

Measuring What Matters

Idaho Obesity Indicators

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We ignore the early years at our peril if we want to do something about conquering this growing epidemic of obesity in our society.

Jack Skonhoff, MD
Weight of the Nation
University of Idaho



Measuring What Matters

Idaho Obesity Indicators

Chief Aim: To clarify the populations facing the greatest obesity burden and establish obesity related indicators in need of targeted evidence based actions.

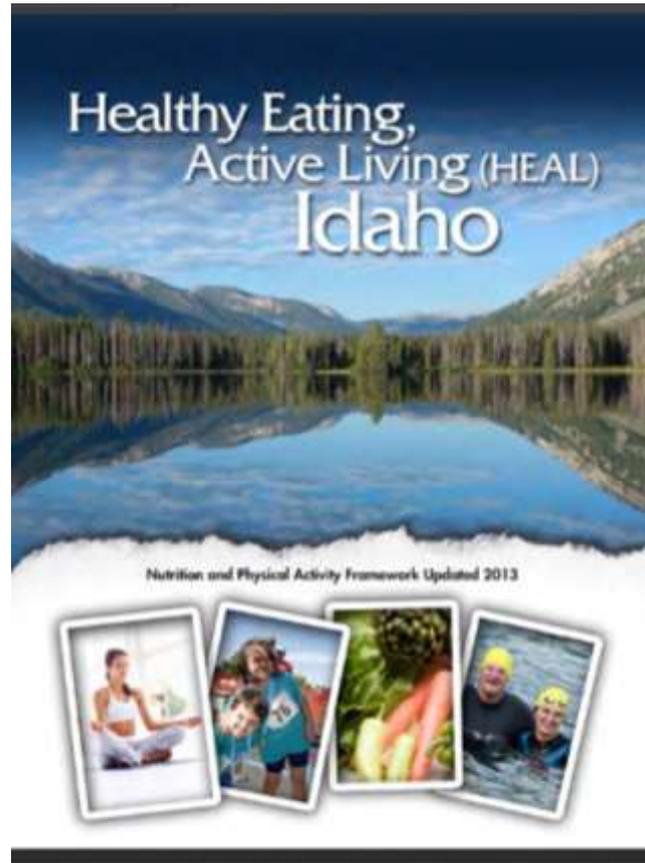


Infrastructure/Capacity Building GOAL 3

Establish a statewide system to report, monitor and evaluate healthy eating and active living programs and initiatives.

Recommended Actions:

Identify and reduce gaps in healthy eating and active living surveillance data for children, youth, adults, and share the information with partners and stakeholders.

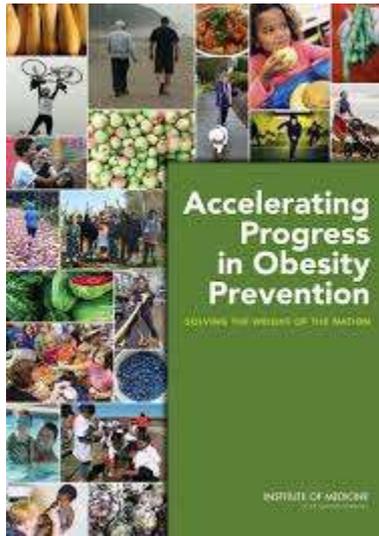


NUTRITION AND PHYSICAL ACTIVITY FRAMEWORK

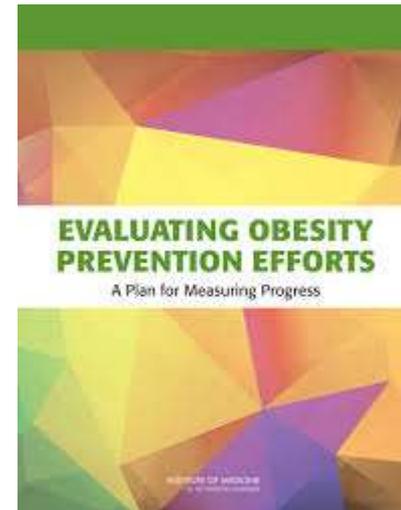
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Guiding Documents



<http://www.iom.edu/Reports/2012/Accelerating-Progress-in-Obesity-Prevention.aspx>



<http://www.iom.edu/Activities/Nutrition/EvaluatingProgressObesityPrevention.aspx>

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Five Interconnected Environments

