

Wayne County: Eating Smart and Moving More

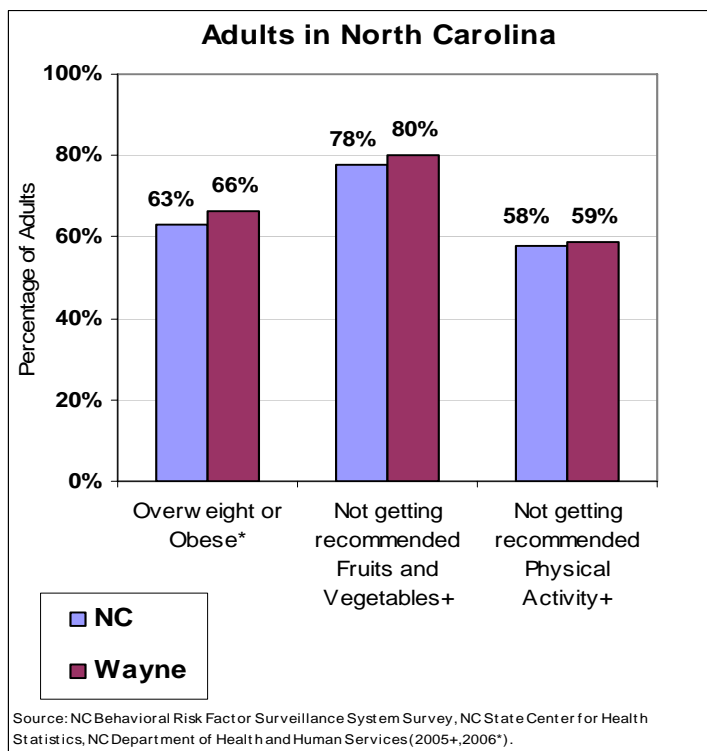
| Report Card* | | COST |
|--|-----------|---|
| Overweight or Obese | F | In 2007, \$6,320,709 (approximately 8%) of total dollars spent on Wayne County Medicaid were attributed to overweight and obesity. |
| Meets physical activity recommendation | D | |
| Meets fruit and vegetable recommendation | D- | |

*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 Wayne 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)
- ... prefer fast food to home cooking and buy fast food 14 or more times per month
- ...be families who own video games
- ...exercise one or fewer times per week

**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% |

As a result...

- Children's life expectancy is declining due to an increase in overweight¹
- One in three American children born in 2000 will develop diabetes in their lifetime²

However...

- Active young people are more likely to remain active as adults³
- Family meals are associated with a greater intake of fruits and vegetables and fewer fried foods and soft drinks⁴

¹ Olshansky, S. et al., 2005. ² VenkatNarayan, K.M., et al., 2005. ³ www.cdc.gov/nccdphp/dnpa/obesity/childhood/contributing_factors.htm#top. 2007. ⁴ Neumark-Sztainer, D. et al., 2003.

2007 County Highlights:

- One local worksite created a breastfeeding room
- One local worksite opened an exercise room for employees
- Three churches implemented physical activity and nutrition policies

Where and how changes can be made in all counties:

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

To find more information on obesity programs in your county go to www.EatSmartMoveMoreNC.com