



National agencies are working feverishly to put the brakes on obesity in the United States.

Combating Obesity Nationally

The U.S. Department of Health and Human Services, as well as the Centers for Disease Control and Prevention and the National Institutes of Health are working diligently to combat obesity on all fronts. Many national initiatives and resources are now in place to help communities bolster their anti-obesity initiatives. More and more research is being conducted on the long term effects of obesity. Agencies are working to find and promote best practices to help individuals increase physical activity and consume healthier foods. The following is a list of national efforts that currently exist to educate the public as well as practitioners about obesity.

Resources

American Obesity Association

<http://www.obesity.org/>

CDC, Nutrition and Physical Activity

<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

Center for Science in the Public Interest

www.cspinet.org

Nutrition.gov – Providing Nutrition Information for a Healthier Life

<http://www.nutrition.gov/>

Steps to a Healthier US

<http://www.healthierus.gov/steps/index.html>

The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

<http://www.surgeongeneral.gov/topics/obesity/>

Weight-control Information Network

<http://win.niddk.nih.gov/index.htm>

Initiatives

BAM! Body and Mind

http://www.bam.gov/flash_dan.html

Healthy People 2010

<http://www.healthypeople.gov>

The National Heart, Lung, and Blood Institute (NHLBI) Obesity Education Initiative

<http://www.nhlbi.nih.gov/about/oei/index.htm>

Small Step Initiative

<http://www.smallstep.gov/>

VERB – It's what You Do

<http://www.verbnow.com/>

Events/Conferences

National Healthy Weight Week: January 16 – 22, 2005

<http://www.mentalhealth.org/highlights/January2005/weight/default.asp>

National Institute of Environmental Health Sciences Conference, "Environmental Solutions to Obesity in America's Youth"; June 1-3, 2005, Washington, D.C.

<http://www-apps.niehs.nih.gov/odconfer/oe2005/info.cfm#topics>

Research

Medline Plus: Obesity

<http://www.nlm.nih.gov/medlineplus/obesity.html>

NIH Obesity Research

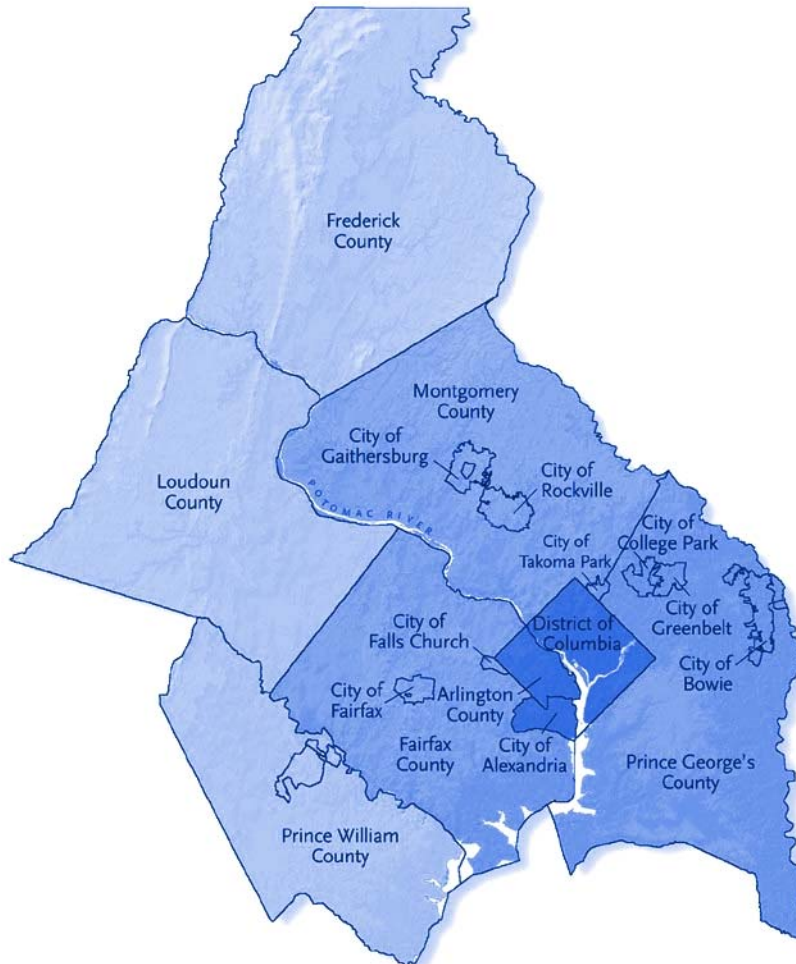
<http://obesityresearch.nih.gov>

Want to know your BMI?

Visit

*[www.nhlbisupport.com/
bmi/](http://www.nhlbisupport.com/bmi/)*

The Regional Perspective



The Metropolitan Washington Region is unique in many ways that influence health practices and trends. As the National Capital Region, the area is very diverse, with a large segment of the population from other parts of the country and the world. They arrive with different customs of eating and exercising, and without some of the factors that might protect them from overweight and obesity.

