



Step ONE Program
(423) 209-8090

<http://hcstep1.org>

At a Glance

Percent of adults overweight or obese in 2007:

- 61% Hamilton
- 67.4% TN
- 62.9% U.S.

Defining Obesity

BMI= Body Mass Index is a relationship between height and weight that is associated with body fat.

Overweight= BMI of 25 to 29

Obese= BMI of 30 or more.

Sources:

Hamilton County Behavioral Risk Factor Surveillance Survey (BRFSS), 2004 and 2007.

Tennessee Department of Health

Hamilton County Youth Risk Behavior Survey (YRBS), 2002 and 2008

Centers for Disease Control and Prevention

Making a Change in Hamilton County

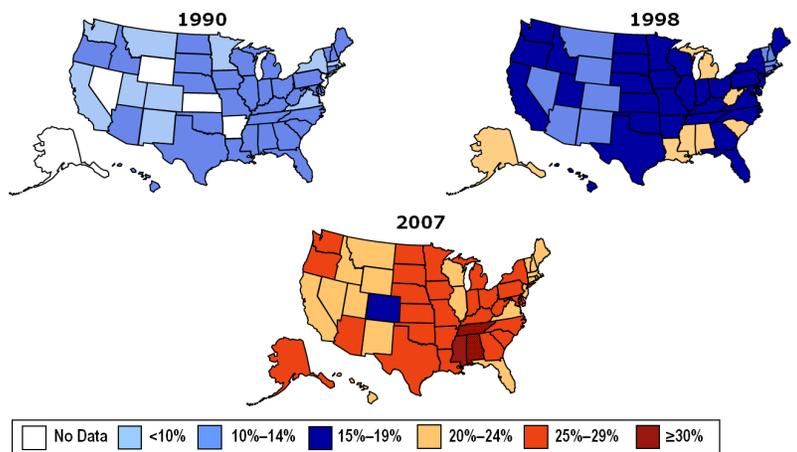
Obesity Trends Across the Country

Overweight and obesity substantially raise the risk of illness from high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke, and arthritis. In addition, higher body weights are associated with higher mortality rates.

In 1990, most states in the U.S. had approximately 10-14% obese adults in their population. Today, the majority of states report 25-29%.

Obesity Trends* Among U.S. Adults BRFSS, 1990, 1998, 2007

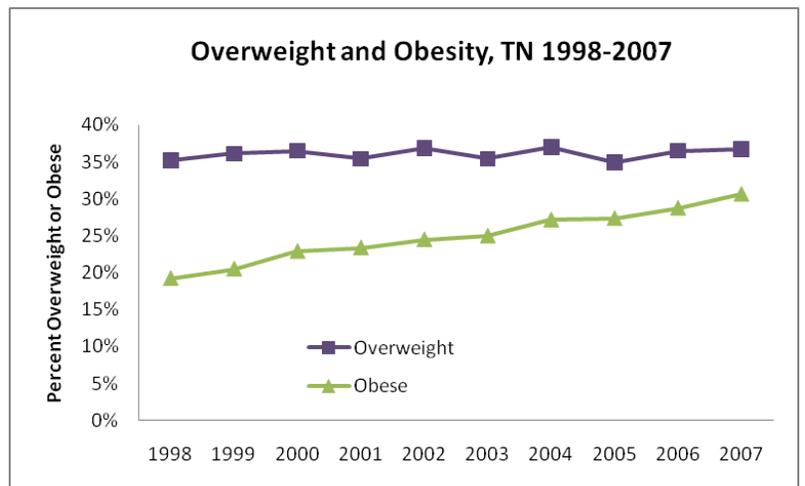
(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)



Trends in Tennessee

Looking separately at overweight and obesity, the trend of overweight adults in Tennessee has remained relatively constant; however, the percentage of obese adults has increased steadily, from 19% in 1998 to 27% in 2005).

In Tennessee, overweight and obesity is most prevalent among males (75%) versus females (60%), and more prevalent among African-Americans (79%) compared to whites (66%).



