

Obesity: Tipping the Scales Towards Crisis

COG Board Meeting

May 9, 2007

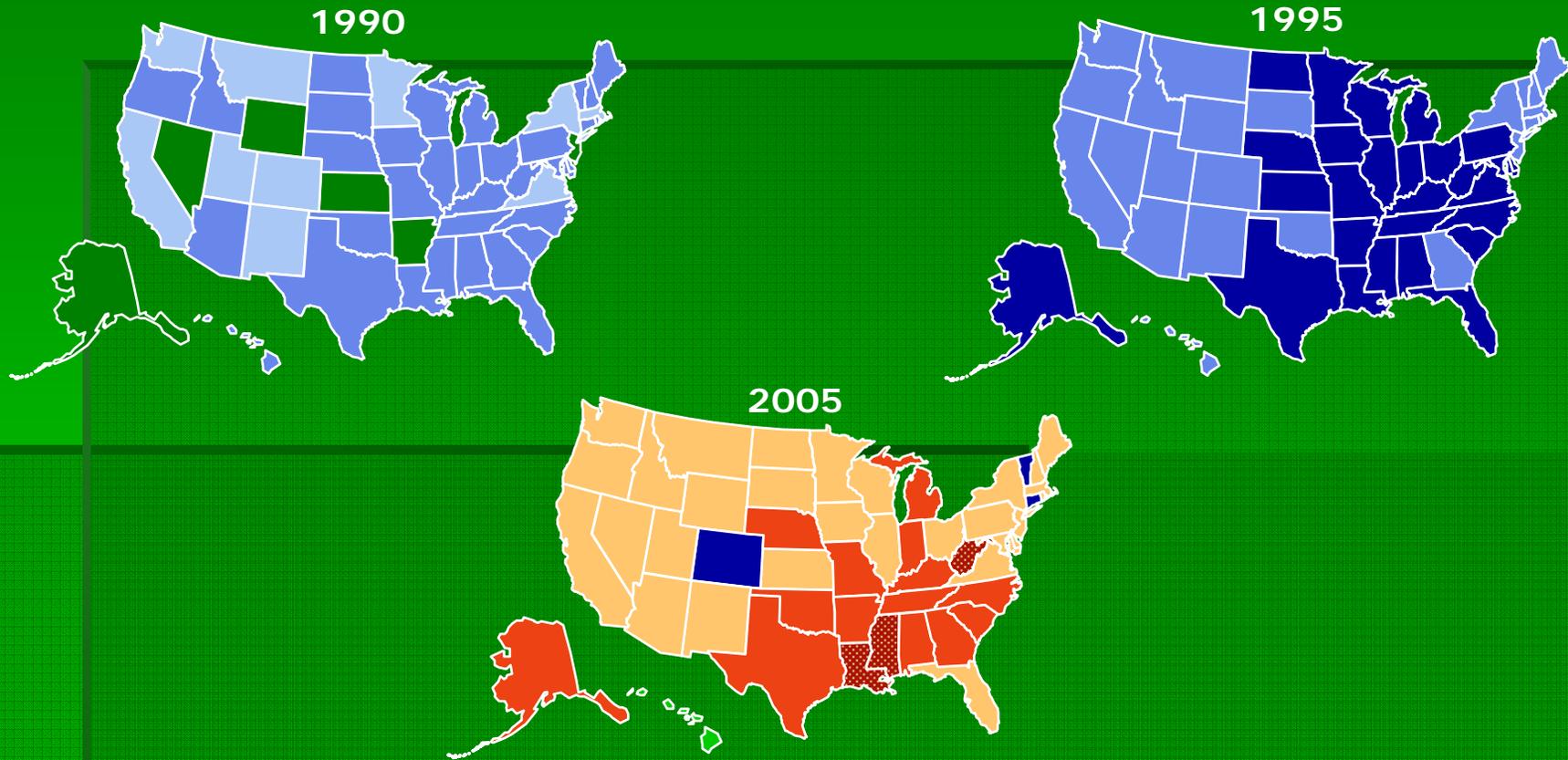
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Councilmember, Montgomery County Council
Chairman, COG Human Services Policy Committee

Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1995, 2005

(*BMI ≥ 30 , or about 30 lbs overweight for 5'4" person)



Source: Behavioral Risk Factor Surveillance System, CDC



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Regional Steps to Address

- School programs
- Improve data collection
- Include in planning decisions

Schools

- Follow USDA nutritional regulations
- Look at snacks/vending machines as well as meals
- Follow national standards to include adequate exercise (P.E. and recess)

Data Collection

- Measure obesity by smaller geographic areas, such as neighborhoods
- Provides information to better plan and evaluate programs
 - Build on existing data efforts in each state
 - Allow us to target geographically, demographically, etc. with tailored programs

Planning and Land Use

Develop ways to include in planning and land use decisions