The member jurisdictions of the Metropolitan Washington Council of Governments (COG) have a combined nighttime population of 4.2 million which swells daily with commuters and visitors to reach approximately 4.5 million. The CDC says the estimated state-level costs of obesity in Virginia, Maryland and the District of Columbia totals \$3.5 billion.

COG Member Jurisdictions	TOTAL Population	Population by Race							Total Hispanic ¹
		Population of two or more races							
		Population of One Race						Population of Two or More Races	
		Total Population of One Race	White	Black or African-American alone	American Indian and Alaska Native alone	Asian, Hawaiian, Other Pacific Islander	Other Race		
District of Columbia	572,059	558,613	176,101	343,312	1,713	15,537	21,950	13,446	44,953
Frederick County	195,277	192,401	174,432	12,429	404	3,330	1,806	2,876	4,664
Montgomery County	873,341	843,224	565,719	132,256	2,544	99,063	43,642	30,117	100,604
City of Gaithersburg ²	52,613	50,302	30,625	7,680	188	7,274	4,535	2,311	10,398
City of Rockville ²	47,388	45,907	32,120	4,317	160	7,045	2,265	1,481	5,529
City of Takoma Park ²	17,299	16,439	8,440	5,876	76	760	1,287	860	2,494
Prince George's County	801,515	780,631	216,729	502,550	2,795	31,479	27,078	20,884	57,057
City of Bowie ²	50,269	49,111	31,492	15,500	150	1,499	470	1,158	1,468
City of College Park ²	24,657	24,088	16,969	3,929	81	2,476	633	569	1,366
City of Greenbelt ²	21,456	20,711	8,526	8,871	50	2,597	667	745	1,383
Maryland Suburbs	1,870,133	1,816,256	956,880	647,235	5,743	133,872	72,526	53,877	162,325
Arlington County	189,453	181,224	130,601	17,705	662	16,470	15,786	8,229	35,268
Fairfax County	969,749	934,311	677,904	83,098	2,561	126,729	44,019	35,438	106,958
Loudoun County	169,599	165,469	140,419	11,683	358	9,172	3,837	4,130	10,089
Prince William County	280,813	270,635	193,574	52,691	1,094	11,069	12,207	10,178	27,338
City of Alexandria	128,283	122,800	76,702	28,915	355	7,361	9,467	5,483	18,882
City of Fairfax	21,498	20,797	15,675	1,090	73	2,633	1,326	701	2,932
City of Falls Church	10,377	10,125	8,817	340	25	682	261	252	876
Virginia Suburbs	1,769,772	1,705,361	1,243,692	195,522	5,128	174,116	86,903	64,411	202,343
COG Member Jurisdictions	4,211,964	4,080,230	2,376,673	1,186,069	12,584	323,525	181,379	131,734	409,621

¹ People who identified themselves as "Hispanic" or "Latino" can be of any race and are included in the counts for single and multi-race categories.

² Population in Maryland cities is included in appropriate county totals.

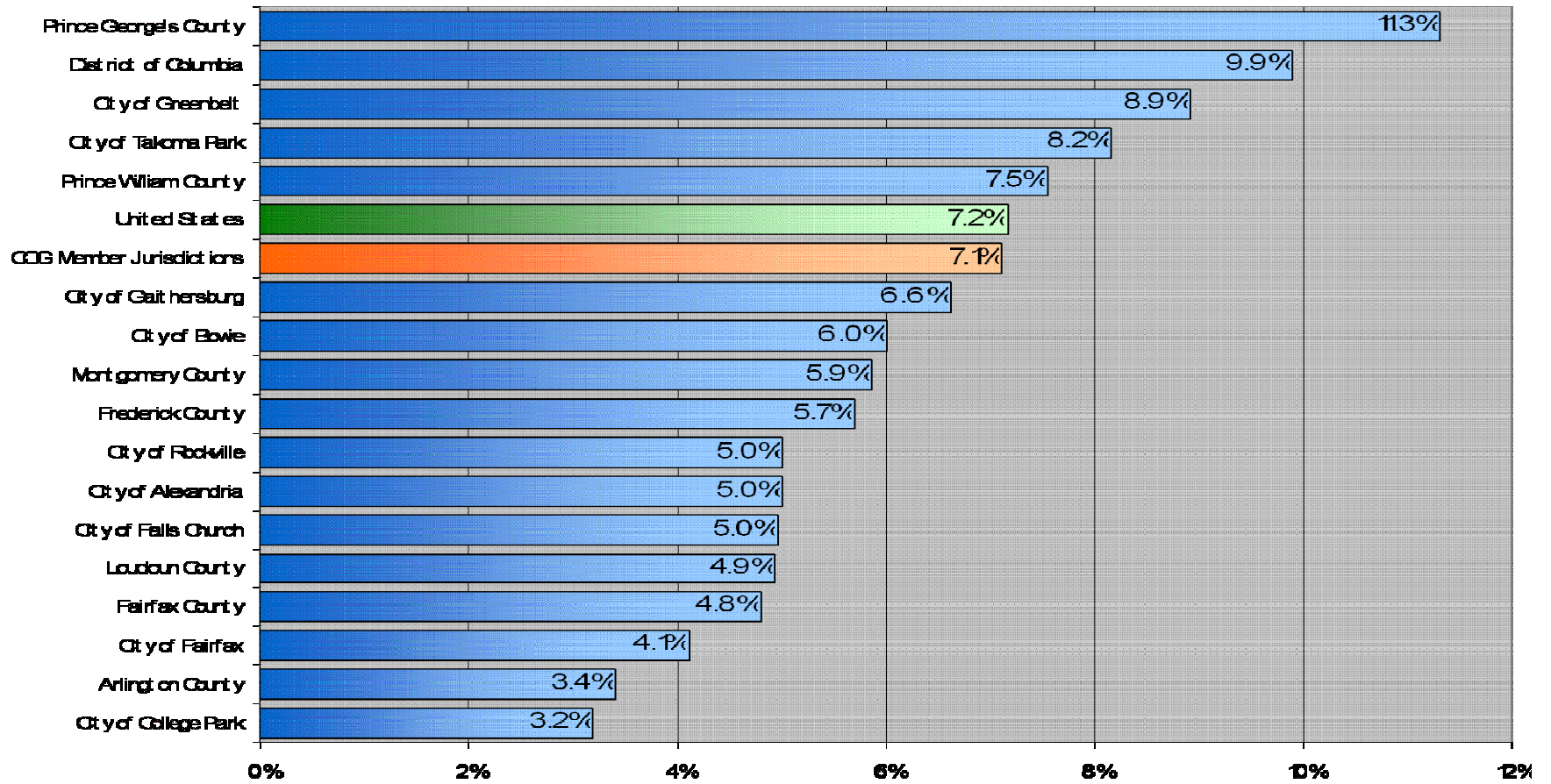
Residents of the Metropolitan Washington region are extremely mobile and rarely spend their time in just one jurisdiction. Area residents may live in one area, work in another and play in several others. Although obesity is present across all income levels, poverty is correlated with higher levels of obesity, as low income makes it more difficult to obtain healthy food and adequate exercise. Certain areas in the region host more low income families. Among this population, there is a tendency to move elsewhere in an attempt to improve quality of life as families move up the socio-economic ladder. For some, such as college students who attend universities in the region, poverty is a stage rather than a long term condition. For others it is a multi-generational trap that is difficult to escape. One group of interest for obesity programs is households headed by single mothers. The percent of households in this category is growing. Nearly half of all families in poverty are headed by single mothers.