Trends in Hamilton County

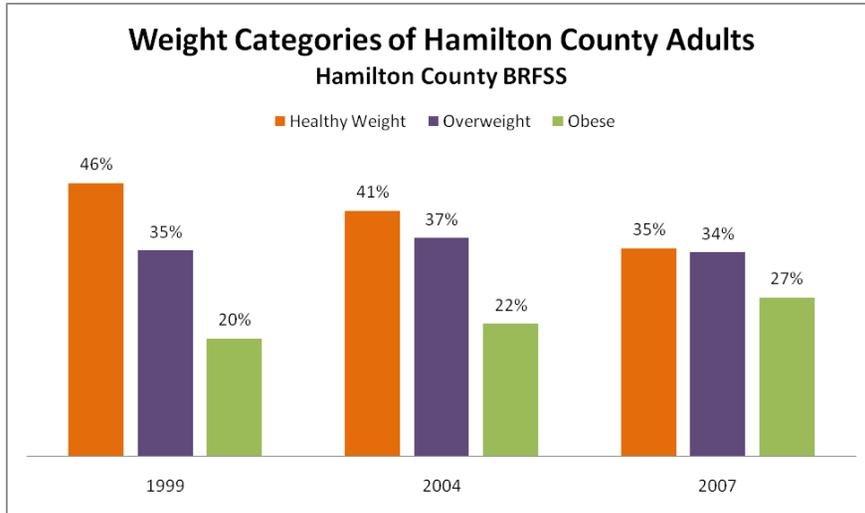
Prevalence of Chronic Illnesses in Hamilton County:

Diabetes 10.5%

Hypertension 37.1%

High Cholesterol 29.8%

Current Asthma 5.6%



Overall, adults in Hamilton County are less likely to be overweight or obese than adults in Tennessee or the U.S. In 2007, 61% of Hamilton County adults surveyed were overweight or obese, compared to 67% in Tennessee and 63% in the U.S.

Although the prevalence of overweight and obesity in Hamilton County is lower than state and national rates, the trend of obesity is steadily increasing in Hamilton County. In 1999, 20% of Hamilton County adults were obese, rising to 27% in 2007.

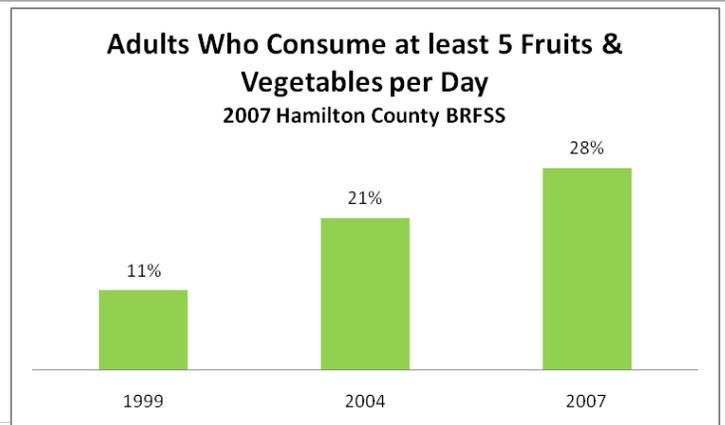
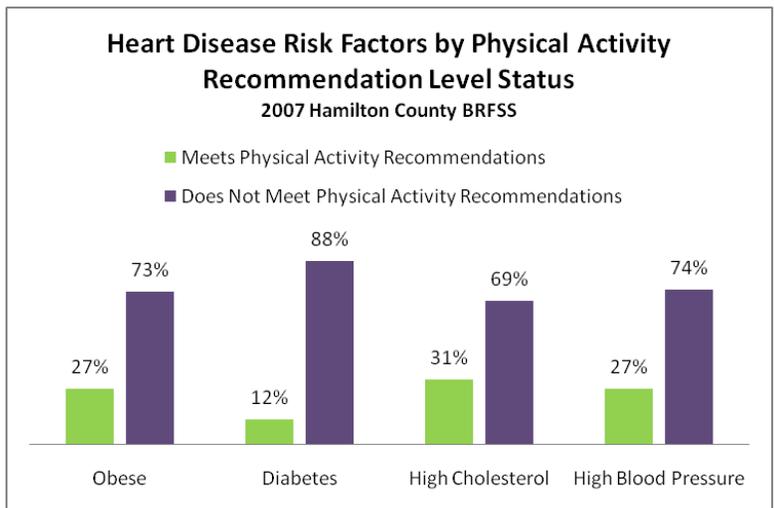
One of the Healthy People 2010 goals is to reduce the proportion of adults who are obese to 15%.

