

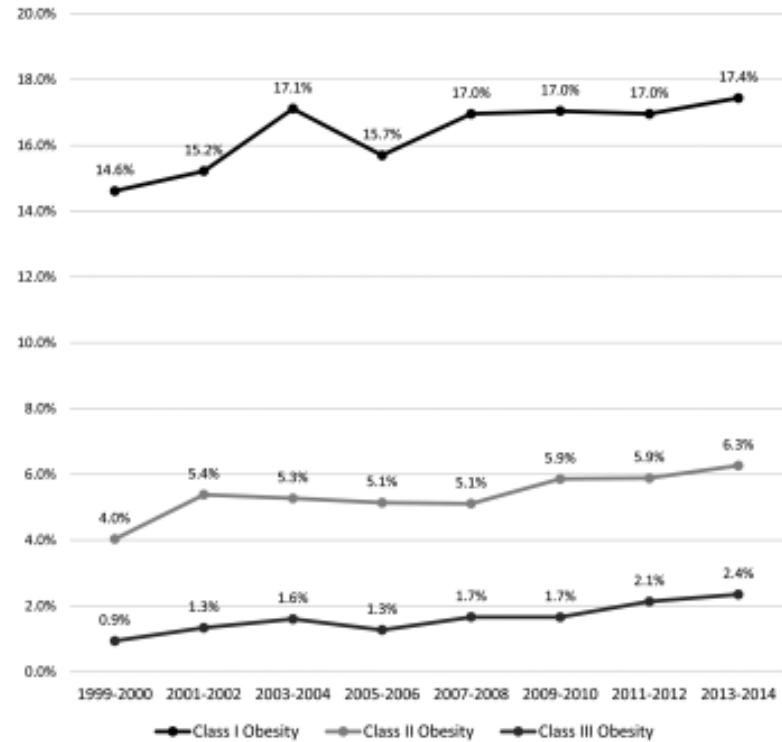
CHOICES Project: Leveraging Opportunities to Address Winnable Battles

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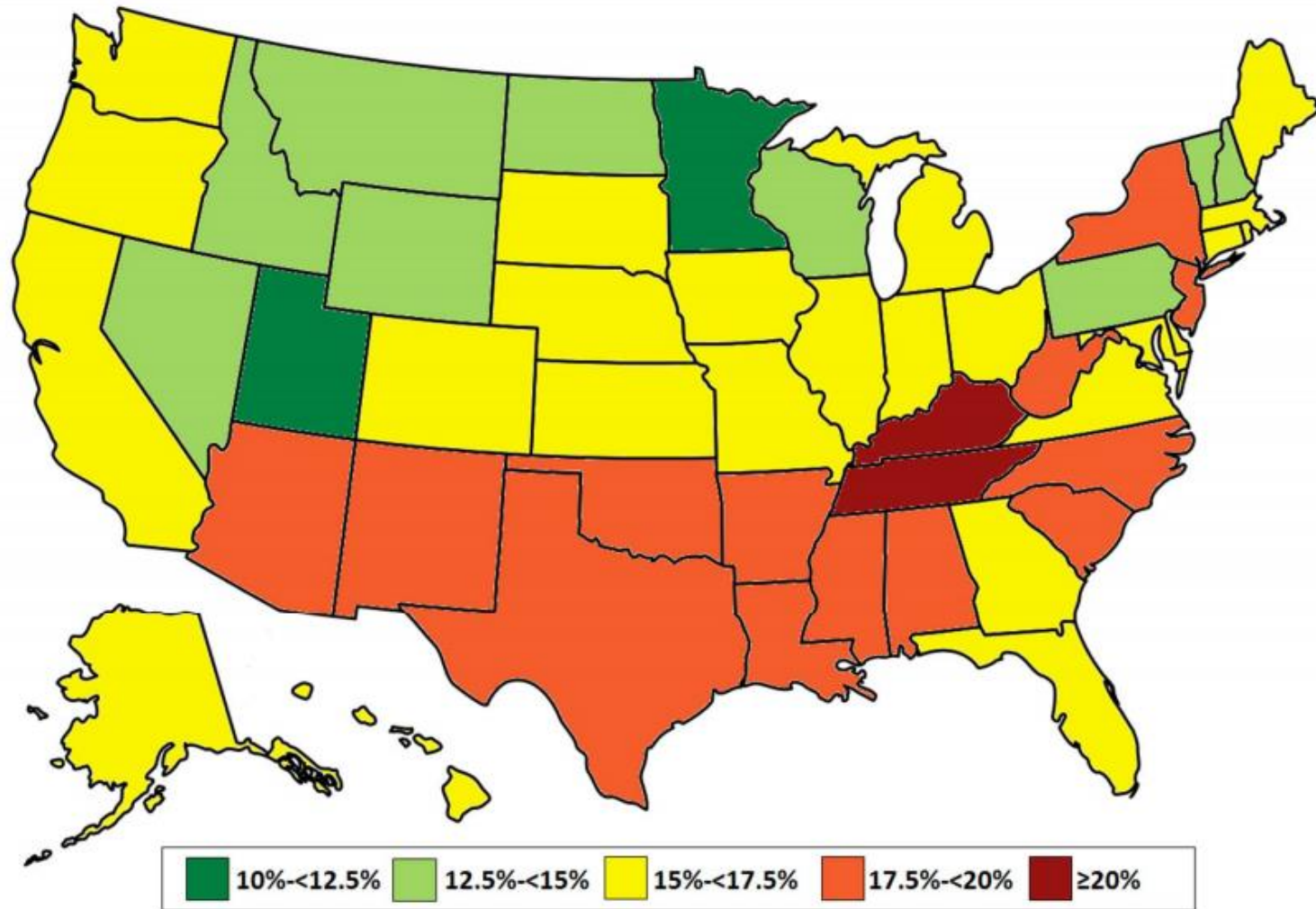
Child obesity epidemic is still a national crisis