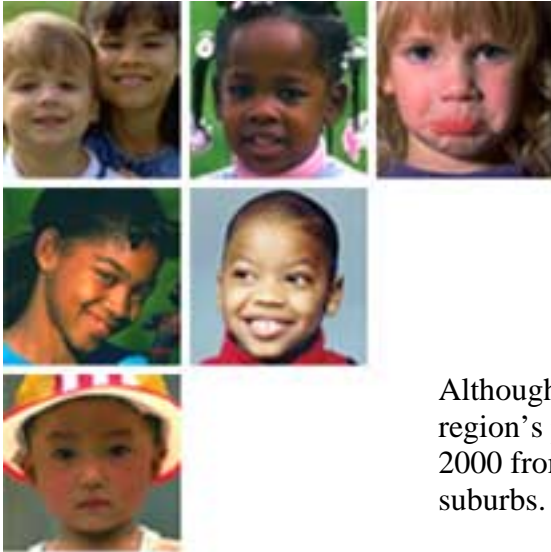
Families in Poverty in the COG Region

Jurisdiction	Families in Poverty	Married-couple Families	Married-couple Families with Children Under 18 years	Families Not Married	Families with Female Householder; No husband present	Families with Female Householder; no husband present; with Children under 18 years
District of Columbia	19,365	17.2%	10.2%	82.8%	73.7%	62.9%
Frederick County	1,530	37.5%	20.0%	62.5%	53.3%	50.7%
Montgomery County	8,428	46.3%	28.2%	53.7%	44.6%	38.0%
City of Gaithersburg ¹	633	48.3%	28.1%	51.7%	45.0%	42.3%
City of Rockville ¹	668	49.6%	26.6%	50.4%	41.2%	38.6%
City of Takoma Park ¹	333	48.3%	24.3%	51.7%	41.1%	27.0%
Prince George's County	10,641	30.5%	19.7%	69.5%	59.3%	52.4%
City of Bowie ¹	94	25.5%	13.8%	74.5%	66.0%	57.4%
City of College Park ¹	131	40.5%	25.2%	59.5%	41.2%	28.2%
City of Greenbelt ¹	299	24.7%	19.7%	75.3%	63.2%	55.5%
Suburban Maryland	20,599	37.5%	21.7%	62.5%	52.8%	46.4%
City of Alexandria	1,921	39.6%	25.8%	60.4%	50.4%	44.0%
Arlington County	1,987	50.9%	31.1%	49.1%	37.3%	32.1%
Fairfax County	7,507	54.6%	40.1%	45.4%	36.4%	31.3%
City of Fairfax	131	54.2%	29.0%	45.8%	39.7%	33.6%
City of Falls Church	74	31.1%	16.2%	68.9%	43.2%	43.2%
Loudoun County	781	43.7%	29.6%	56.3%	51.3%	45.2%
Prince William County	2,406	34.0%	26.9%	66.0%	52.7%	49.3%
City of Manassas	316	42.1%	34.5%	57.9%	45.9%	38.6%
Northern Virginia	15,123	48.0%	34.1%	52.0%	41.9%	36.8%
COG Member Jurisdictions	55,087	33.2%	21.6%	66.8%	57.2%	49.6%
Washington--Arlington--Alexandria, VA--MD--DC--WV Metropolitan Statistical Area	60,774	33.6%	21.6%	66.4%	56.8%	49.4%

¹Population in Maryland cities is included in appropriate county totals

Single Mothers (Percent of Total Households)





The Region's Young People

Although the region's median age has risen, the percent of the region's population under the age of 18 has increased to 24.9% in 2000 from 23.1% in 1990, with the biggest changes in the suburbs.

