

# Northampton County: Eating Smart and Moving More

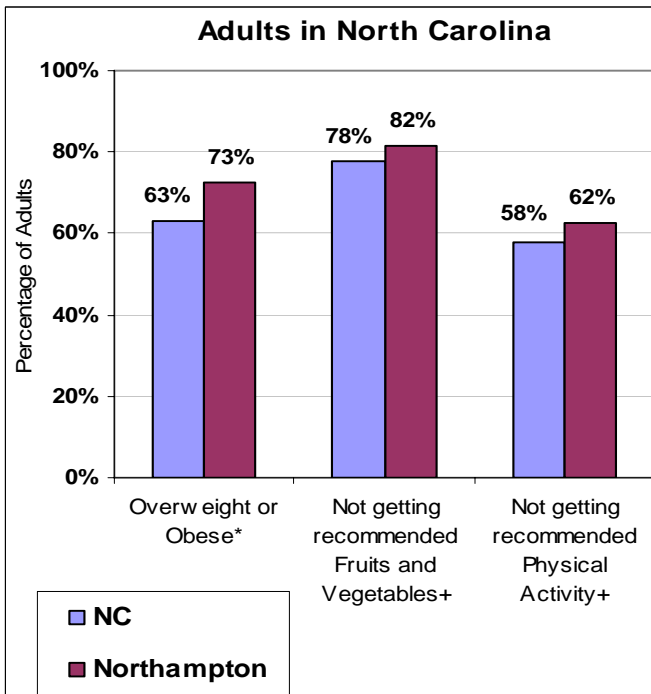
Report Card*		COST
Overweight or Obese	<b>F</b>	In 2007, <b>\$1,954,903</b> (approximately 8%) of total dollars spent on Northampton County Medicaid were attributed to overweight and obesity.
Meets physical activity recommendation	<b>F</b>	
Meets fruit and vegetable recommendation	<b>F</b>	

\*Using 2006 BRFSS data, NC counties were ranked and then graded according to their position within that ranking. Ranks above the 60th percentile mark received grades A+ through D-; scores below received an F

## In Northampton County, residents are most likely to...\*\*

- ...drink 8+ glasses of regular cola per week (calories equal to an 18 pound weight gain in 1 year)
- ...try to eat a healthy, balanced diet
- ...lack regular exercise

\*\*Claritas iMARK™ Online, PRIZM 2006



Source: NC Behavioral Risk Factor Surveillance System Survey, NC State Center for Health Statistics, NC Department of Health and Human Services (2005+, 2006\*).

### Children and Youth in North Carolina:

<b>Overweight or obese</b>	<b>30%</b>
Not getting recommended <b>fruit</b> servings	<b>37%</b>
Not getting recommended <b>vegetable</b> servings	<b>74%</b>
Not getting recommended <b>physical activity</b>	<b>27%</b>

#### As a result...

- Children's life expectancy is declining due to an increase in overweight<sup>1</sup>
- One in three American children born in 2000 will develop diabetes in their lifetime<sup>2</sup>

#### However...

- Active young people are more likely to remain active as adults<sup>3</sup>
- Family meals are associated with a greater intake of fruits and vegetables and fewer fried foods and soft drinks<sup>4</sup>

<sup>1</sup> Olshansky, S. et al., 2005. <sup>2</sup> VenkatNarayan, K.M., et al., 2005.

<sup>3</sup> www.cdc.gov/nccdphp/dnpa/obesity/childhood/contributing\_factors.htm#top. 2007.

<sup>4</sup> Neumark-Sztainer, D. et al., 2003.

### 2007 County Highlights:

One local worksite established an employee wellness program

One community constructed a universally accessible nature trail

Northampton County Schools offer healthy food options and fruits and vegetables daily and no fried foods

Six churches conducted physical activity and nutrition programs, including blood sugar and pressure screenings

### *Where and how changes can be made in all counties:*

<b>Community</b>	Increase access to places for physical activity, create farmers' markets and/or farm stands
<b>Schools</b>	Ensure children receive quality physical education, implement nutrition standards
<b>Worksite</b>	Offer physical activity classes, provide nutrition counseling

To find more information on obesity programs in your county go to [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)