

## Nutrition & Physical Activity Arizona 2006

### Definitions

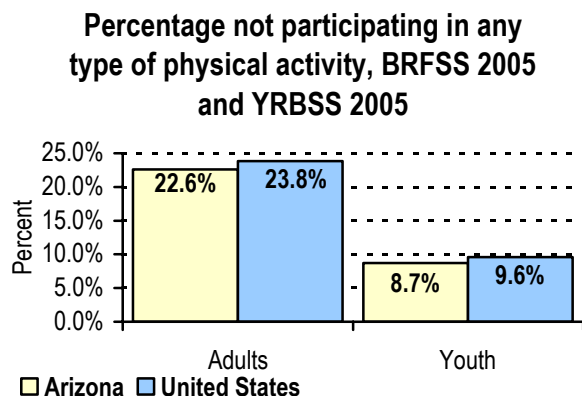
Major causes of death and disease in the United States (U.S.) are a result of poor diet, sedentary lifestyle, and overweight/obesity. During the past 20 years, obesity rates have risen significantly in the United States. The latest data show that over 60% of U.S. adults, or over 177 million people, are either overweight or obese (BRFSS 2005). Reduced risk for major chronic disease such as cardiovascular disease, type 2 diabetes, hypertension, and certain cancers can be achieved through diet and physical activity. For adults, the recommended amount of physical activity is either a moderate amount of physical activity done 5 or more times a week for 30 minutes each time or a vigorous amount of physical activity done 3 times a week for 20 minutes each time. For youth, the recommended amount of physical activity is any activity done 5 or more times a week for 60 minutes each time (CDC Physical Activity Recommendations: <http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/>). Fruits and vegetables provide essential vitamins and minerals, fiber, and other nutrients that are important for good health. Diets rich in fruits and vegetables may reduce the risk of certain cancers and chronic diseases. The recommended amount of fruits and vegetables is 5 or more servings per day (CDC 5 A Day: <http://www.cdc.gov/nccdphp/dnpa/5ADay/>).

### Data Sources

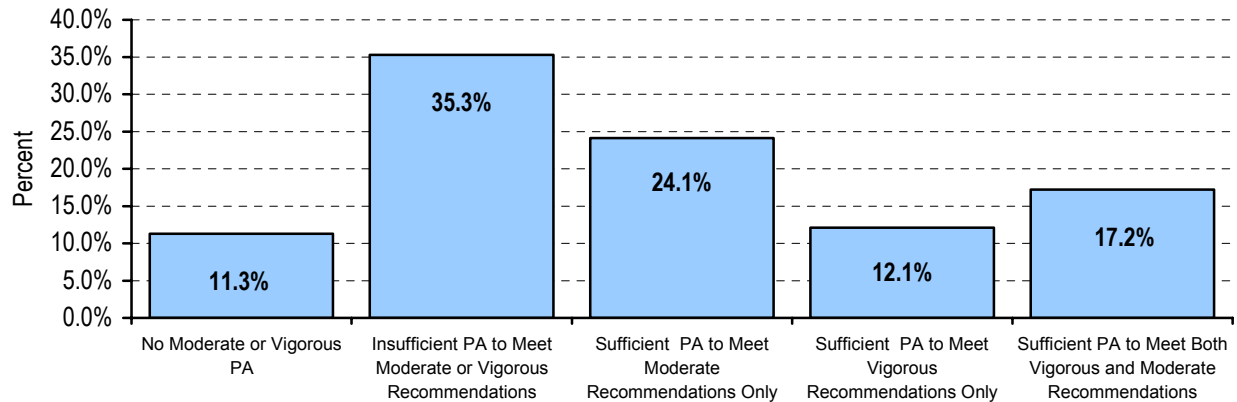
The Behavioral Risk Factor Surveillance System (BRFSS) is a random sample telephone survey that assesses the health status of adults (18 years and older) across the United States. The BRFSS is designed to be representative of all households. To access the BRFSS, please visit <http://www.cdc.gov/brfss/>. The Youth Risk Behavior Surveillance System (YRBSS) is a nationwide survey that assesses the health status of youth in grades 9 through 12 biennially, and was conducted for the first time in 2003 for Arizona. The YRBSS is designed to be representative of students in grades 9 through 12. To access the YRBSS, please visit <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>. This report presents information based on the 2005 BRFSS and the 2005 YRBSS, for both the state of Arizona and the U.S. The State and Local Area Integrated Telephone Survey (SLAITS) is a data collection mechanism also developed by the CDC. One component of this survey is the National Survey of Children's Health (NSCH), which has been used to assess the weight status of children 10-17 years of age. SLAITS and NSCH supplements national data collection efforts to collect in-depth health care data at the state and local data for various program needs. To access SLAITS and NSCH, please visit <http://www.cdc.gov/nchs/slait.htm>. The Arizona Women, Infants, and Children (WIC) program participates in the Pediatric Nutrition Surveillance System (PedNSS). PedNSS is a surveillance system that monitors the nutritional status of low-income infants, children, and women in federally funded maternal and child health programs, such as WIC. To access the PedNSS, please visit [http://www.cdc.gov/pednss/pednss\\_tables/index.htm](http://www.cdc.gov/pednss/pednss_tables/index.htm).