- Engagement
- Action
- Leadership

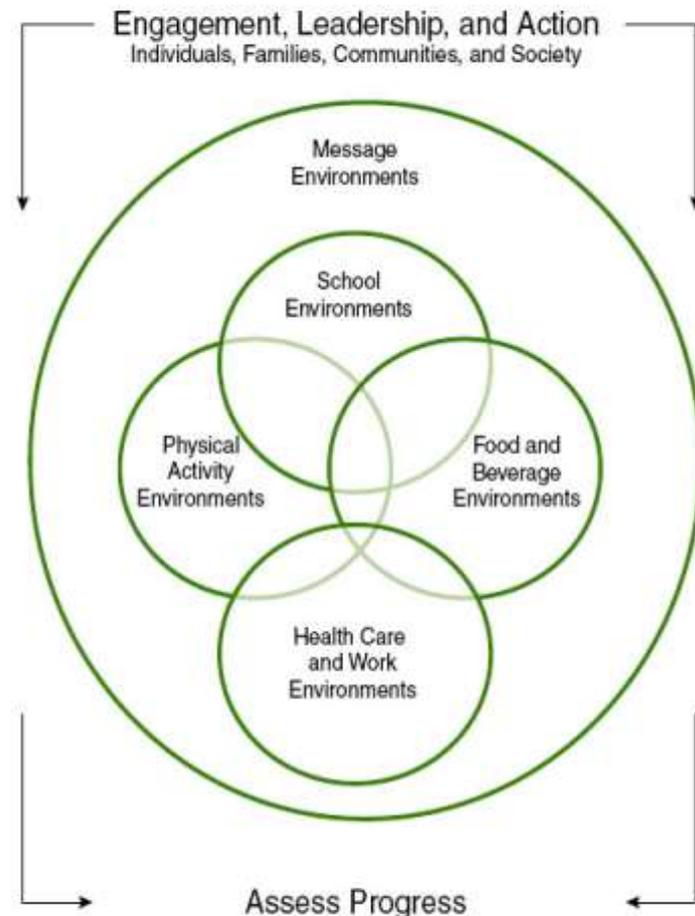


FIGURE 1.1 The Committee on Accelerating Progress in Obesity Prevention identified five interconnected environments in which engagement, leadership, and action are needed to accelerate progress in reducing obesity.

SOURCE: IOM, 2012a.



5 SOLUTIONS FOR CHANGING OUR COMMUNITIES

INTEGRATE PHYSICAL ACTIVITY
EVERY DAY IN EVERY WAY.

STRENGTHEN SCHOOLS AS
THE HEART OF HEALTH.

MARKET WHAT MATTERS
FOR A HEALTHY LIFE.

EAT WELL!

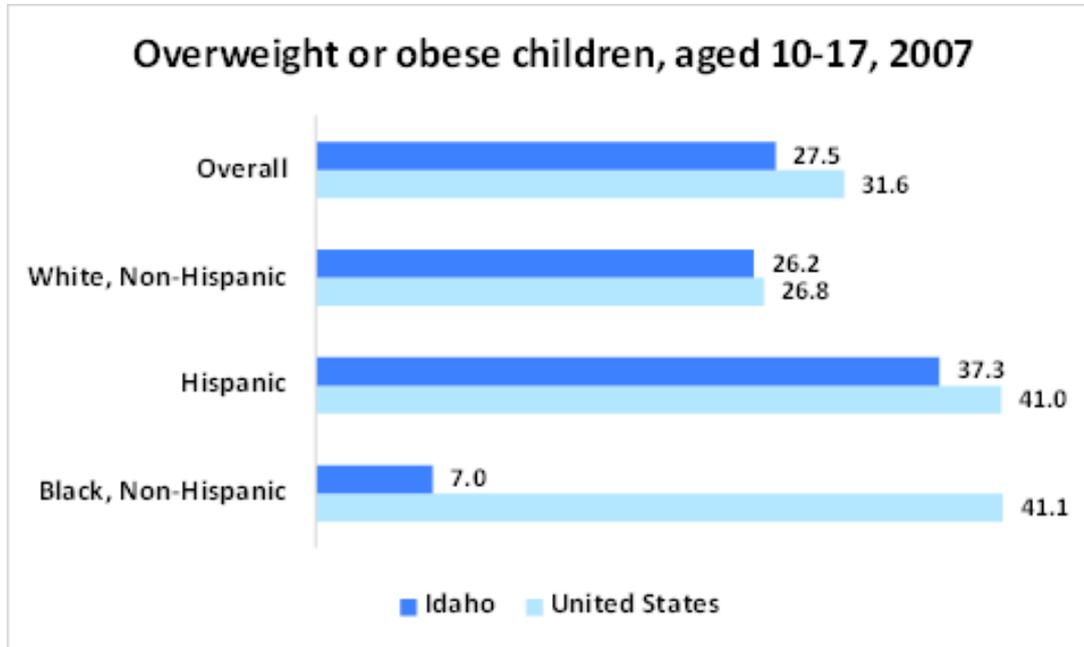
ON THEIR OWN, ANY ONE OF THESE FIVE
SOLUTIONS MIGHT HELP SPEED UP PROGRESS
IN PREVENTING OBESITY, BUT TOGETHER, THEIR
EFFECT WOULD BE REINFORCED, AMPLIFIED,
AND MAXIMIZED.