Population Under 18 Years

Jurisdiction	2000		1990		Change 1990 to 2000		
	Under 18 Years	Percent Under 18 Years	Under 18 Years	Percent Under 18 Years	Number	Percent	Share of Regional Growth
District of Columbia	114,992	20.1%	116,873	19.3%	-1,881	-1.6%	-1.0%
Frederick County	53,887	27.6%	39,717	26.4%	14,170	35.7%	7.2%
Montgomery County	221,758	25.4%	178,244	23.5%	43,514	24.4%	22.1%
City of Gaithersburg ¹	13,164	25.0%	9,750	24.7%	3,414	35.0%	1.7%
City of Rockville ¹	11,081	23.4%	10,373	23.1%	708	6.8%	0.4%
City of Takoma Park ¹	4,075	23.6%	3,519	21.1%	556	15.8%	0.3%
Prince George's County	214,602	26.8%	177,821	24.4%	36,781	20.7%	18.7%
City of Bowie ¹	13,530	26.9%	9,115	24.2%	4,415	48.4%	2.2%
City of College Park ¹	2,601	10.5%	2,418	11.0%	183	7.6%	0.1%
City of Greenbelt ¹	4,696	21.9%	3,503	16.6%	1,193	34.1%	0.6%
Maryland Suburbs	490,247	26.2%	395,782	24.2%	94,465	23.9%	48.0%
Arlington County	31,239	16.5%	25,837	15.1%	5,402	20.9%	2.7%
Fairfax County	246,264	25.4%	199,971	24.4%	46,293	23.1%	23.5%
Loudoun County	50,555	29.8%	23,268	27.0%	27,287	117.3%	13.9%
Prince William County	85,449	30.4%	65,863	30.5%	19,586	29.7%	10.0%
City of Alexandria	21,537	16.8%	17,110	15.4%	4,427	25.9%	2.2%
City of Fairfax	4,416	20.5%	3,757	19.1%	659	17.5%	0.3%
City of Falls Church	2,430	23.4%	1,863	19.5%	567	30.4%	0.3%
Northern Virginia	441,890	25.0%	337,669	23.6%	104,221	30.9%	53.0%
COG Member Jurisdictions	1,047,129	24.9%	850,324	23.1%	196,805	23.1%	100.0%

¹Population in Maryland cities is included in appropriate county totals.

School District Low Income Student in Public Schools

District	Total population	“Relevant” age 5 to 17	‘Relevant’ age 5 to 17 in families in poverty	Percent in families in poverty
District of Columbia Public Schools	563,384	74,805	21,767	29.1%
Frederick Co. Public Schools	213,662	41,978	1890	4.5%
Montgomery Co. Public Schools	918,881	166,707	10,523	6.3%
Prince George’s Co. Public Schools	838,716	160,651	15,351	9.6%
Alexandria City Public Schools	128,923	12,909	2,192	17%
Arlington Co. Public Schools	187,873	19,910	2,075	10.4%
Fairfax City Public Schools	22,031	3,202	208	10.4%
Fairfax Co. Public Schools	1,000,405	183,873	183,747	5.3%
Falls Church Public Schools	10,485	1,761	38	2.1%
Loudoun Co. Public Schools	221,746	45,473	1,351	3%
Manassas City Public Schools	37,166	7,708	625	8.1%
Manassas Park City Public Schools	10,990	2,404	204	8.5%
Prince William Co. Public Schools	317,323	67,804	4,412	6.5%

Source U.S. Census Bureau



Physicians Committee for Responsible Medicine School Lunch Grades

School lunch and breakfast programs are a major source of nutrition, especially for low income children. All school districts have these programs; however, it is hard to find data about their impact on obesity.