### Physical Activity

In 2005, 23.8% of U.S. adults said that they did not participate in any form of physical activity or exercise in the last 30 days compared to 22.6% of Arizona adults (BRFSS 2005). In 2005, 9.6% of U.S. youth in grades 9 through 12 did not participate in any moderate or vigorous physical activity compared to 8.7% of Arizona youth in grades 9 through 12 (YRBSS 2005). Analyses of the 2005 BRFSS data indicate that 46.6% of all adult Arizona respondents did not meet the physical activity recommendations. Only 53.4% of respondents met the recommendations for either moderate or vigorous physical activity.



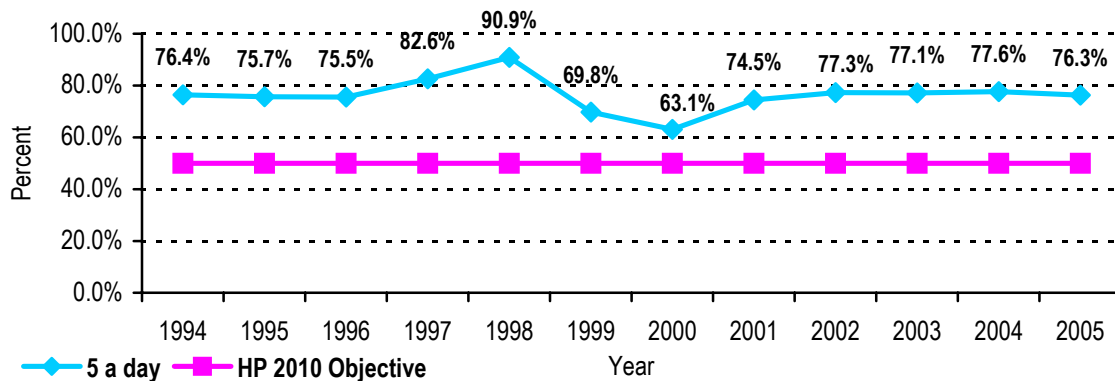
## Levels of physical activity (PA), Arizona adults, BRFSS 2005



## Nutrition

In 2005, 76.3% of Arizona adults, and 76.8% of U.S. adults, said they consumed less than 5 servings of fruits and vegetables per day (BRFSS 2005). Approximately 84.8% of Arizona youth in grades 9-12 consumed less than 5 servings of fruits and vegetables per day in the past 7 days and 80.0% drank less than 3 glasses of milk per day during the past 7 days in 2005 (YRBSS 2005).

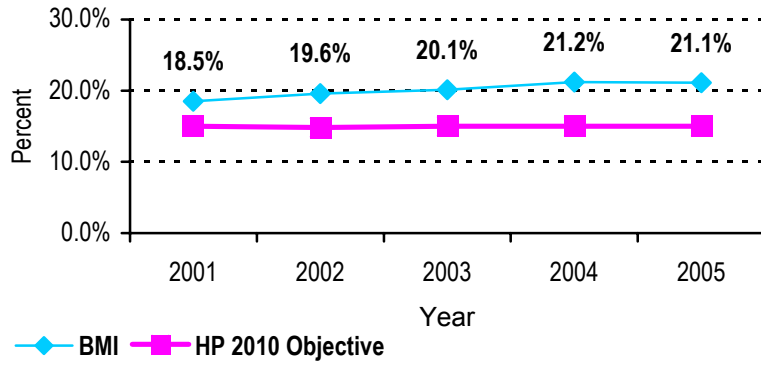
## Percentage of Arizona adults not eating '5-a-day', BRFSS 1994-2005



## Overweight/Obesity

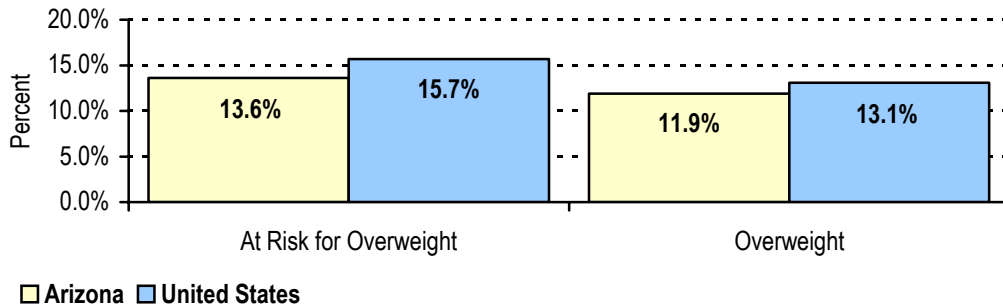
Based on results from the 2005 BRFSS, approximately, 21.1% of Arizona adults are currently considered obese, which, for adults, is defined as having a Body Mass Index (BMI) greater than or equal to 30. Another 35.1% are currently overweight, which is defined as having a BMI greater than or equal to 25, but less than 30. The U.S. rates for both obese and overweight adults are 24.4% and 36.7%, respectively. These rates have continued to increase across the country since 2001.