ACTIVATE EMPLOYERS AND
HEALTH CARE PROFESSIONALS.

MAKE HEALTHY FOODS
AVAILABLE EVERYWHERE.

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Childhood Obesity Data Sources- Self report

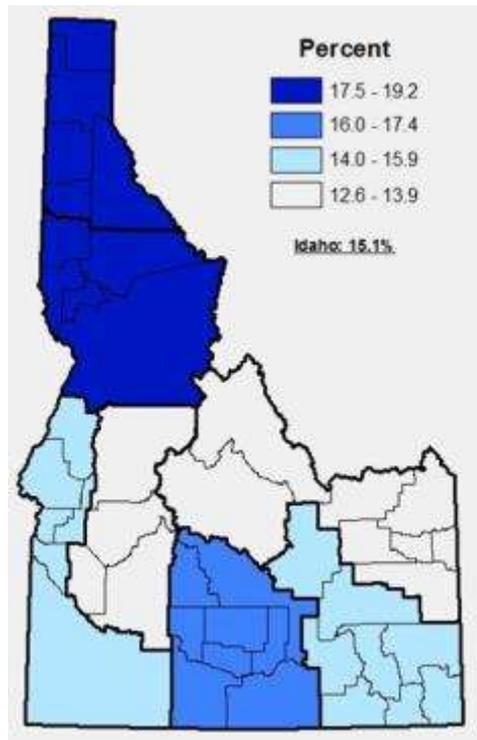


Source: National Survey of Children's Health (NSCH)

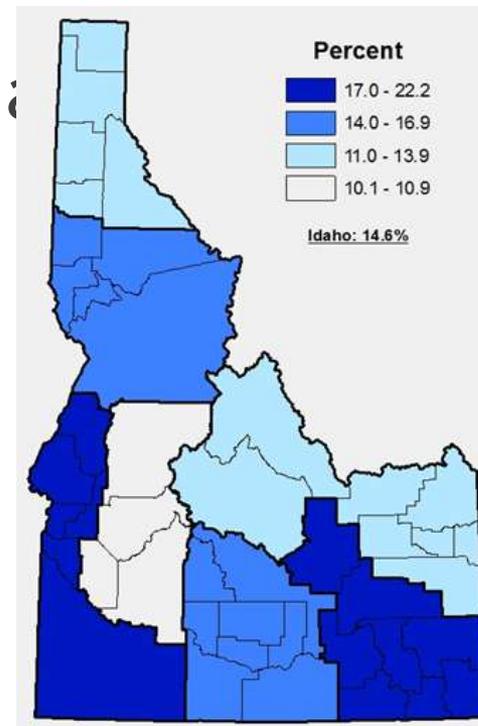


Overweight and Obesity among 3rd graders- Direct Measure

Overweight 3rd graders by Public Health District, 2011/2012



Obesity in 3rd graders by Public Health District, 2011-2012



Source: Idaho Department of Health and Welfare



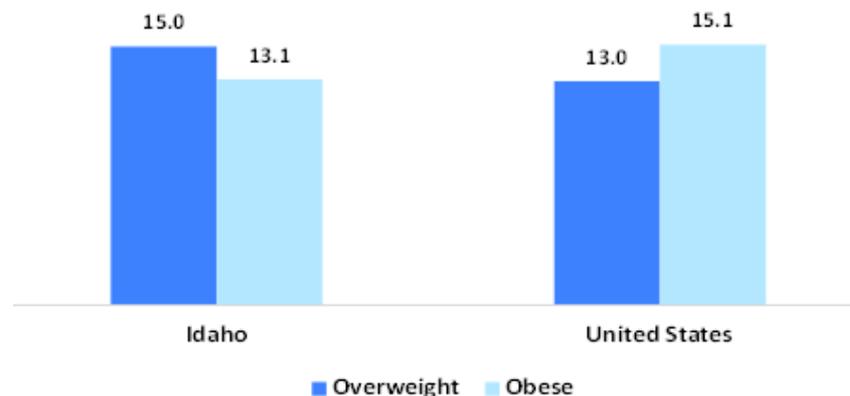
Headstart Preschool Overweight & Obesity Direct Measure

Idaho Migrant and Seasonal Head Start, ages 3-5, 2012/2013

	Number	Percent
Underweight	16	3.4
Healthy weight	291	62.2
Overweight	74	15.8
Obese	87	18.6