Grades for 2004

Fairfax County Public School District: B	
Obesity and Chronic Disease Prevention	28.0
Health Promotion and Nutrition Adequacy	36.7
Nutrition Initiatives	20.0
TOTAL	84.7

Prince George's County Public School District: C-	
Obesity and Chronic Disease Prevention	25.0
Health Promotion and Nutrition Adequacy	38.7
Nutrition Initiatives	8.0
TOTAL	71.7

Montgomery County Public School District: C-	
Obesity and Chronic Disease Prevention	31.0
Health Promotion and Nutrition Adequacy	25.4
Nutrition Initiatives	14.0
TOTAL	70.4

(source <http://www.healthyschoollunches.org/reports/index.html>)

Grades for 2003

District	Location	Score	Grade
Group 1: Class Act			
<u>Detroit City School District</u>	Detroit, Mich.	94%	A
Group 2: Solid Achievers			
<u>Miami-Dade County School District</u>	Miami, Fla.	89%	B+
<u>Gwinnett County Public School District</u>	Lawrenceville, Ga.	88%	B+
<u>Charlotte-Mecklenburg School District</u>	Charlotte, N.C.	87%	B+
<u>Fairfax County Public School District</u>	Fairfax, Va.	86%	B
<u>Pinellas County School District</u>	Largo, Fla.		
<u>Broward County School District</u>	Fort Lauderdale, Fla.	85%	B
<u>Hillsborough County School District</u>	Tampa, Fla.		
<u>New York City Public School District</u>	New York, N.Y.	81%	B-
<u>Philadelphia City School District</u>	Philadelphia, Pa.	80%	B-

Group 3: Passable Performers			
Montgomery County Public School District	Rockville, Md.	78%	C+
Prince George's County Public School District	Upper Marlboro, Md.		
Dallas Independent School District	Dallas, Texas	77%	C+
Palm Beach County School District	Riviera Beach, Fla.	76%	C
Los Angeles Unified School District	Los Angeles, Calif.	71%	C-
San Diego City Unified School District	San Diego, Calif.	70%	C-
Group 4: Failing Programs			
Clark County School District	Las Vegas, Nevada	59%	F
District of Columbia Public Schools	Washington, D.C.	46%	F

(source

e <http://www.healthyschoollunches.org/reports/index.html>



Insurance Coverage

People who do not have health insurance are less likely to receive adequate health care, They are less likely to have regular checkups, receive information or recommendations about their weight, nutrition and activity level, and are therefore at greater risk of overweight and of complications form overweight.

	District of Columbia	Maryland	Virginia
Percent all persons with some type health insurance	85.7%	86.1%	87.0%
Percent under 18 with some type health insurance	88.6%	91.3%	91.1 %

(Source www.census.gov)

Regional Overweight and Obesity

The majority of obesity data available is aggregated at the state level and focuses on adults. Programs would benefit from data on childhood obesity aggregated at county, school attendance area or zip code. This would improve program planning and evaluation, since many programs, such as after school programs are very localized.

	District of Columbia	Maryland	Virginia
Adults Overweight or Obese *	overweight or obese adults 52% Overweight & obese White 32% Overweight & obese Black 64.4% Overweight & obese Hispanic 30.2% Overweight & obese Asian/Pac 21.1%	Overweight or Obese Adults 58% Overweight & obese White 53.2% Overweight & obese Black 63.1% Overweight & obese Hispanic 49.3% Overweight & obese Asian/Pac 35.1	Obese adults 20.0% Overweight & obese White 55.5% Overweight & obese Black 68.7% Overweight & obese Hispanic 48.7% Overweight & obese Asian/Pac. Isl. 36.7%
Overweight children	12 % of students grades 9-12 are overweight (WIC) 11.8% **	29% of low income children ages 2-5 are overweight or at risk of becoming overweight (WIC) Frederick 15% Montgomery 22% Prince Georges 16% ***	(WIC) Alexandria 14.2% Arlington 13.1% Fairfax 15.1% Loudoun 13.2% Prince William 15.6% ****

*source <http://www.statehealthfacts.kff.org>

**Source District of Columbia Department of Health

*** Source Maryland Department of Health and Mental Hygiene

****Source Virginia Department of Health

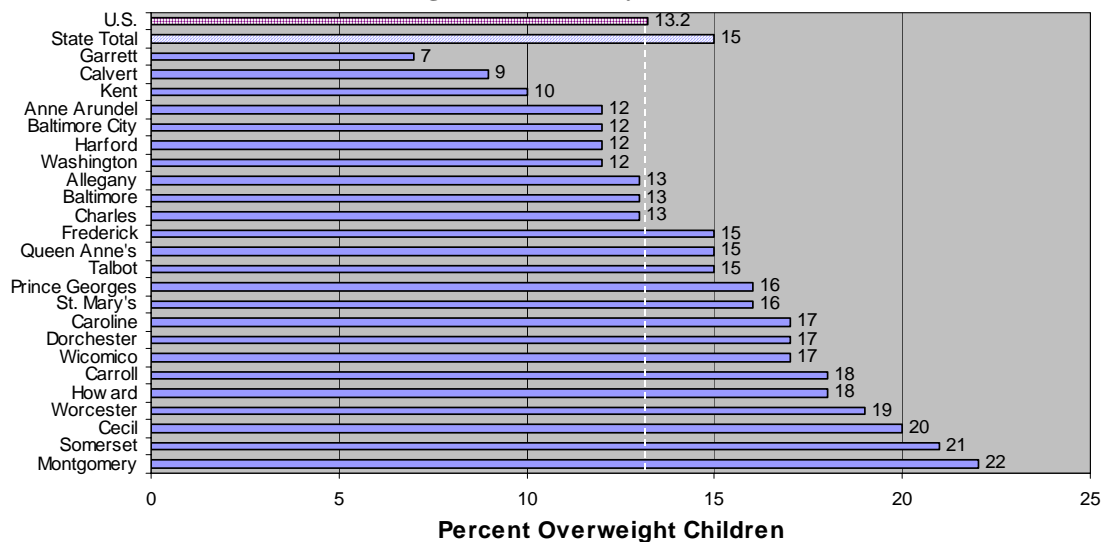
Women Infants & Children Program (WIC)

Women Infants and Children programs are available across the region. These nutrition programs help mothers purchase food and provide nutrition education. They are one of the few sources of data on childhood obesity.