- NHANES 1999-2014 data
- 33% children with overweight
- 17% with obesity



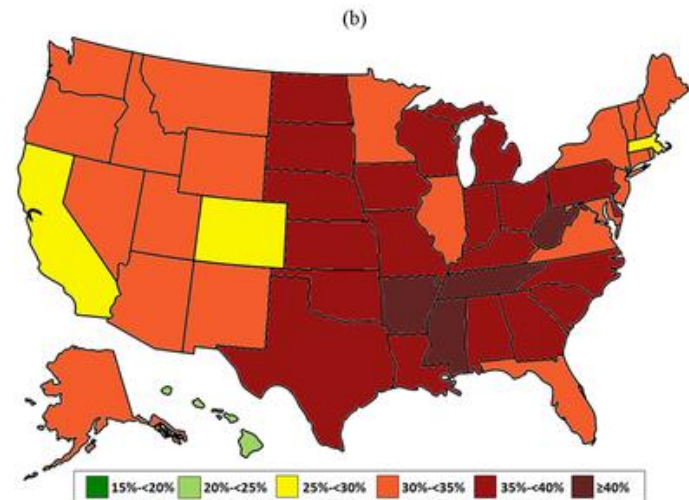
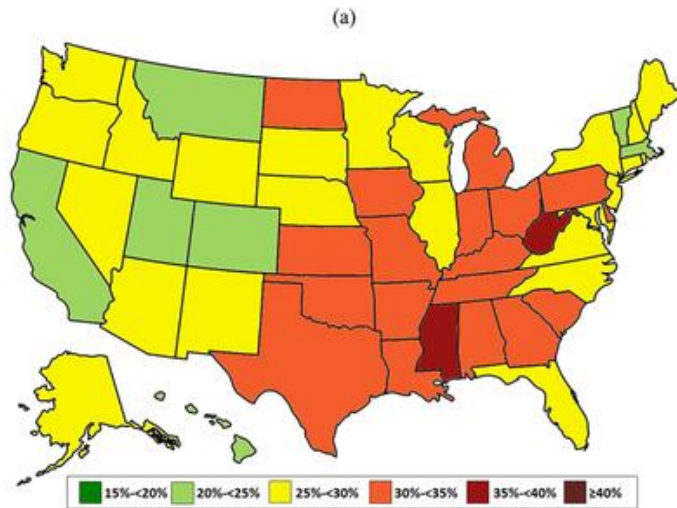
Skinner, A. C., Perrin, E. M. and Skelton, J. A. (2016), Prevalence of obesity and severe obesity in US children, 1999-2014. *Obesity*, 24: 1116-1123. doi: 10.1002/oby.21497.