Source: Office of Head Start, Head Start Enterprise

BMI of Headstart preschoolers (age 3-5) (%),
2012-2013



Source: Office of Head Start, Head Start Enterprise



Gaps in obesity data measures

- Head Start calculates BMI-data is not compiled or reported statewide
- Lack of standardization- protocol, procedures, equipment quality & reporting
- No statewide surveillance of preK-12 grade Body Mass Index (BMI)
- All adolescent and adult data is self-reported
- No current system to store & retrieve data



Physical Activity (PA) Environment

Key Findings

- PA measures are limited to self-reports data for adult regionally and youth statewide
- Walking and biking measures are limited to census travel to work data
- State wide PA environments not measured
- Only school based PA policies are available



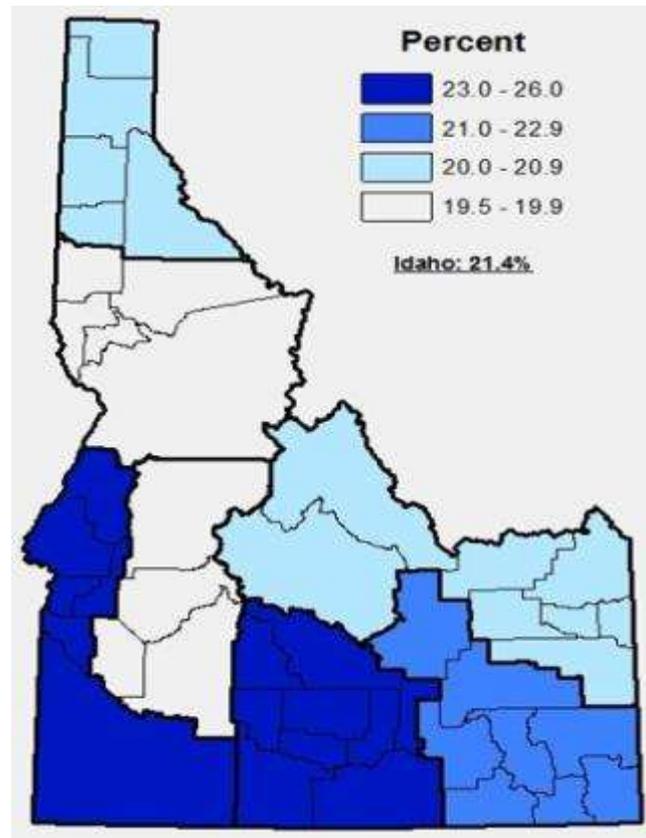
No leisure time-adults, 2011

Idaho adults with no leisure time physical activity, 2011

	Percent
Age	
18-34	17.7
35-64	20.3
65 and older	31.7
Ethnicity	
Non-Hispanic	20.4
Hispanic	31.5
Income	
Less than \$15,000	29.6
\$15,000 - \$24,999	28.9
\$25,000 - \$34,999	21.2
\$35,000 - \$49,999	24.4
\$50,000 - \$74,999	14.8
\$75,000 and higher	10.1
Education	
K-11	42.7
12th grade or GED	24.2
Some college	18.3
College grad	11.0