Local Data

Maryland WIC Program

Distribution of Overweight Children 1-4 years old, Jan thru June 2004



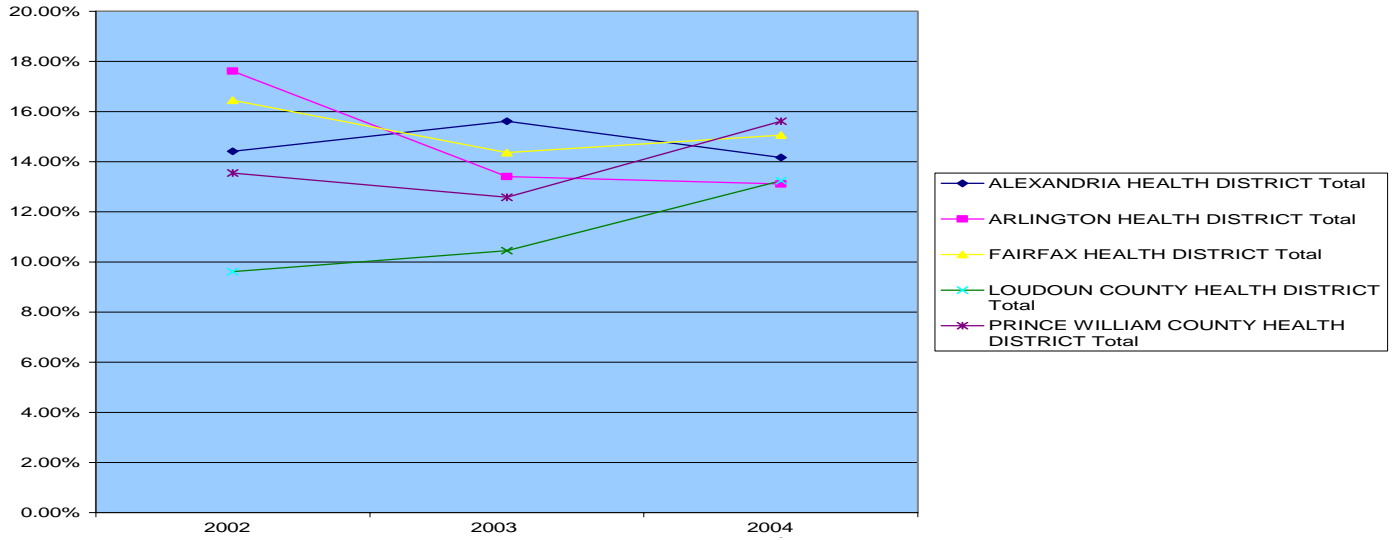
*Distribution of Body Mass Index (BMI) Above 95th percentile

