
*"Public Administration and Faith Leadership: A
Healthy Combination"*



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HEALTH & HUMAN SERVICES

Obesity Rates Stop Increasing But Still Worrisome

More than 20 percent of people in every state are obese, with the rate exceeding 35 percent in three states.

BY MATTIE QUINN | SEPTEMBER 22, 2015

The obesity rates in adults remains steady from last year, according to a report released Monday. More than 20 percent of people in every state are obese, however, with the rate exceeding 35 percent in three states.

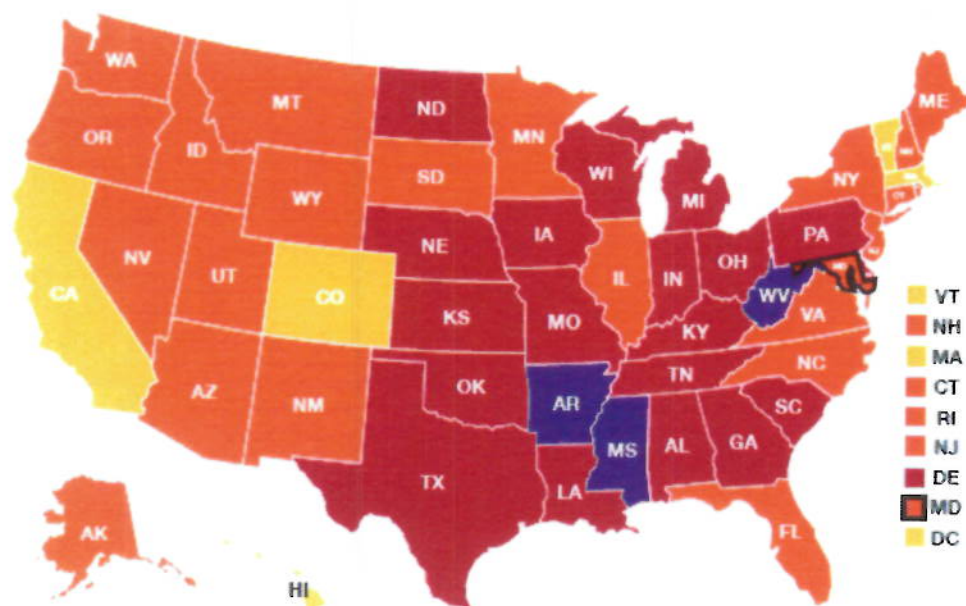
The annual 'State of Obesity' report, put together by the Trust for America's Health and the Robert Wood Johnson Foundation, finds that roughly 30 percent of adults and 17 percent of children are obese across the nation. Twenty-two states have an obesity rate of 30 percent

Adult Obesity Rate by State, 2014

Select years with the slider to see historical data. Hover over states for more information. Click a state to lock the selection. Click again to unlock.

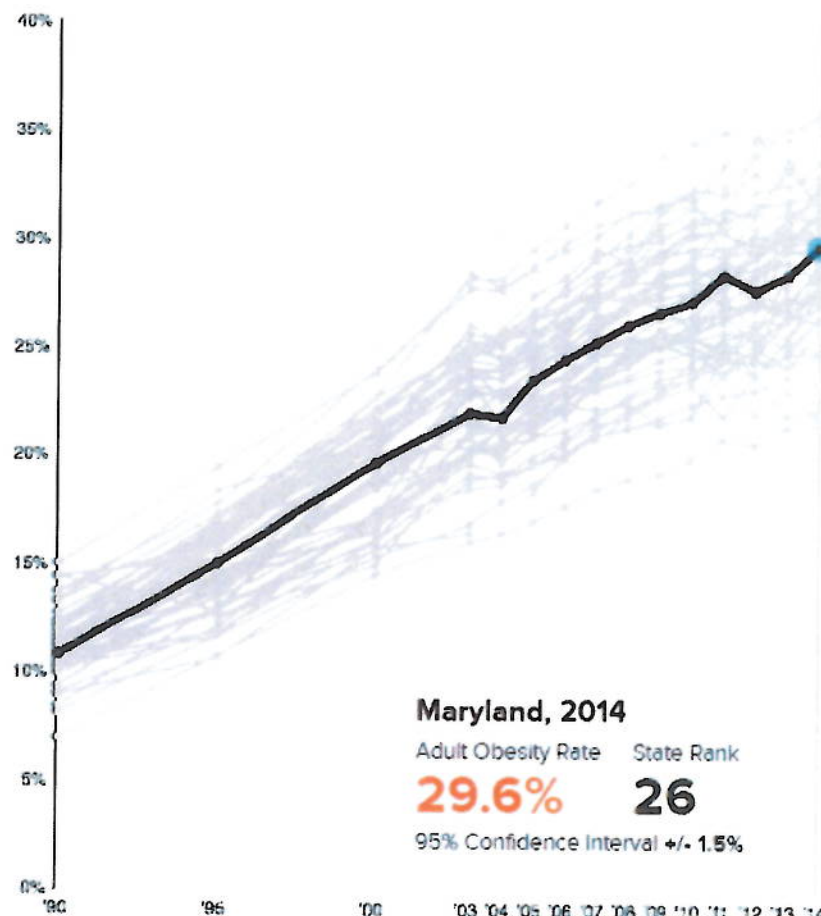
Percent of obese adults (Body Mass Index of 30+)