Source: Idaho Department of Health and Welfare, BRFSS

Adults with no leisure time physical activity by Public Health District, 2011

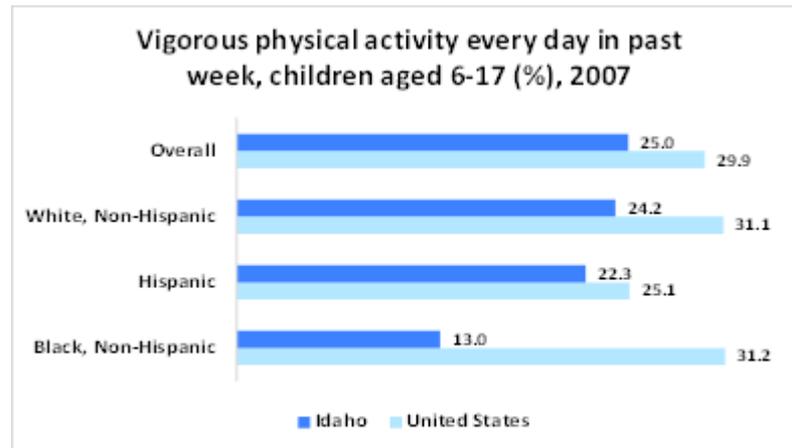


Source: Idaho Department of Health and Welfare, BRFSS

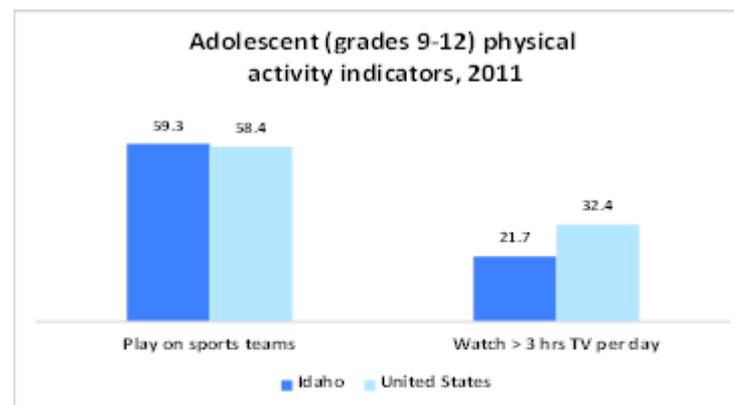
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Children and Adolescent Physical Activity



Source: National Survey of Children's Health

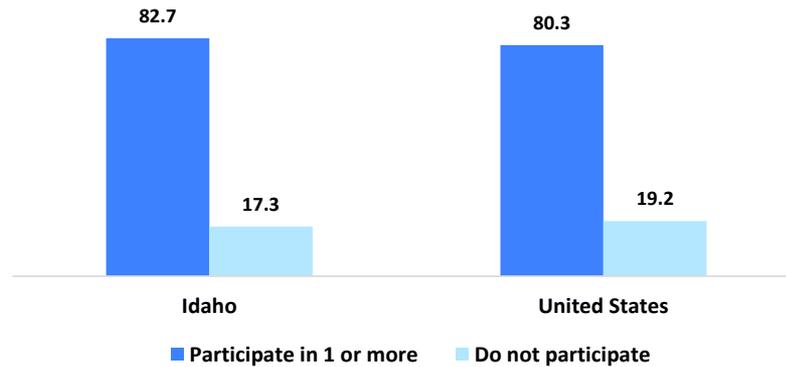


Source: CDC, Youth Risk Behavior Surveillance System

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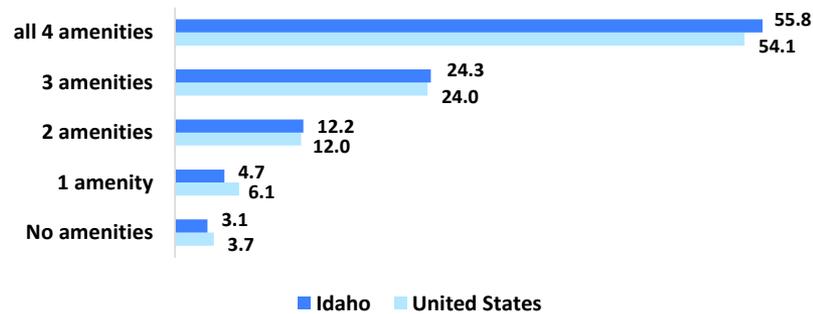


Children aged 6-17 participating in organized activities outside of school (%), 2011/12



Source: National Survey of Children's Health

Percent of children who live in neighborhoods that contain parks, recreation centers, sidewalks or libraries, 2011/2012



Source: National Survey of Children's Health



Healthy Foods and Physical Activity Child Care Center Regulations

Child Care Center Licensing Regulations, 2008

	Idaho	National
Meals and snacks should follow meal requirements	NO	29 states
Meal and snacks should be consistent with Dietary Guidelines for Americans	NO	2 states
Have policy prohibiting or limiting foods or low nutritional value	NO	12 states
Have policy on vending machines	NO	4 states
Require vigorous or moderate physical activity	NO	8 states

Source: National Initiative on Children's Healthcare Quality (NICHQ)



Food and Beverage Environment Indicators

Key Findings

- Energy & nutrient intake data is limited
- No statewide nutrition surveillance
- Measures for food assistance participation is available by county; eligibility is not
- Farmers Market & EBT access is available
- Healthy food and beverage policies are unknown
- Standard measures to assess food access and quality is unavailable



