

## Section 7: Nutrition, Physical Activity and Obesity

### Nutrition

Nutrition is essential for growth and development, health and well-being. Behaviors to promote health should start early in life and continue throughout life with the development of healthful eating habits. Many dietary components are involved in the relationship between nutrition and health. A primary concern is consuming too much saturated fat and too few vegetables, fruits and grain products that are high in vitamins and minerals, carbohydrates, and other substances that are important to good health. A variety of fruits should be eaten daily.

Establishing healthful dietary behaviors needs to begin in childhood. Educating school-aged children about nutrition is important to help establish healthful eating habits early in life.

### **Increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit.**

**HP 2010 Objective:** 19-5.

**Target:** 75 percent.

**Baseline:** 28 percent of persons aged 2 years and older consumed at least two daily servings of fruit in 1994–96 (age adjusted to the year 2000 standard population).

**Data source:** Behavioral Risk Factor Survey, 2000, Youth Risk Behavioral Survey, 2003.

In 2000, 85.8 percent of DuPage County adults ate less than five servings of fruits and vegetables per day. 54.4 percent of children aged three and older ate less than five servings of fruits and vegetables per day.

In 2003, only 21 percent of DuPage County High School students consumed five or more servings of fruits and vegetables per day. 30 percent of students consumed at least 2 servings of fruit per day, and only 13 percent consumed 3 servings of vegetables per day.

A direct comparison to the HP 2010 Target Objective cannot be made due to inequivalent data collection methods.

## Physical Activity

**Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.**

**HP 2010 Objective:** 22-2.

**Target:** 30 percent.

**Baseline:** 15 percent of adults aged 18 years and older engaged in moderate physical activity for at least 30 minutes 5 or more days per week in 1997 (age adjusted to the year 2000 standard population).

**Data source:** Behavioral Risk Factor Survey, 2000.

Physical activity is the best way to achieve and maintain a healthy weight. While many persons attempt to lose weight, studies show that within 5 years, the majority of people regain the weight. To maintain weight loss, healthful dietary habits must be coupled with decreased sedentary behavior and increased physical activity and become permanent lifestyle changes.

**In 2000, only 18.8 percent of DuPage County adults engaged in daily physical activity. DuPage County does not meet this HP 2010 Target Objective.**

**Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardio-respiratory fitness 3 or more days per week for 20 or more minutes per occasion.**

**Healthy People 2010 Objective:** 22-7

**Target:** 85 percent.

**Data source:** Youth Risk Behavioral Survey, 2003.

**In 2003, 75 percent of DuPage County high school students participated in vigorous physical activity for 20 minutes 3 times per week. DuPage County does not meet this HP 2010 Target.** 82 percent participated in daily physical education class. 82 percent of students participated in daily school physical education. 54 percent of high school students exercised to strengthen or tone muscles (such as push-ups, sit-ups or weight lifting) 3 or more days per week. 66 percent of high school students reported participating in at least one team sport during a 12-month period.

## Overweight and Obesity

### Reduce the proportion of adults who are obese.

**HP 2010 Objective:** 19-2.

**Target:** 15 percent.

**Baseline:** 23 percent of adults aged 20 years and older were identified as obese (defined as a BMI of 30 or more) in 1988–94 (age adjusted to the year 2000 standard population).

**Data source:** Behavioral Risk Factor Survey, 2000.

Many diseases are associated with overweight and obesity. Persons who are overweight or obese are at increased risk for high blood pressure, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, and some types of cancer. The health outcomes related to these diseases, however, often can be improved through weight loss or, at a minimum, no further weight gain.

**In 2000, 16 percent of DuPage County residents were obese or morbidly obese, as defined by a BMI of 30 or more. DuPage County does not meet this HP 2010 Target.**

### Reduce the proportion of children and adolescents who are overweight or obese.

**HP 2010 Objective:** 19-3.

**Target and baseline:**

Objective	Reduction in Overweight or Obese Children and Adolescents*	1988–94 Baseline	2010 Target
<i>Percent</i>			
<b>19-3a.</b>	Children aged 6 to 11 years	11	5
<b>19-3b.</b>	Adolescents aged 12 to 19 years	11	5
<b>19-3c.</b>	Children and adolescents aged 6 to 19 years	11	5

**Data source:** Youth Risk Behavior Survey, 2003.

In the past 30 years, the proportion of overweight and obesity observed in children above age 6 years in both genders in all population groups has increased. This represents one of the biggest challenges for Healthy People 2010.

**In 2003, 9 percent of all DuPage County high school students were overweight or obese. DuPage County does not meet this HP 2010 Target Objective.** Overweight or obese was defined as having a Body Mass Index (BMI) greater than or equal to the 95<sup>th</sup> percentile of the growth chart. 4 percent of all females and 12 percent of all males were overweight or obese. 11 percent of females and 13 percent of males were *at risk* for becoming overweight. *At risk* was defined as having a BMI between the 85<sup>th</sup> and 95<sup>th</sup> percentile. The average female body mass index (BMI) was 21 and the average male BMI was 23. 54 percent of students (males and females combined) describe their body weight as 'about right'.