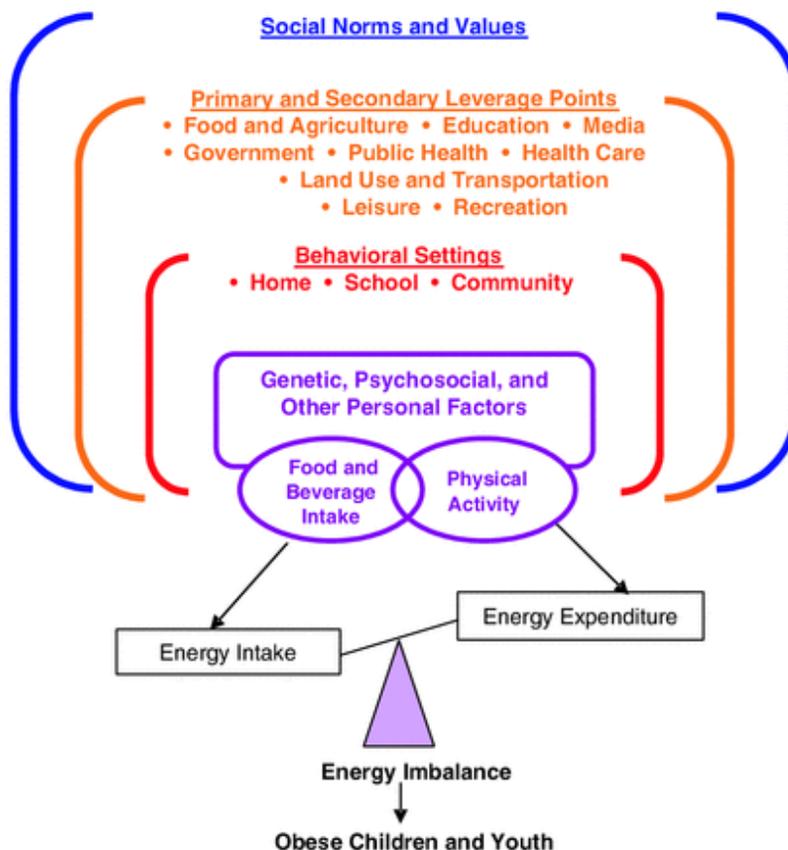
DNPAO Supports People's Efforts to Watch their Weight, Eat Well, and Be Physically Active

Obesity rates have doubled in adults and tripled in children and adolescents over the last two decades. However...

- Genetic composition has not changed.
- Willpower has not declined.
- Parents do not love their children any less.

Obesity is caused by many factors. Those factors make it difficult for individuals to eat healthfully, be physically active, and watch their weight.

DNPAO programs address multiple causes for obesity. They support people's ability to exercise, eat healthfully, and take personal responsibility.



Source: IOM, 2004.

DNPAO Funding Has Given States an Opportunity to Plan and Implement a Number of Successful Programs



Massachusetts: In 2005, mini-grants were awarded to **fire and police departments** in five communities to help them develop or **expand worksite wellness programs**, including opportunities for healthful food choices and physical activity. The grants were primarily used for nutrition and cooking workshops, fitness equipment and programs, and a community wellness video. As a result, the Framingham police department has replaced much of its vending-machine fare with more healthful options, hired a personal trainer, and developed workout programs designed to fit the needs of each officer.⁴

Colorado: Established in 2004, El Mercado program at **Pioneer Elementary School** encourages students to make healthful eating choices. Once a week the school sets up a **produce market in the cafeteria** where students can purchase fresh produce using either Pioneer Pesos (earned through good deeds at school) or with box tops. About 20% of the school's students are regular customers.⁵



Washington: Healthy Communities Moses Lake project created a **Healthy Community Action Plan** which aims to bolster physical activity by **widening sidewalks** and by creating paths for pedestrians and cyclists. There is already a master plan to replace a downtown railroad with a **biking and walking path**, to create paths alongside canals, and to require wider sidewalks. A **community garden project** is underway, as well as plans to provide information about proper breastfeeding and a supportive environment ⁵ for nursing mothers.⁶