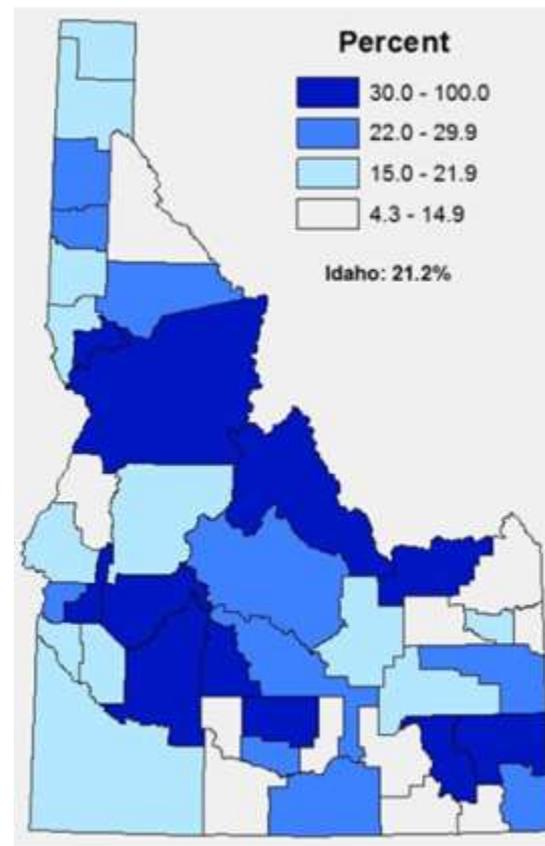
Dietary Behaviors and Food Access

Idaho adults who don't eat 5 servings of fruits and vegetables daily (%), 2011

	Percent
Total population	82.5
Sex	
Male	86.9
Female	78.2
Education	
College grad	78.3
Not a college grad	83.7
Ethnicity	
Hispanic	73.7
Non-Hispanic	83.4