**USDA FNS Report No. WIC-01-PCOM, July 2004

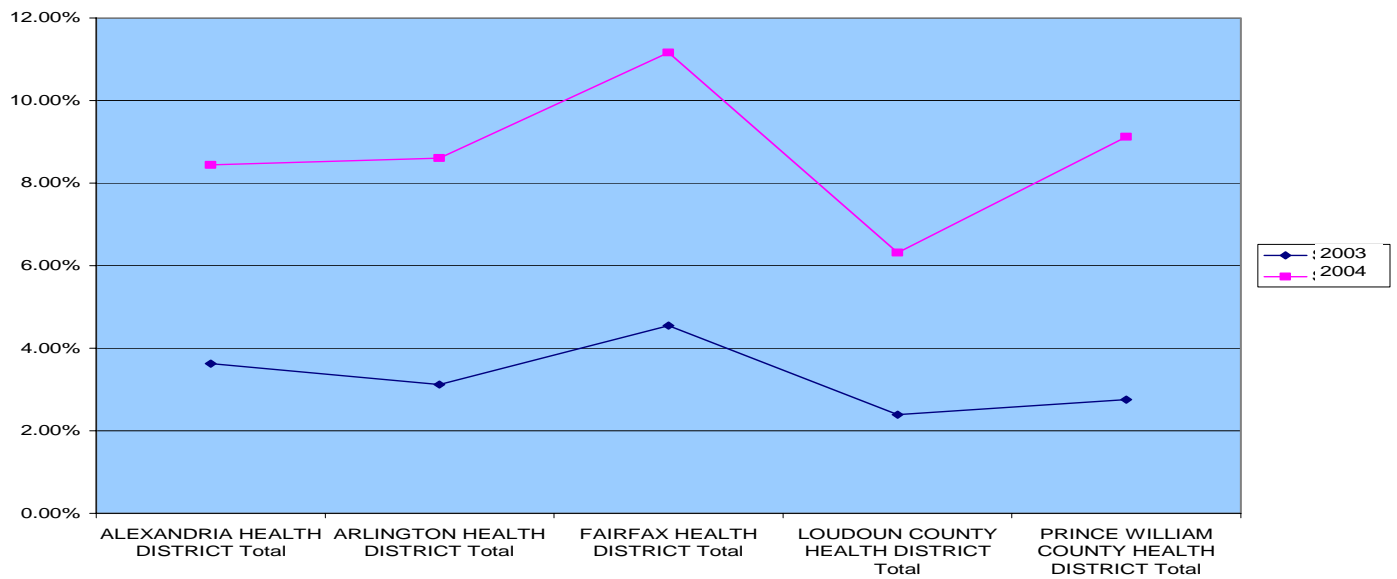


Virginia WIC Program

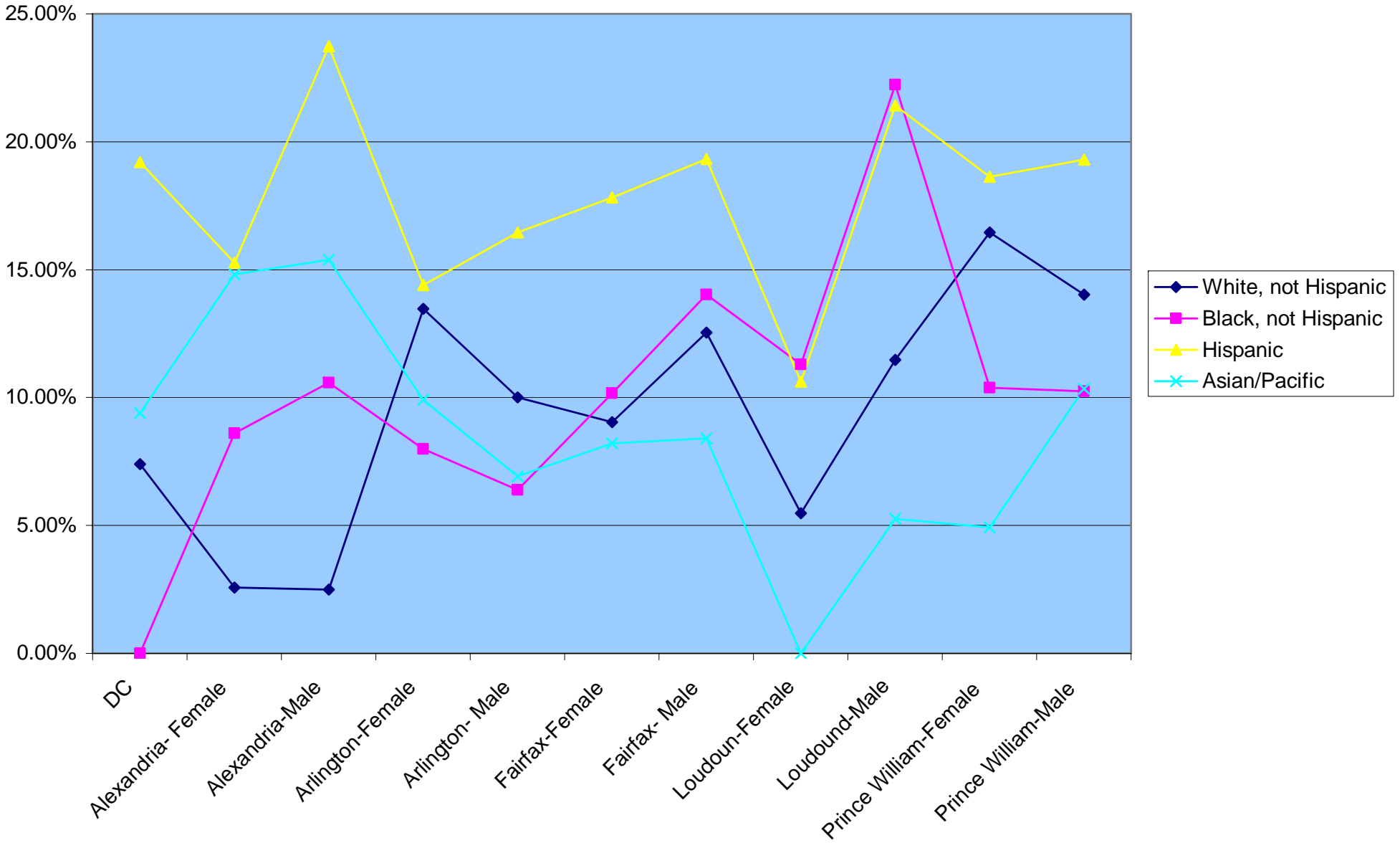
Virginia WIC Overweight Children by District



Virginia WIC Children "at Risk for Overweight"