Obesity Is One of the Greatest Health Challenges of Our Time

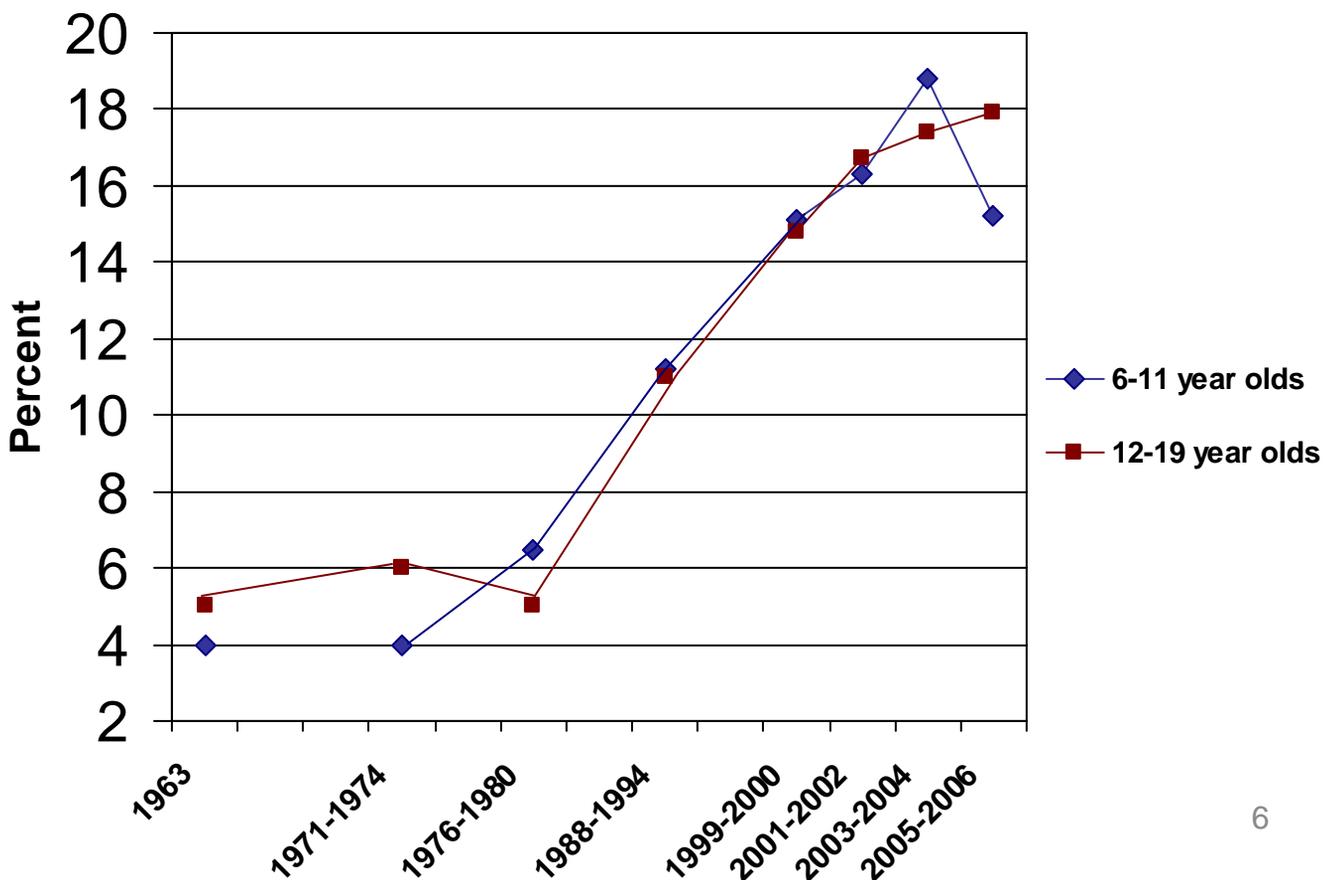
A 2005 CDC study estimated that approximately 112,000 deaths are associated with obesity each year in the United States, making **obesity the second leading contributor to premature death.**⁷ It is equivalent to a jetliner full of 300 people crashing every day.



Obesity rates have doubled in adults and tripled in children and adolescents over the last two decades.

- Two-thirds (66%) of American adults are seriously overweight or obese.³
- One in five young people are obese and one in three are overweight.⁹
- Obesity increases the risk of heart disease, high blood pressure, diabetes, arthritis-related disability, and cancer.⁸

Percentage of young people who are obese^{3,9}



Poor Diet and Physical Inactivity Are Causing “Adult” Diseases in Children

Because of the rising obesity rates, this may be the first generation of children who live shorter lives than their parents.¹⁰



25% of children ages 5 to 10 years have high cholesterol, high blood pressure, or other early warning sign for heart disease.¹¹ Autopsy studies of teenagers and young adults have shown that one in ten had advanced fibrous plaques in their arteries.¹⁰

As the number of young people with type 2 diabetes increases, diabetic complications like limb amputations, blindness, kidney failure, and heart disease will develop in people of younger ages (likely in their 30s and 40s).