Source: Idaho Department of Health and Welfare, BRFSS

Population with low store access, 2010

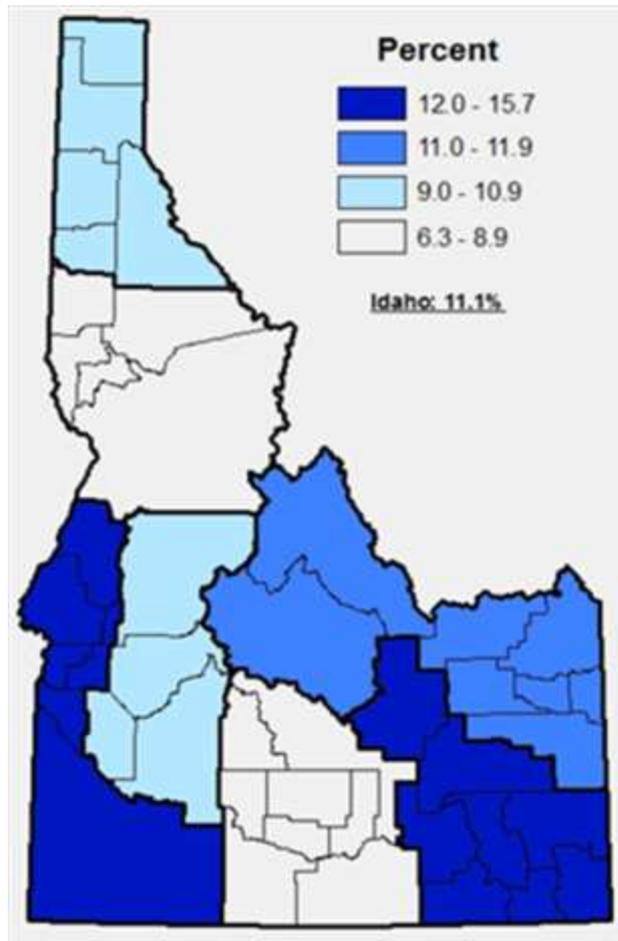


Source: USDA, Economic Research Service



Ability to afford nutritious meals

Most or all of the time by Public Health District, 2012

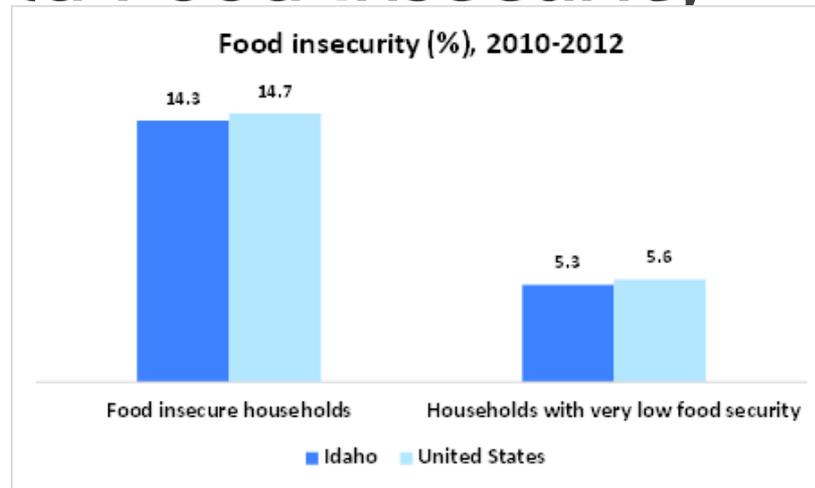


Source: Idaho Department of Health and Welfare, BRFSS

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Household Food Insecurity



Source: USDA, Economic Research Service

Food security by ethnicity (%), 2007-2011

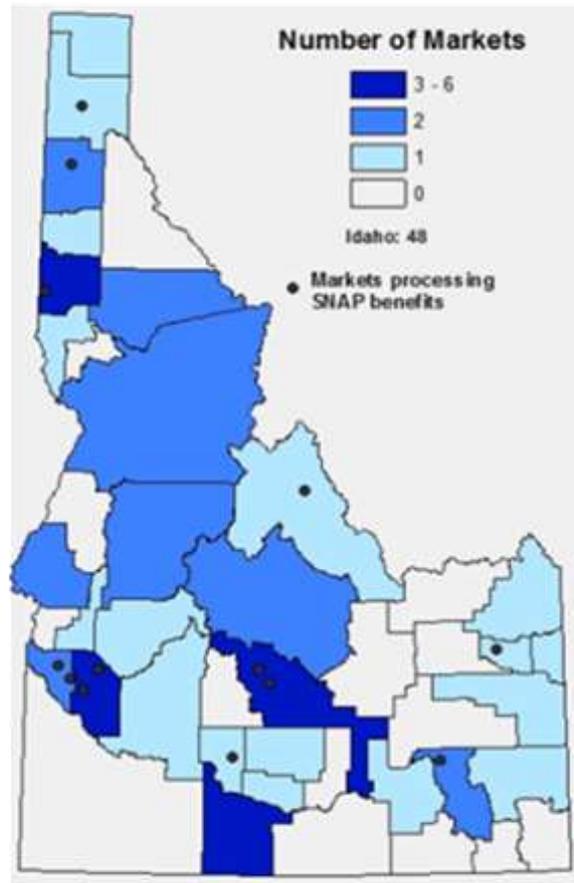
	Food Secure	Low food security	Very low food security
Idaho	86.4	9.5	4.2
Non-Hispanic	87.7	8.2	4.1
Hispanic	75.1	19.7	5.2

Source: USDA, Economic Research Service, calculations by University of Idaho



Access to Farmer's Markets & SNAP

Farmers market density and SNAP benefit processing, 2014



Source: Idaho State Department of Agriculture, Farmers Market **University of Idaho**



Health and Work Environment

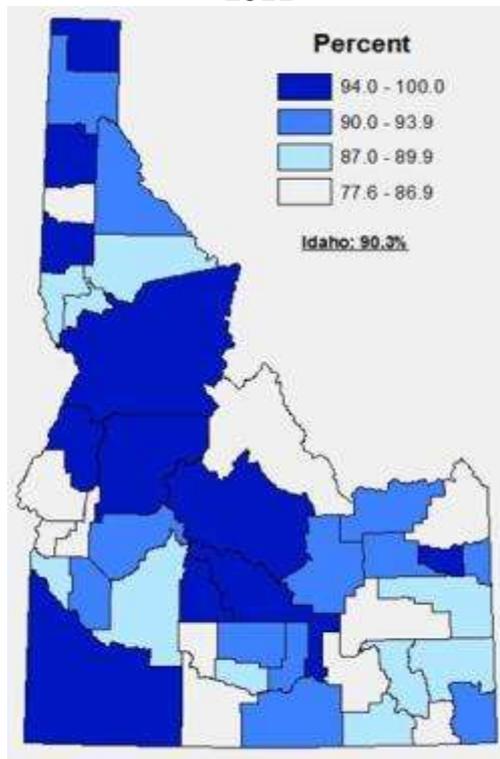
Key Findings

- Few obesity indicators
- Electronic records offer great potential to track BMI
- BMI as a health care quality measure will improve data reliability
- Information on obesity health care practices and insurance coverage is unavailable
- Only breastfeeding initiation is available on a county level
- Worksite & childcare support for breastfeeding is needed



Breastfeeding Rates

Breastfeeding initiation rates,
2011



Source: Idaho Department of Health and
Welfare,
Bureau of Vital Records and Health Statistics

Important indicators

- Initiation
- Exclusivity at 3 mos.
- Breastfeeding at 6 mos.
- Hospital policies
- Employer lactation supports
- Childcare onsite support
- Breastfeeding disparities