**Percentage of obese adults, Arizona, BRFSS 2001-2005**



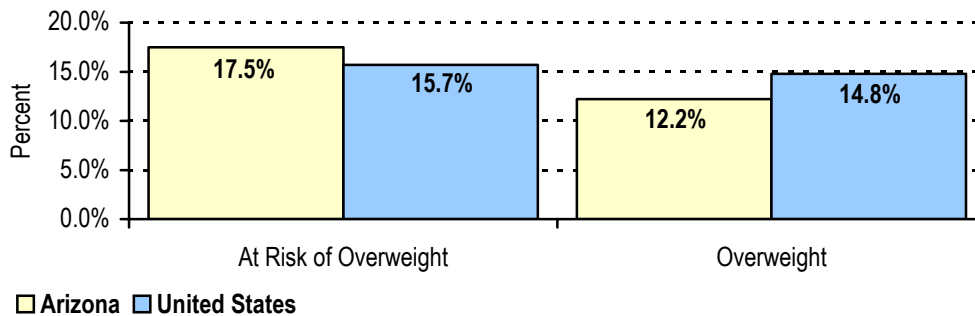
Approximately 11.9% of Arizona youth in grades 9-12 are overweight compared to 13.1% of U.S. youth in grades 9-12 (YRBSS 2005). Nearly 15.7% of U.S. youth are considered to be at risk of becoming overweight compared to 13.6% of Arizona children (YRBSS 2005). Children whose BMI-for-age is at or above the 95<sup>th</sup> percentile are considered overweight, and those whose BMI-for-age falls between the 85<sup>th</sup> and 95<sup>th</sup> percentiles are considered at risk of overweight.

**Weight status of high school students (grades 9-12) based on children's BMI-for-age, YRBSS 2005**



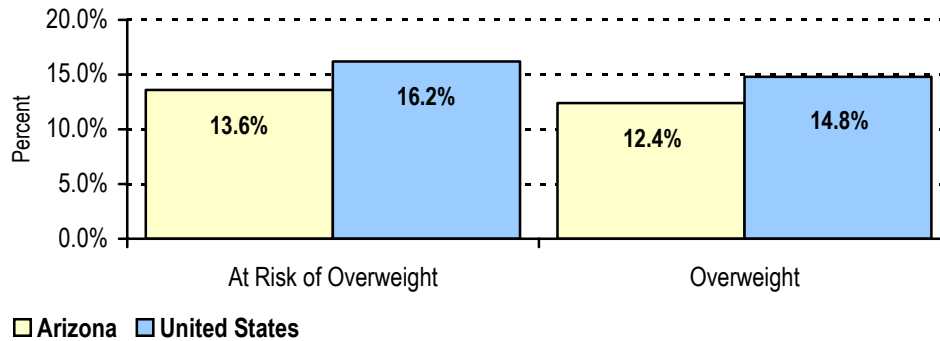
SLAITS data from the 2003 NSCH shows that approximately 12.2% of Arizona's children, ages 10-17, are overweight, which is lower than the U.S. rate of 14.8%. According to this survey, 17.5% of Arizona children are at risk of becoming overweight, compared to only 15.7% of U.S. children. Overweight and being at risk of overweight are defined the same as in the YRBSS.

**Weight status of children/youth (ages 10-17) based on children's BMI-for-age, SLAITS 2003**



According to PedNSS data from 2004, 12.4% of Arizona children, ages 2-5, are overweight, compared to 14.8% of U.S. children. For the same age group, nearly 16.2% of U.S. children are at risk of becoming overweight. Arizona WIC data from 2004 shows that 13.6% of Arizona children, ages 2-5, are at risk of becoming overweight.

**Weight status of children (ages 2-5) based on children's BMI-for-age, Arizona WIC 2004 and PedNSS 2004**



### Best Practices

The CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) acknowledges five states (Colorado, Massachusetts, North Carolina, Pennsylvania, and Washington) for exemplary state programs in nutrition and physical activity. For detailed description of the exemplary state programs please visit <http://www.cdc.gov/nccdphp/publications/exemplary/> (accessed August 1, 2006).

### Current State Efforts

Arizona's Nutrition and Physical Activity Program (NuPA) has developed a comprehensive state plan that focuses on improving nutrition and increasing physical activity to reduce the number of overweight and obese state residents. Currently, NuPA collaborates with the following organizations:

- Arizona Steps to a Healthier Arizona Initiative (STEPS) to promote better health and prevent disease in Arizona and Mexico border communities.
- Arizona Health Care Cost Containment System (AHCCCS-Arizona's Medicaid program) to develop standards for identifying and managing childhood obesity treated through AHCCCS providers.
- Arizona WIC and Nutrition Network programs to develop a portion size and healthy weight campaign targeting parents or caregivers of children ages 5 and under.

NuPA also completed the *Arizona Nutrition and Physical Activity State Plan* and unveiled it in February 2005.

For more information on Arizona's NuPA program please call the Office of Chronic Disease Prevention and Nutrition Services at 602-542-1886.