- ❖ Over two-thirds of all foods consumed by school children are foods that are recommended for occasional consumption.¹²
- ❖ Only 30% of children attend daily physical education classes.¹³

According to the U.S. Department of Agriculture (USDA), children (2 to 18 years) consumed an average of **118 more calories per day in 1996 than they did in 1978.**¹⁴ (An extra 118 calories per day, if not compensated for through increased physical activity, would translate into an average of 12 pounds of extra weight gain per year.)

Fruits, Vegetables & Whole Grains: Children have low intakes of vegetables and fruit, and very low intakes of dark green and orange vegetables, legumes, and whole grains. Less than one-third of children reported eating any fresh fruit on a typical day. Fewer than one-quarter of children reported eating any whole grains over the same time period.¹²

Saturated Fat: 85% of children consume more saturated fat than is recommended in the *Dietary Guidelines for Americans*.¹² Saturated fat raises blood cholesterol levels, which can lead to heart disease.^{15,16}

Unhealthy Eating & Physical Inactivity Cause 1/3 of Premature Deaths

- **Americans are eating more calories.** According to national surveys, men on average consumed 168 more calories per day in 2000 than in 1971 (2,618 kcal per day in 2000 compared to 2,450 kcal in 1971) and women consumed 335 more calories per day in 2000 than in 1971 (1,877 kcal per day in 2000 compared to 1,542 kcal in 1971).¹⁷
- **Much of our nation's disease burden is preventable.** Approximately 70% of premature deaths are caused by poor nutrition, physical inactivity, and tobacco use.^{18,19}
- **50% of American adults do not get the recommended amount of physical activity,** and 25% are not active at all in their leisure time.²⁰ Regular physical activity helps to prevent heart disease, colon cancer, obesity, diabetes, and high blood pressure.
- **Only 10% of Americans eat a healthy diet** consistent with federal nutrition recommendations.²¹ The typical American diet is too high in saturated and trans fat, salt, and refined sugars and too low in fruits, vegetables, whole grains, calcium, and fiber.

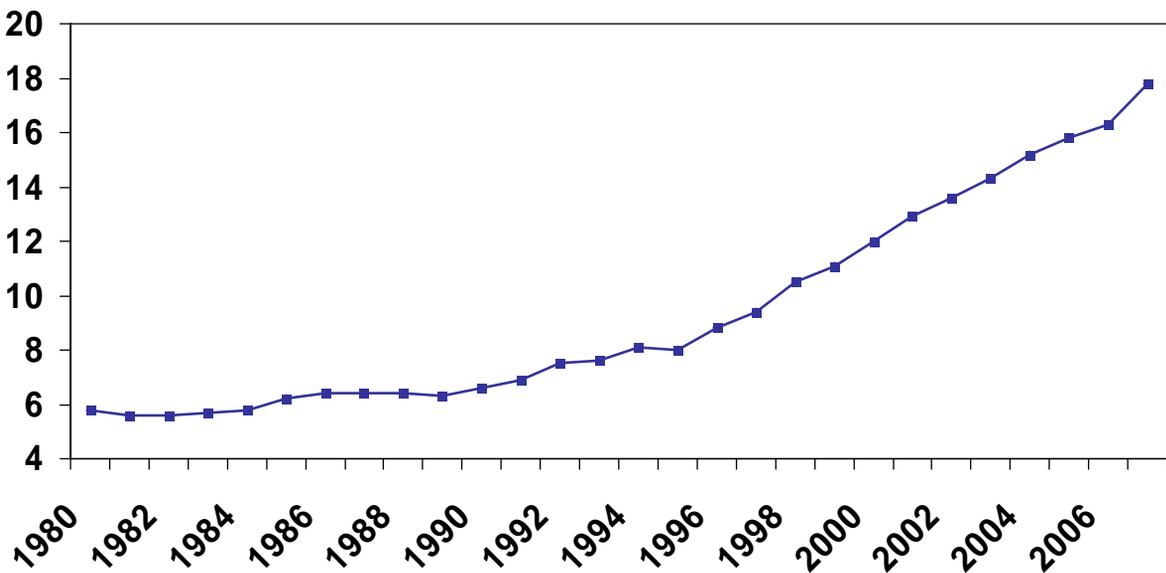
Diet and Inactivity Are Cross-Cutting Risk Factors, Contributing Significantly to Four out of Six Leading Causes of Death²²

1. Heart Disease	652,091
2. Cancer	559,312
3. Stroke	143,579
4. Chronic Lower Respiratory Diseases	130,933
5. Accidents	117,809
6. Diabetes	75,119
7. Alzheimer's Disease	71,599
8. Influenza and Pneumonia	63,001
9. Nephritis	43,901
10. Septicemia	34,136
11. Suicide	32,637
12. Chronic Liver Disease/Cirrhosis	27,530
13. Hypertension	24,902
14. Parkinson's Disease	19,544
15. Homicide	18,124