0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+



All States

Adult obesity rates, 1990 to 2014



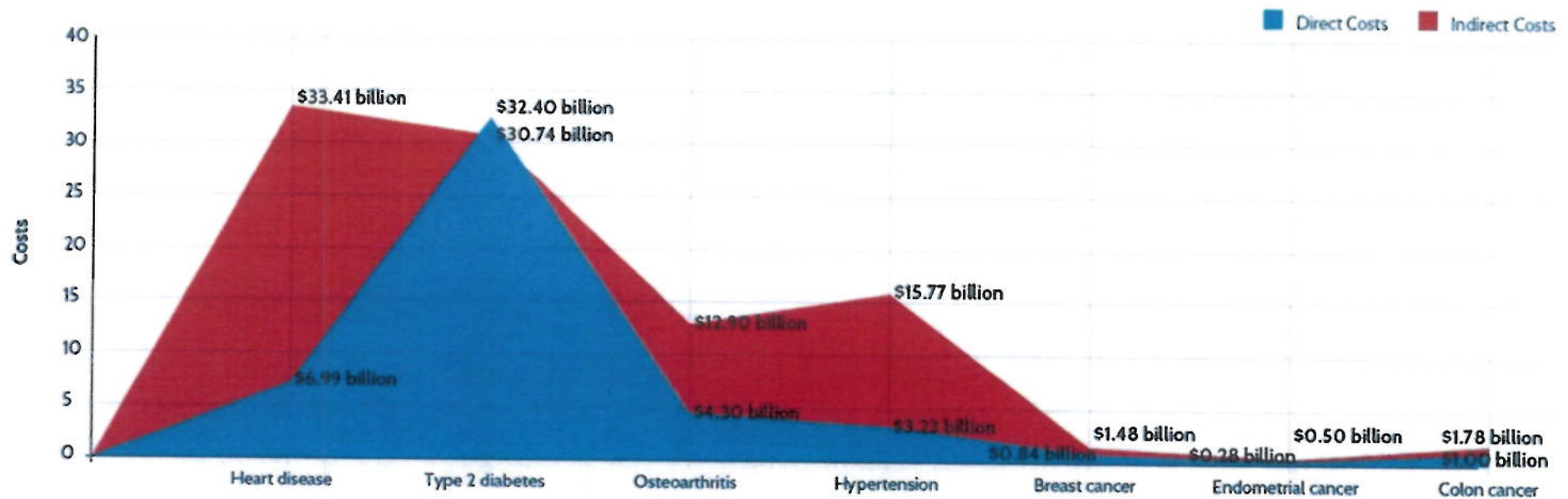
Economics of Overweight and Obesity

- Direct medical costs – \$147 to 210 billion
- Indirect societal costs:
 - Morbidity - lost income from ↓'d productivity
 - Mortality - years of productive life lost (YPLL)



Economics of Overweight and Obesity

Related health care costs



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Incident Obesity and Cardiovascular Risk Factors Between Young Adulthood and Middle Age by Religious Involvement: The Coronary Artery Risk Development in Young Adults (CARDIA) Study

