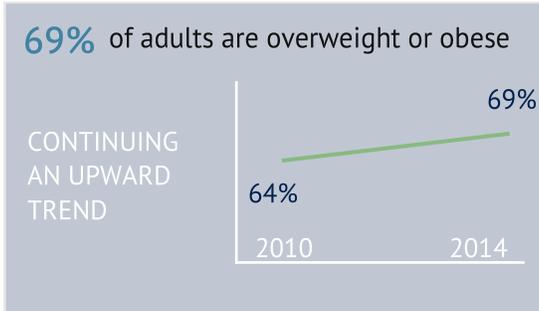


Overweight and Obesity in Wisconsin

Chronic Disease Prevention Program Fact Sheet

Overweight and Obesity Prevalence



That 69% is broken down to be 37% overweight and 32% obese. In other words, about **4 in 10** people are overweight and **3 in 10** people are obese.

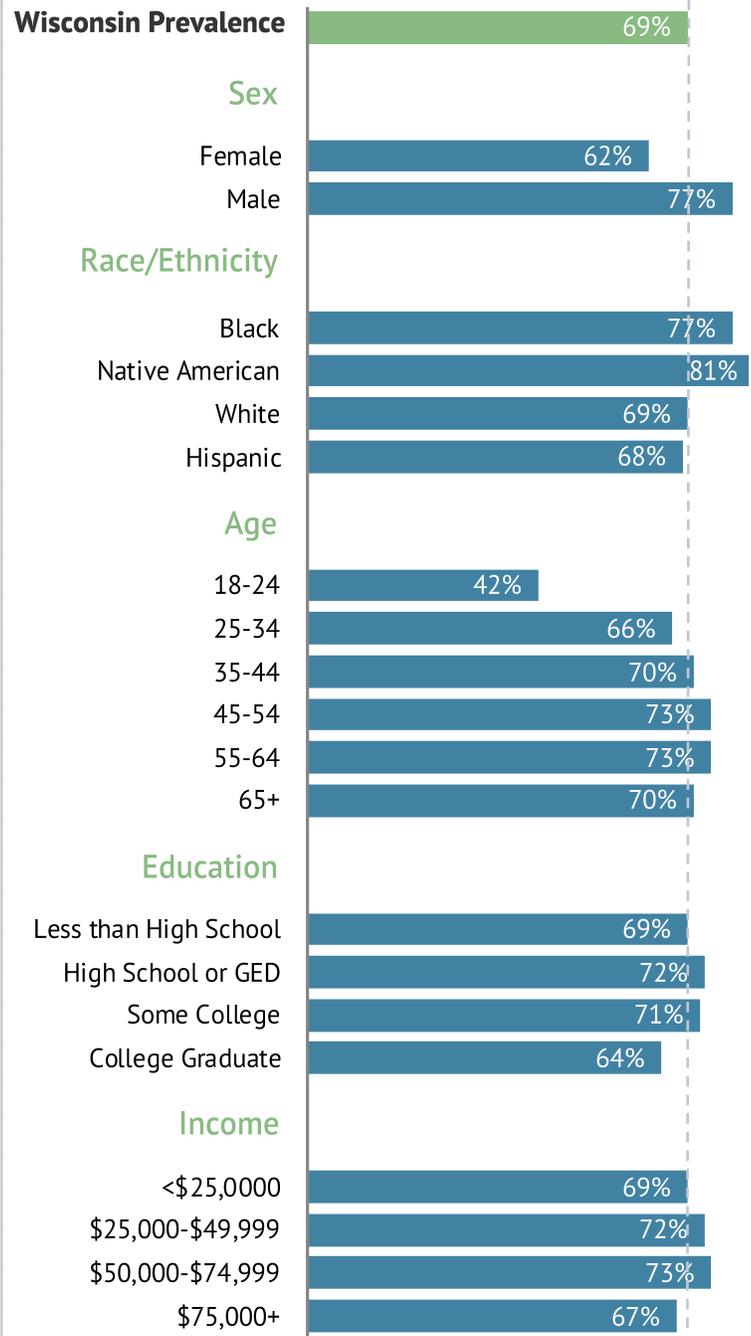


Chronic Disease

Overweight and obesity is a risk factor for many chronic conditions. The following breaks down many diseases and conditions to show the percentage of people with those conditions who are overweight or obese.

- 89% Diabetes
- 83% Pre-Diabetes
- 82% Heart Disease
- 82% Kidney Disease
- 79% Asthma
- 77% Arthritis
- 77% Chronic Obstructive Pulmonary Disorder
- 77% Heart Attack
- 75% Depression (Ever Diagnosed)
- 75% Hypertension
- 73% Stroke

Overweight and Obesity by Demographics



Source: BRFSS <http://www.cdc.gov/brfss/brfssprevalence/index.html> (2014)



How is Wisconsin Addressing Obesity?

Chronic Disease Prevention Program Obesity Initiatives

Active Communities

The Chronic Disease Prevention Program (CDPP) is working with communities to implement joint use agreements, provide alternative modes of transportation including construction of bike trails or sidewalks, and set up Safe Routes to School programs.

Early Care and Education

Toolkits have been created for early care and education providers focusing on breastfeeding, nutrition, and physical activity to support a healthier environment for children. All of these toolkits and many more resources can be found on the CDPP website.

Food System

The CDPP works with its partners to increase consumption of fruits and vegetables. These strategies include improving access to local foods for WIC and SNAP recipients at farmers' markets, supporting farm to school, increasing healthy restaurant menu options, and working with grocery and convenience stores to stock and market foods to make the healthy choice the easy choice.

Health Care

The CDPP works with hospitals to take steps recommended by the World Health Organization to attain Baby-Friendly designation. Additionally, the CDPP provides many resources and education materials on its website for health care professionals for preventing, screening, managing, and treating obesity.

Schools

Work is being done to improve physical activity and nutrition for students in grades K-12. Toolkits are available for active schools, garden-based nutrition education, farm to school, and many more on the CDPP website.

Worksites

The CDPP has been a national leader in worksite wellness initiatives, including nutrition, physical activity, tobacco cessation, mental health, lactation support, and more. You can find the Worksite Wellness Resource Kit on the CDPP website.

What can you do?



Drink water instead of sugary drinks.

Eat more fruits and vegetables, and fewer foods high in fat and sugar.



Move! Try going for a 10-minute walk, three times per day, five days per week.

Promote programs in your community that support healthy choices.



Support and promote breastfeeding.