Health Behaviors

In Hamilton County, 24% of adults meet the moderate physical activity recommendations of 30 minutes a day at least 5 days a week, and 17% of adults meet the vigorous physical activity recommendations of 20 minutes a day at least 3 days a week.

Overall, more than 1 in 3 (35%) adults surveyed in Hamilton County met either the moderate or vigorous physical activity recommendations. Adults in Hamilton County who have high cholesterol, diabetes, high blood pressure and were obese were less likely to meet the moderate or vigorous physical activity recommendations.

In Hamilton County, the percentage of adults who eat 5 or more fruits and vegetables per day has steadily increased from 11% in 1999 to 28% in 2007.

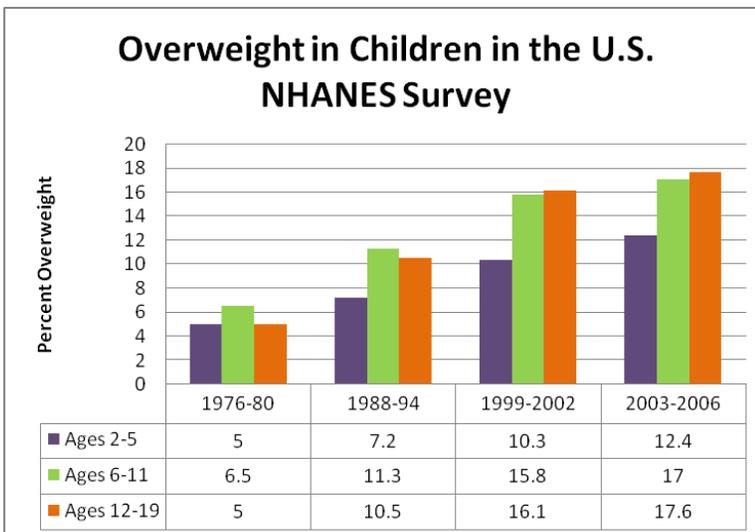


Trends in Overweight Children in the U.S.

The National Health and Nutrition Examination Surveys reveal that across the U.S.:

- Among preschool-aged children, aged 2–5 years, the prevalence of overweight increased from 5.0% to 12.4%.
- Among school-aged children, aged 6–11 years, the prevalence of overweight increased from 4.0% to 17.0%.
- Among school-aged adolescents, aged 12–19 years, the prevalence of overweight increased from 6.1% to 17.6%.

In Tennessee, 16.9% of high school students in are overweight (2007).



Research shows that a healthy lifestyle, which includes maintenance of a healthy weight, is the best defense against developing a chronic illness.

Maintenance of a healthy weight is important for increasing the quality and years of healthy life for all Tennesseans.

Trends in Hamilton County

High School :

- 12% of Hamilton County high school youth (grades 9-12) are obese, and 15% were at risk for becoming overweight.
- Only 15% of Hamilton County youth reported eating the recommended five or more daily servings of fruits and vegetables a day.
- Only 20% of youth had 3 sessions of physical activity (aerobic, vigorous, and strengthening exercises) each week.

