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FACTS & FIGURES

Find out more here about obesity and diabetes rates, health in Huntington WV, school meal stats and flavoured milk.



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HEALTH

Check out the health profile of your local county on the USDA's new Food Atlas website:
www.ers.usda.gov/FoodAtlas

"Obesity, and with it diabetes, are the only major health problems that are getting worse in this country, and they're getting worse rapidly."

CDC Director Thomas Frieden, told the Weight of the Nation Conference in July 2009.

Obesity and Overweight

- More than two thirds, **68%**, of American adults are overweight (1).
- **One person in three (over 33%) is obese**, that's 72 million people (2).
- If obesity continues to rise at the present rate, in less than ten years' time, by 2018, 43% of Americans will be obese (3).
- After smoking, obesity is America's biggest cause of premature death (4).
- It is also a major contributor to the health problems which are the leading killer diseases: it's linked to **70% of heart disease**; after smoking, it's the biggest cause of cancer; and **over 80% of type 2 diabetes is related to being overweight**.
- Obese people suffer from poorer health during their life and are likely to die ten years younger than a healthy person.
- Obesity accounts for **nearly 10% of US healthcare spending**. This amounts to \$147 billion annually (5). Smoking, by comparison, costs only \$96 billion (6).
- Healthcare costs are 42% higher for someone who is obese, over \$1,400 each (5).
- Medicare spends \$600 more on prescription drugs for an obese person.



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Childhood Obesity

- Nearly **one in three** (32%, 23 million) American children are obese or overweight.
- In total, **17% of children of all ages are obese**, but this rises to over 25% in all but three states for ages 10-17 (7).
- Most obese children (over 80%) will also be obese as adults.
- Today's generation of children are predicted to be the first which will die at a younger age than their parents due to obesity-related bad health.

Diabetes (8) (9)

- **8% of the population**, 24 million people, **in the US have diabetes** (of which more than 90% is type 2).
- One quarter of all adults, another 57 million people, are estimated to have pre-diabetes. Much of this is caused by being obese (2).
- **65% of people with diabetes die of heart disease and stroke.**
- Type 2 diabetes is the problem. It used to be an adult disease, appearing over age 40, but it is increasingly being found in teenagers, even children as young as eight.
- Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-limb amputations. These problems are appearing earlier than ever before, in adults as young as 30.
- More than 7% of teenagers (2 million) are estimated to be pre-diabetic, with symptoms of high blood pressure and high blood glucose levels.
- At the early stages, the symptoms can start to be reversed within a few weeks. By controlling their diet, taking exercise and losing weight, people can avoid the need for expensive medication.



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Sources:

1. CDC Obesity statistics 2010
<http://jama.ama-assn.org/cgi/content/full/2009.2014>
2. Trust for America's Health (TFAH) and Robert Wood Johnson Foundation (RWJF) (July 2009) F as in Fat: How Obesity Polices are failing in America <http://healthyamericans.org/reports/obesity2009>
3. <http://www.americashealthrankings.org/2009/highlights.aspx>
4. CDC 2006:
<http://www.cdc.gov/nchs/FASTATS/lcod.htm>
5. <http://www.cdc.gov/media/pressrel/2009/r090727.htm>
6. www.cdc.gov/media/pressrel/2009/r091112.htm
7. <http://pubs.ama-assn.org/media/2010jer/0113.dtl#2>
8. CDC 2008:
http://www.cdc.gov/media/pressrel/2008/r080624.htm?s_cid=mediarel_r080624_x
9. American Diabetes Assn factsheet 2007:
<http://www.diabetes.org/diabetes-basics/diabetes-statistics>

Huntington West Virginia

Associated Press www.physorg.com/news146064523.html cited Huntington as the unhealthiest city in the U.S. after the CDC report in 2008, <http://www.cdc.gov/brfss>. This is based on data from 2006.

If you want to find out what the picture looks like now see:

<http://www.webmd.com/diet/news/20100303/americas-most-obese-metropolitan-areas>



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SCHOOL MEAL FACTS

- **31 million American children eat lunch at school**, funded through USDA's Child Nutrition Program. It was set up after the war to feed hungry children and deal with surplus agricultural commodities.
- It provides an important safety net for kids in low income families - more than 60% of lunches are free or reduced price.
- 11 million children also get breakfast at school under the program.
- Federal government reimburses schools a flat rate of 25 cents per lunch, and \$2.68 for those provided free.
- Only about \$1 of that goes on the food.
- The School Nutrition Association estimates it costs more like \$3 to produce lunch – still cheaper than a cappuccino at Starbucks – but schools have to find the extra money, and often it comes from the sale of nutritionally poor foods sold through vending machines and snack lines.
- The federal school meals budget is \$11.9 billion a year. By comparison, healthcare spending on obesity is already \$147 billion.

Sources:

1. <http://www.fns.usda.gov/cnd/Lunch>
2. <http://www.usda.gov/wps/portal/usdhome?contentidonly=true&contentid=2009/11/0578.xml>



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ARE YOU WORRIED ABOUT SUGAR IN FLAVORED MILK? HERE ARE THE FACTS

- The recommended serving size for milk in schools is 8oz
- Kids get milk for breakfast and lunch – that's 16oz per day.
- A serving of milk naturally contains 12 grams of sugar (lactose) – that's 3 teaspoons.
- The National Dairy Council (NDC) says a serving of flavoured milk has about 4 teaspoons of added sugar. If a kid drinks two servings, that's 8 extra teaspoons of sugar per day they don't need.
- The NDC also says flavoured milk has less sugar than soda, which has 7 teaspoons.
- Three teaspoons of natural sugars plus 4 teaspoons of added sugar also equals 7, which means that flavoured milk has the same amount of sugar as soda.

Think about it.

Check out the National Dairy Council's report:

http://www.nationaldairycouncil.org/SiteCollectionDocuments/child_nutrition/health_kit/FMD09177_FlavoredMilk_V13.pdf