Diabetes: Obesity's Twin Epidemic

- **Diabetes rates have risen along with obesity rates.** The number of Americans with diabetes more than quadrupled (from 5.8 million to 23 million) between 1980 and 2008.²³ More than 60% of people with diabetes are under 65 years old.
- **One in three Americans** born in 2000 will develop diabetes in their lifetime.²⁴
- **Type 2 diabetes is no longer called “adult onset” diabetes because of rising rates in children.** By 2000, up to 46% of all newly diagnosed cases of childhood diabetes were type 2.²⁵
- **Most (90-95%) of diabetes is type 2, which is closely linked to diet and weight.** Between 50% and 80% of diabetes cases are associated with unhealthy eating patterns and sedentary lifestyles.²⁶

Diabetes Is on the Rise (millions of Americans)



- Through physical activity and healthy eating, the onset of type 2 diabetes was reduced by 60% in at-risk individuals.²⁷ (By comparison, the diabetes drug metformin reduced the onset of type 2 diabetes by 30%).
- The average healthcare costs for a person with diabetes are more than \$13,000 per year compared to \$2,500 for a person without diabetes.²⁸
- Employers pay an average of \$4,410 more per year for employee beneficiaries who have diabetes than for beneficiaries who do not have diabetes.²⁹

The Costs of Diet, Inactivity, and Obesity-Related Diseases Are Borne by Individuals, Businesses and Governments

Costs of Diseases to which Diet and Inactivity Are Major Contributors*

Cancer ³⁰	\$219 Billion
Coronary Heart Disease ³¹	\$156 Billion
Diabetes ³²	\$174 Billion
Obesity ³³	\$123 Billion
Stroke ³¹	\$57 Billion
High Blood Pressure ³¹	\$66 Billion
Osteoporosis ^{34,**}	\$19 Billion

*Estimates of annual direct + indirect costs.
**Figure includes direct costs only.

- **The total U.S. healthcare costs due to obesity are \$123 billion a year.**³³ Half that cost (\$61.5 billion) is paid through Medicare and Medicaid.
- According to the USDA, **healthier diets could prevent at least \$87 billion per year** in medical costs, lost productivity, and lost lives.³⁵
- CDC estimates that if **all physically inactive Americans became active, we would save \$92 billion** in annual medical costs.³⁶
- **Health care spending is expected to rise by 25% by 2030**, due to the aging of the American population. Chronic diseases are responsible for more than 75% of health care costs.¹
- **From 1979 to 1999, annual hospital costs for treating obesity-related diseases in children rose three-fold** (from \$35 million to \$127 million).³⁷

- **Diet- and inactivity-related diseases increase costs to businesses.** Medical costs of General Motors employees increased from \$2,225 to \$3,753 per year with increasing body mass index (BMI) of the employee.³⁸
- **Obesity increases inpatient and ambulatory health care costs by \$395 per person per year -- more than smoking or problem drinking.**³³
- Because of the extra weight that Americans gained over the last decade, the **airline industry spends an additional \$275 million a year on jet fuel.**³⁹

Federal Medicaid & Medicare Costs, 2000⁴⁰

Disease	Cost
Heart Disease	\$43.1 billion
Cancer	\$18.8 billion
Diabetes	\$14.5 billion
Stroke	\$7.0 billion

Poor Diet and Physical Inactivity Contribute to the Leading Causes of Disability among Americans

- **Chronic, disabling conditions cause major limitations in activity for more than 25 million people** (1 in 10 Americans).¹
- **Diabetes is a leading cause of serious disabilities such as blindness and amputation.** Each year, 12,000 to 24,000 people with diabetes become blind, almost 150,000 receive treatment for kidney failure, and 82,000 undergo diabetes-related lower-extremity amputations.⁴¹
- **Stroke is a leading cause of serious long-term disability.** 2.2 million Americans have disabilities resulting from high blood pressure.³¹
- **Most hip fractures are caused by osteoporosis.**³⁴ Of people over age 50 who fracture a hip, 24% die within one year and 20% require long-term care.³⁴ A broken hip is the second leading cause of admission to nursing homes.

Number of Americans Affected by Diseases to which Diet and Inactivity Are Major Contributors

Overweight/Obese ³¹	142,000,000
High Blood Pressure ³¹	73,000,000
Diabetes ⁴²	24,000,000
Coronary Heart Disease ³¹	16,000,000
Cancer ⁴³	11,000,000
Osteoporosis ³⁴	10,000,000
Stroke ³¹	5,800,000

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