Source: 2002 Youth Risk Behavioral Survey, Regional Health Council, CDC

Middle School:

- **21.2%** of Hamilton County middle school youth (grades 6-8) described themselves as slightly or very overweight.
- **67.5%** have spent 20 minutes or more being physically active on 3 or more of the past seven days.
- **41.6%** watch 3 or more hours of Television each day.

Source: 2008 Hamilton County YRBS Middle School Data, Hamilton County Department of Education and Coordinated School Health

Children ages 2-5 in Hamilton County Area: 2009

- In 2009, Body Mass Index data collected on over 668 low-income children ages 2-5 in the Hamilton County area revealed that 35.5% of the children are at-risk for being overweight, with approximately 15.9% in the 95th percentile or above.

The Hamilton County Department of Education’s school nurses track the prevalence of asthma and diabetes in students. Since 1999-2000, the prevalence of asthma has increased 125% and diabetes 1250%.

	1999-2000	2006-2007	% change
Asthma	1246	2871	125%
Diabetes	25	321	1250%

Recent & Current Efforts to Address Childhood Obesity

Step ONE efforts in the area of childhood obesity include Eat Smart/Healthy Starts, a partnership with the Junior League of Chattanooga to reduce obesity among children in grades K-5. This program seeks to provide community education and environmental changes to support smart eating choices, with a focus on local restaurants, schools, and homes/families. The program includes a community garden initiative near schools and churches and in low-income neighborhoods. Through the program's restaurant component, Step ONE works with local eateries to encourage healthier menu options for children.

In 2007, Step ONE and the National Association of Counties facilitated a dialogue with local leaders on collaboration around childhood obesity prevention. One of the outcomes of the forum was the development of the Partnership for Healthy Living, a community-wide network of over 90 leaders and influential community members working to strengthen education, information-sharing, and development of partnerships addressing healthy living and obesity prevention.

In 2008, a "Step ONE Kids" marketing and media campaign was launched to promote improved nutrition and increased physical activity among Hamilton County children. The campaign includes animated characters created by veteran DC and Marvel comic book artist Bob McLeod to help spread the Step ONE "Eat Smart" and "Just Move It" messages.

In 2009, County Mayor Claude Ramsey received the first-ever Leadership for Healthy Communities Healthy Community Leadership Award from the Robert Wood Johnson Foundation, recognizing outstanding officials who have implemented innovative policies that can help prevent childhood obesity.

In December, 2009, Step ONE, with its Grow Healthy Together Chattanooga partners, was awarded the *Healthy Kids, Healthy Communities* grant from the Robert Wood Johnson Foundation to improve opportunities and access for physical activity and healthy eating in the East and South Side communities of Chattanooga.



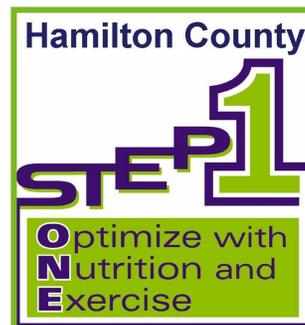
Hamilton County Step ONE

The Step ONE Initiative is a county-wide effort to address the problem of obesity in our community and promote physical fitness and healthy lifestyles.

The Hamilton County Health Department has partnered with the Mayor of Hamilton County, and the Hamilton County Regional Health Council to launch this initiative. Other agencies, organizations, churches, as well as area hospitals, schools, and physicians have become partners in this effort. The University of Tennessee at Chattanooga and other area colleges and universities are also playing active roles.

The Step ONE initiative advocates that *all* residents of Hamilton County make a conscious decision to live a healthy lifestyle. Everyone is asked to do their part in creating a culture where we *all* choose to practice good nutrition and exercise regularly.

Step ONE is a resource to the community for building partnerships for obesity prevention, providing nutrition and exercise education, providing information for families, businesses, and organizations to live healthier lifestyles, and working to promote healthier environments through policy change.



For more information about Step ONE or the Partnership for Obesity Prevention, call: (423) 209-8090 or visit <http://hstep1.org>.