School Environment

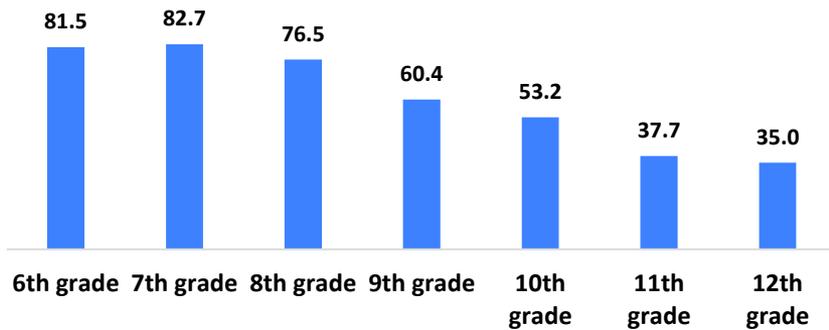
Key Findings

- BMI and fitness data is unavailable
- Only statewide physical education and health education data
- USDA nutrition program participation data available
- Head Start nutrition data is not standardized or reported
- Studies by Idaho Universities have bridged data gaps



Physical Education in Idaho Schools

Figure 23: Idaho schools with required physical education courses (%), 2012



Source: 2012 Idaho School Health Profiles in Health and Physical Education

Table 19: Moderate to vigorous activity in Idaho schools (%), 2013

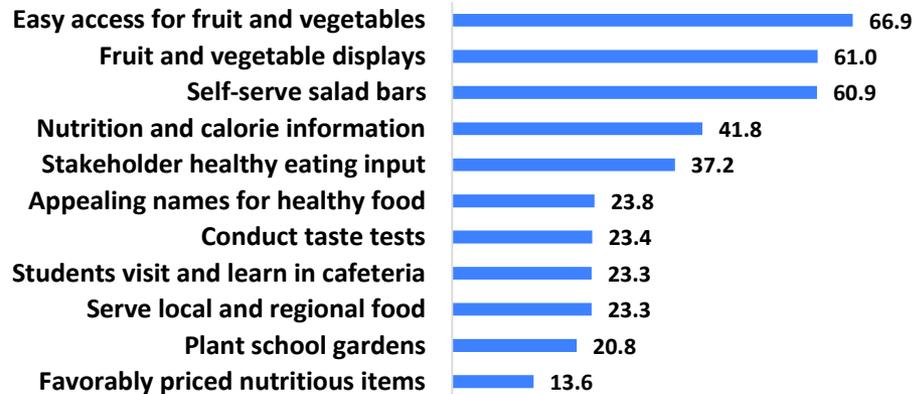
	Percent
MVPA 50% of class time	
Grades	
1 to 2	23.6
3 to 5	28.9
6 to 8	14.0
9 to 12	11.8
MVPA 33% of class time	
Grades	
1 to 2	53.4
3 to 5	54.9
6 to 8	42.7
9 to 12	48.4

Source: Scruggs, et. all, 2013



Selected Nutrition Indicators

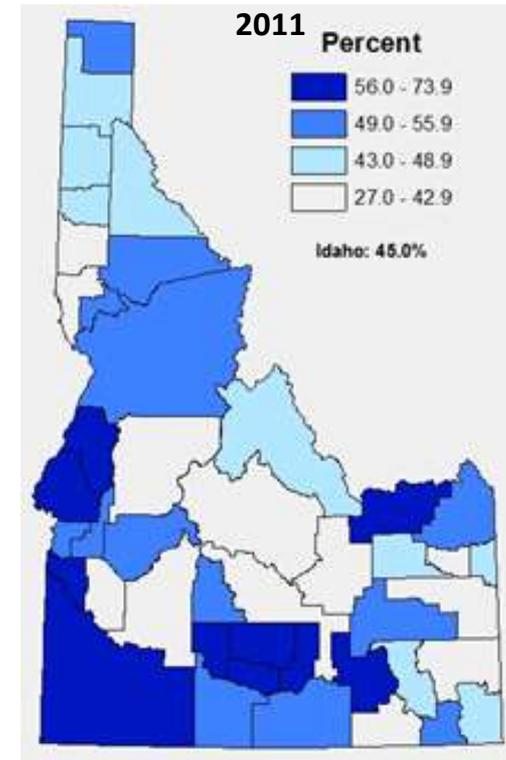
Figure 31: Idaho schools' actions to improve food and nutrition in the past year (%), 2012



Source: 2012 Idaho School Health Profiles in Health and Physical Education

Recent changes in the law have improved school nutrition environments across the nation.

Map 22: Free and reduced price lunch participation (%), 2010-2011



Source: National Center for Education Statistics (NCES)

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Conclusions & Recommendations

- Expand current data for localized reporting
- Data resource sharing
- Adoption of statewide obesity indicators
- Development of an obesity tracking system
- Creation of web-based interactive data system for monitoring & evaluation



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