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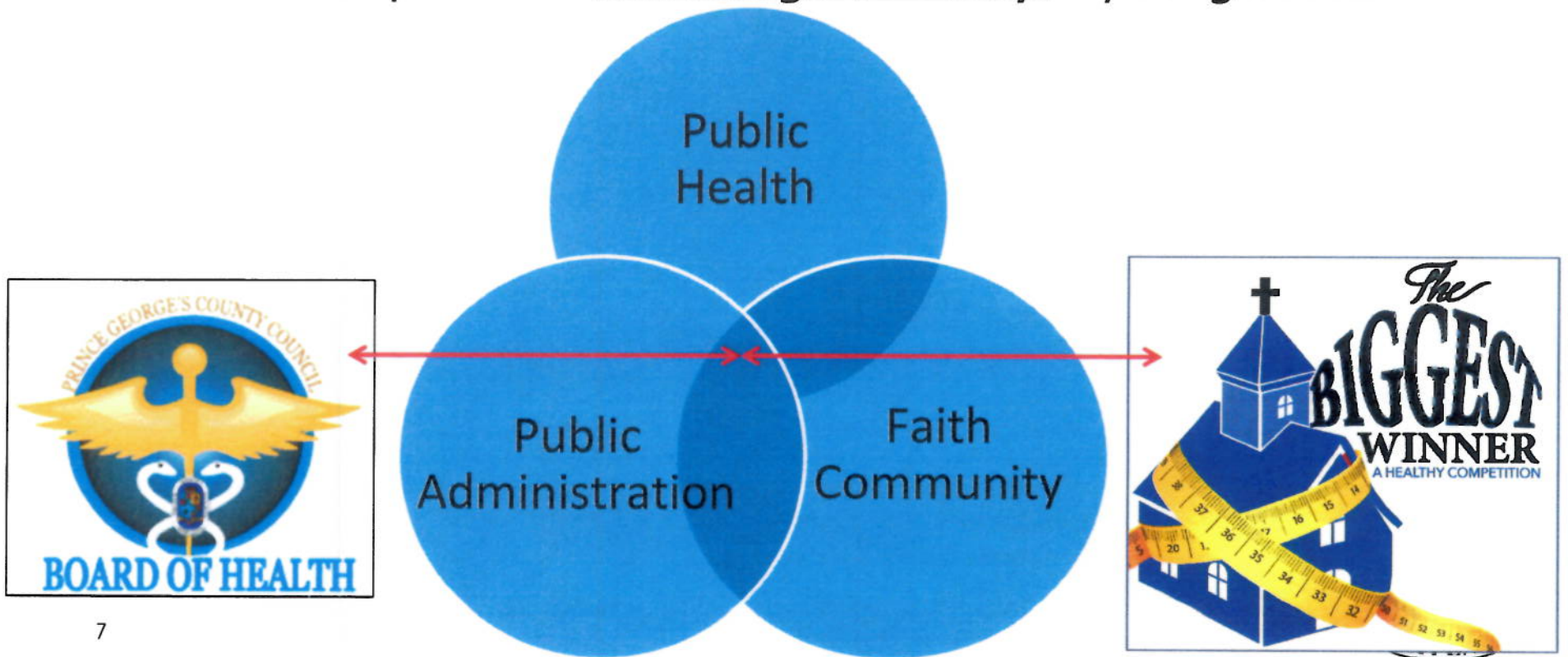
Abstract

Background—Religious involvement has been associated with improved health outcomes but greater obesity in older adults. No longitudinal study of young adults has examined the prospective association of religious involvement with incident cardiovascular risk factors (RFs) and subclinical disease (subCVD).



Cardiovascular Risk Reduction in Prince George's

"Regular religious involvement is associated with a 50% greater risk for development of overweight/obesity in young adults"



Religious Institutions, Food Deserts, and "The Biggest Winner"

