



CATALYST NUTRITION FACT SHEET

STATEWIDE FACTS

1. Fewer than 20 percent of elementary, middle and high school students surveyed report eating five servings of fruits and vegetables a day [1]
2. 47 percent of 12th grade girls report drinking at least one soda a day [1]
3. 65 percent of 12th grade boys report drinking at least one soda a day [1]
4. \$1.3 billion: The overall financial burden of obesity in Minnesota, based on national estimates, was \$1.3 billion in 2004. [1]
5. 36 percent of Minnesota adults are classified as overweight based on their BMI (Body Mass Index). [2]*#
6. 26 percent of Minnesota adults are classified as obese based on their BMI. [2]*#

RESOURCES

[1] Minnesota Department of Health. Minnesota Obesity Plan: Minnesota Plan to Reduce Obesity and Obesity-Related Chronic Diseases 2008-2013.

Available at:

<http://www.health.state.mn.us/divs/hpcd/chp/obesity/obesityplanpage.html>.

Accessed on: December 15, 2008.

[2] U.S. Centers for Disease Control and Prevention. 2007 Behavioral Risk Factor Surveillance System. "Prevalence and Trends Data, Minnesota - 2007 Overweight and Obesity (BMI)." Available at :

<http://apps.nccd.cdc.gov/brfss/display.asp?cat=OB&yr=2007&qkey=4409&state=MN>. Accessed on: December 15, 2008.

*Data is not available to provide childhood overweight and obesity rates for Minnesota as Minnesota did not participate in the U.S. Centers for Disease Control Youth Risk Behavior Survey for 2007.

Body mass index (BMI) is a measure of body fat based on height and weight that applies to both adult men and women. BMI categories are classified as follows: Underweight = <18.5; Normal weight = 18.5-24.9; Overweight = 25-29.9; Obesity = BMI of 30 or greater. This definition, along with a BMI calculator, are available through the U.S. Department of Health and Human Service, National Institute of Health, and National Heart Lung and Blood Institute's Obesity Education Initiative at <http://www.nhlbisupport.com/bmi/>. Accessed on: December 15, 2008.

NATIONAL FACTS

1. More than ten serious health conditions are linked to obesity and overweight. Carrying excess weight places individuals at much greater risk for future development and early onset of a wide variety of chronic diseases and health conditions including:
 - Type 2 diabetes
 - Coronary heart disease
 - Stroke
 - Cancers (endometrial, breast, and colon)
 - Gallbladder disease
 - Osteoarthritis
 - Hypertension (high blood pressure)
 - Dyslipidemia (high blood cholesterol, high triglycerides)
 - Depression
 - Sleep apnea and respiratory problems. [1]
2. Eighty percent of high school students do not eat fruits and vegetables five or more times per day. [2]
3. Eighty-five per cent of adolescent females do not consume enough calcium. [2]
4. 13 percent of high school students are classified as obese based on their BMI. [3]*
5. 15.8 percent (or "Nearly 16 percent") of high school students are classified as overweight based on their BMI. [3]*
6. U.S. medical expenditures due to obesity in 1998 may have reached as high as \$92.6 billion (in 2002 dollars). [4]

RESOURCES

[1] Minnesota Department of Health. Minnesota Obesity Plan: Minnesota Plan to Reduce Obesity and Obesity-Related Chronic Diseases 2008-2013. Available at: <http://www.health.state.mn.us/divs/hpcd/chp/obesity/obesityplanpage.html>.

Accessed on: December 15, 2008.

[2] Centers for Disease Control. Nutrition and the Health of Young People.

Available at www.cdc.gov/HealthyYouth/Nutrition. Accessed on: November 1, 2008.

[3] Eaton, D., Kann, L., Kinchen, S., Shanklin, S., Ross, J., Hawkins, J., Harris, W., Lowry, R., McManus, T., Chyen, D., Lim, C., Brener, N., & Wechsler, H.

Youth risk behavior surveillance-United States, 2007, Surveillance Summaries, June 6, 2008. MMWR, 57 (No. SS-4), 1-120. Available at:

http://www.cdc.gov/HealthyYouth/yrbs/pdf/yrbss07_mmwr.pdf. Accessed on: December 15, 2008.

* Body mass index (BMI) is a measure of body fat based on height and weight that applies to both adult men and women. BMI categories are classified as follows: Underweight = <18.5; Normal weight = 18.5-24.9; Overweight = 25-29.9; Obesity = BMI of 30 or greater. This definition, along with a BMI calculator, are

available through the U.S. Department of Health and Human Service, National Institute of Health, and National Heart Lung and Blood Institute's Obesity Education Initiative at

<http://www.nhlbisupport.com/bmi/>. Accessed on: December 15, 2008.

[4] Centers for Disease Control and Prevention. Overweight and Obesity: Economic Consequences. Available at:

http://www.cdc.gov/nccdphp/dnpa/obesity/economic_consequences.htm.

Accessed on: November 9, 2008. This is the latest data available documenting the national cost of obesity and obesity related disease. These are direct costs only, and do not include indirect costs such as lost productivity.

GLOBAL FACTS

1. Globally, there are more than 1 billion overweight adults, at least 300 million of them obese. [1]
2. Current obesity levels range from below 5% in China, Japan and certain African nations, to over 75% in urban Samoa. But even in relatively low prevalence countries like China, rates are almost 20% in some cities. [1]
3. An estimated 22 million children under five are estimated to be overweight worldwide.
4. Obesity accounts for 2-6% of total health care costs in several developed countries; some estimates put the figure as high as 7%. The true costs are undoubtedly much greater as not all obesity-related conditions are included in the calculations. [1]
5. Obesity rates that have risen three-fold or more since 1980 in some areas of North America, the United Kingdom, Eastern Europe, the Middle East, the Pacific Islands, Australasia and China. The obesity epidemic is not restricted to industrialized societies; this increase is often faster in developing countries than in the developed world. [1]
6. More than 75% of overweight and obese children live in low- and middle-income countries. [2]

RESOURCES

[1] World Health Organization. Global Strategy on Diet, Physical Activity and Health: Obesity and Overweight. Available at:

<http://www.who.int/dietphysicalactivity/publications/facts/obesity/en/>. Accessed on: December 15, 2008.

[2] World Health Organization. Global Strategy on Diet, Physical Activity and Health: Childhood Overweight and Obesity. Available at:

<http://www.who.int/dietphysicalactivity/childhood/en/>. Accessed on: December 15, 2008.