

# Perquimans County: Eating Smart and Moving More

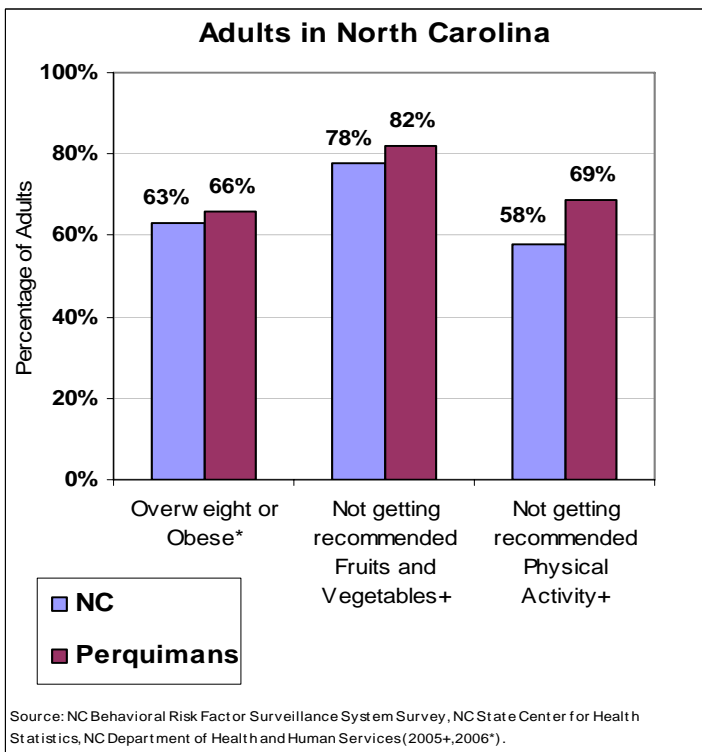
Report Card*		COST
Overweight or Obese	<b>F</b>	In 2007, <b>\$652,722</b> (approximately 8%) of total dollars spent on Perquimans County Medicaid were attributed to overweight and obesity.
Meets physical activity recommendation	<b>F</b>	
Meets fruit and vegetable recommendation	<b>F</b>	

\*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 Perquimans 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 healthier
- ...lack regular exercise

\*\*Claritas iMARK™ Online, PRIZM 2006



**Children and Youth in North Carolina:**

- Overweight or obese** 30%
- Not getting recommended **fruit** servings 37%
- Not getting recommended **vegetable** servings 74%
- Not getting recommended **physical activity** 27%

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**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:

- Seven restaurants have implemented healthy dining programs
- One church adopted physical activity and nutrition policy
- One community created a walking trail

## 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)