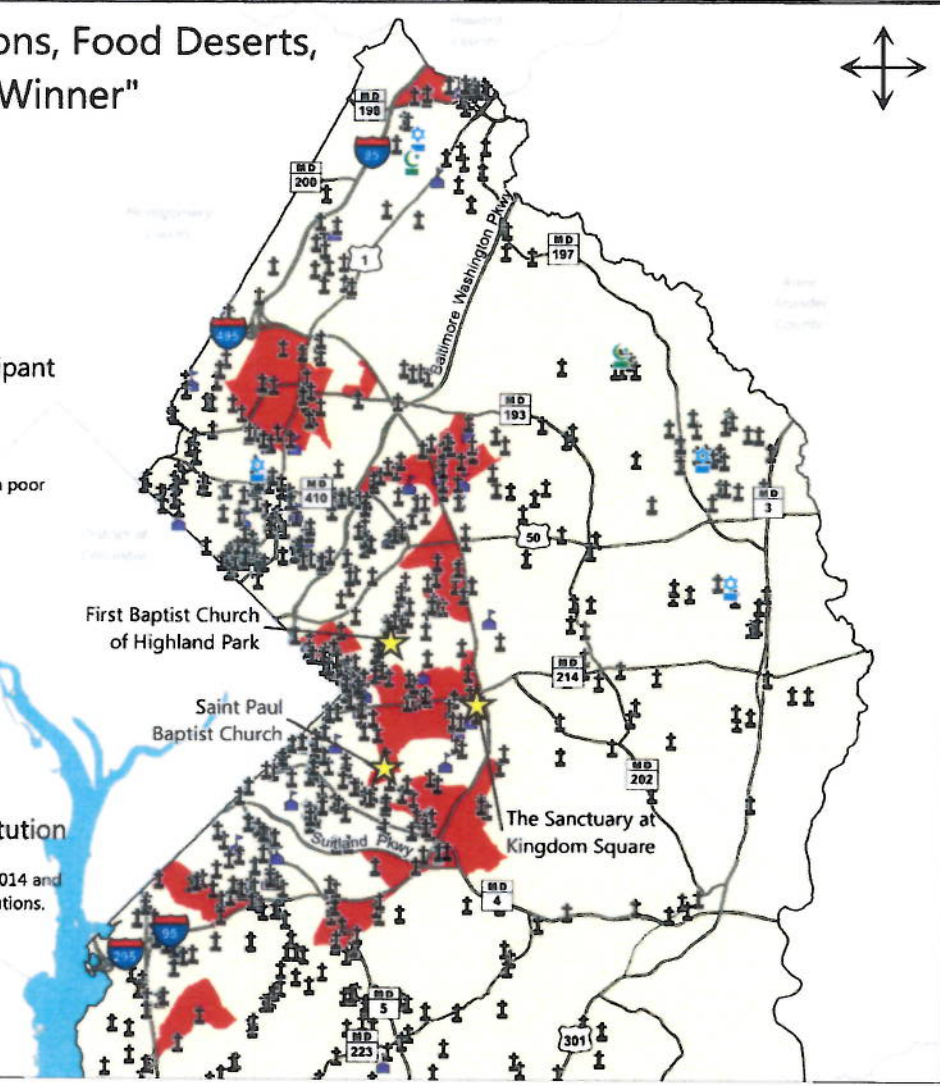


- ★ The Biggest Winner Pilot Program Participant
- U.S. Dept. of Agriculture
■ Food Desert
 A low-income community with poor access to grocery stores

Source: USDA Economic Research Service, Food Research Atlas, 3/11/2015

- Religious Institutions*
- ⚓ Church
 - 🕌 Mosque
 - 🕍 Synagogue
 - ⛪ Other Religious Institution

*These data were last updated on 7/31/2014 and may not include all active religious institutions.



Congregational Engagement to Date

- Cohort I – 3/1/15 to 5/31/15:
 - St. Paul Baptist Church
 - First Baptist of Highland Park
 - Sanctuary at Kingdom Square
- Cohort II - 9/20/15 to 11/22/15:
 - Greater Mount Nebo
 - Spirit of Faith Christian Center
 - Fort Foote Baptist Church



Results to Date

- > 1000 lbs. collective weight loss in cohort I
- Engagement of Park & Planning in ongoing exercise and healthy lifestyle activities
- Identification of ongoing support opportunities through health ministries leadership



Intermediary Accomplishments

- Awareness and Visibility:
 - Print , Broadcast, and Electronic media coverage
 - National Organization Black County Officials
 - Howard University School of Divinity
- Food Desert Legislation:
 - Council Bill 16-2015
 - Council Bill 17-2015
 - Council Resolution 15-2015



Partnerships

- Park & Planning
- County Health Department
- Cigna
- WHUR-FM



Next Steps

- Cultivating further partnerships:
 - University of Maryland School of Public Health
 - Greater Baden Medical Services
- Maintenance and recidivism avoidance for Cohort I
- Mid-point 'success' monitoring for Cohort II
- Recruiting for Cohort III



Lessons Learning...

- Quality of life is directly tied to productivity and economic development potential
- Individuals need to be invested and involved in their own self-improvement
- Partnering is key to achieving greater impact with scarce resources



Bottom Line: "A Programmatic Whole That Is Greater Than The Sum of its Individual Parts"