Regional Overweight WIC Children by Ethnicity



State and Local Childhood Obesity Initiatives

Virginia

<i>Program/Initiative</i>	<i>Program Contact</i>
<p>The Alexandria Health Department partners with Alexandria City Public Schools in several ways that are designed to promote better nutrition and increase physical activity, lowering risk for obesity and chronic disease. These activities are funded by CDC Cardiovascular Health Project and PHHS grants.</p> <p>WIC program at the Health Department also works to prevent childhood obesity, although it does not have a specific, targeted program at this time.</p>	<p>Rachael Kennedy Rachael.Kennedy@vdh.virginia.gov</p> <p>Katherine Benjamin, MS Katherine.Benjamin@vdh.virginia.gov 703) 838-4400 x322</p> <p>http://ci.alexandria.va.us/city/health/medical_services.html#nutrition</p>
<p><i>Streamline (for healthy families and healthy futures)</i> is a new child and adolescent obesity program run by Columbia Associates</p>	<p>Dr. Virginia Jones 703-841-1317</p>
<p>The Loudoun County Health Department WIC program has a goal of working with WIC participant children between the ages of 2-5 years. Each WIC participant child that fits into the obese category and parent are scheduled at least one time every six months to attend an activity class. The children must attend as well as the parent/guardian.</p>	<p>Gloria Collins gcollins@loudoun.gov</p> <p>http://www.loudoun.gov/services/health/nutri.htm</p>
<p>The WIC Program and Child Health Clinic staff in Arlington County's Health Department are in the process of developing strategies for a multidisciplinary team approach targeting childhood obesity in our client population.</p>	<p>Donna Butler, RD WIC program Supervisor 703-228-1271</p> <p>Patricia Woollard, RN Clinical Coordinator, Child Health Clinic 703-228-1222</p>

District of Columbia

<i>Program/Initiative</i>	<i>Program Contact</i>
<p>Children's Hospital has piloted a Healthy Schools (healthy living/obesity) initiative this current school year in the DCPS system</p>	<p>Crissy Rivers crivers@cnmc.org 202-884-2351</p>
<p>Center for Science in the Public Interest is piloting a project on improving the quality of snack foods in vending machines in DCPS schools.</p>	<p>Center for Science in the Public Interest 202) 332-9110 http://www.cspinet.org/</p>
<p>There is a project called Project Health-Girls Fitness and Nutrition program that focuses on girls ages 10-14. AMERIGROUP works with Fitnut.</p>	<p>Jessica Sultzer 202-884-5780.</p>
<p>The mission of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is to improve the lifelong health and nutrition of pregnant women, new mothers (breast-feeding and non-breast-feeding), infants, and children by providing nutrition education, nutrient-rich supplemental food, and health and social service referrals.</p>	<p>Doris Kuehn 202-645-5675</p> <p>http://dchealth.dc.gov/services/wic/index.shtm</p>

Maryland

<i>Program/Initiative</i>	<i>Program Contact</i>
Suburban Center for Eating Disorders and Adolescent Obesity in Bethesda, Maryland has recently also begun a unique fitness program for children and adolescents who are overweight. It is monitored by exercise physiologists.	Tania Heller taniaheller@yahoo.com 301-530-0676. http://www.suburbanhospital.org/eating_disorders/default.htm
With the kick-off of the Center for Healthy Lifestyle Initiatives coming soon, Prince George's County will be launching an obesity awareness campaign, to include adults and children. Other than our WIC program, at this moment there is not a specific initiative for childhood obesity that through the Health Department.	http://www.co.pg.md.us/Government/AgencyIndex/Health/nutrition.asp?h=20&s=40%2040&n=50
The Maryland Department of Health and Mental Hygiene addresses obesity issues, and in particular childhood obesity issues, in a number of ways and across several offices. The Center for Preventive Health Services has recently begun a comprehensive Nutrition and Physical Activity Program that is charged with developing a statewide coalition and state plan and piloting CDC "Best Practices" obesity prevention programs. This program examines obesity-related issues within all ages. The Center for Maternal and Child Health has been specifically examining childhood obesity issues for several years and spearhead childhood obesity efforts in the state. Staff within these two Department of Health centers work closely with each other and in collaboration with many important partners, including the Maryland State Department of Education, the USDA, Cooperative Extension Services, and local health departments.	Lori A. Demeter, Ph.D. 410.767.5041 demeterl@dhmh.state.md.us Dr. Cheryl DePinto 410-767-5595 depintoc@dhmh.state.md.us http://www.fha.state.md.us/wic/
Montgomery County Public Schools has made major policy changes in what types of foods we will allow in our vending machines and when students may have access those machines.	Russell Henke 301-279-3059 Russell_Henke@mcpsmd.org

Federal

<i>Program/Initiative</i>	<i>Program Contact</i>
National Institutes of Health NHLBI's Obesity Education Initiative (OEI) has information about weight control, including tools such as a BMI calculator for adults (see your doctor about BMI calculations for children) and Menu Planner	http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm .
Free materials for the public with practical information on weight control, physical activity, obesity and related nutritional issues can be obtained from the Weight-control Information Network (WIN), a service of NIH's National Institute of Diabetes and Digestive and Kidney Diseases.	202-828-1025 or 1-877-946-4627 WIN@info.niddk.nih.gov http://www.niddk.nih.gov/health/nutrit/win.htm
"Call to Action to Prevent and Decrease Overweight and Obesity in the Mid-Atlantic States," sponsored by the Department of Health and Human Services, U.S. Public Health Service, Region III	Louis Belmonte (215) 861-4641 http://outreach.psu.edu/C&I/ObesityConference/