CHOICES Model Childhood Obesity Prevalence: NSCH 2003-2008 matched to NHANES 2005-2010



Long MW, Ward ZJ, Blondin K, Resch S, Cradock AL, Wang C, Hsiao A, Gortmaker SL. (Nov 17, 2014). *Filling in the Gaps: State-specific childhood obesity prevalence corrected for self-report bias.* American Public Health Association Annual Meeting, New Orleans, LA.

Prevalence of adult obesity (BMI \geq 30) by state in 2013 – (a) Uncorrected vs. (b) Corrected.



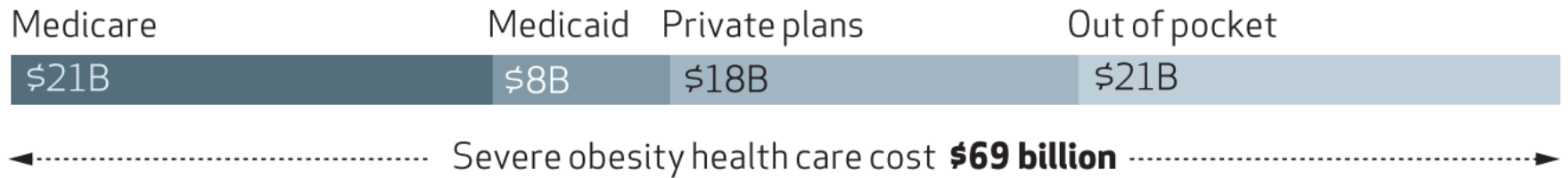
Ward ZJ, Long MW, Resch SC, Gortmaker SL, Cradock AL, et al. (2016) Redrawing the US Obesity Landscape: Bias-Corrected Estimates of State-Specific Adult Obesity Prevalence. PLoS ONE 11(3): e0150735. doi:10.1371/journal.pone.0150735
<http://journals.plos.org/plosone/article?id=info:doi/10.1371/journal.pone.0150735>

Consequences of childhood obesity

- Having obesity puts children at a much higher risk of having additional diseases or complications
- Obese children are more likely to become obese adults and have more severe comorbidities
- Incur higher healthcare costs in childhood and later adult life

Costs of childhood obesity

Who bears the health care costs of severe obesity?



Wang YC, Pamplin J, Long MW, Ward ZJ, Gortmaker SL, Andreyeva T. (2015) Severe Obesity in Adults Cost State Medicaid Programs Nearly \$8 Billion in 2013. Health Aff 34:1923-2931

Approaches to reducing childhood obesity prevalence

- Two main approaches:
 - Treating obesity after onset (example: bariatric surgery)
 - Preventing excess BMI/weight gain through policy and programmatic interventions

¹Gortmaker SL, Wang YC, Long MW, Giles CM, Ward ZJ, Barrett JL, Kenney EL, Sonnevile KR, Afzal AS, Resch SC, Cradock AL. Three Interventions That Reduce Childhood Obesity Are Projected to Save More Than They Cost to Implement. Health Affairs, 34, no. 11 (2015):1304-1311.

Importance of preventing weight gain in childhood

- Excess weight accumulates slowly
- Adults have larger energy gap than children and harder to address in adulthood
- Interventions early in the life course have the best chance of reducing long-term obesity prevalence and related mortality and health care costs

Importance of prevention

- We cannot expect to treat our way out of the obesity epidemic:
 - **Treatment** of childhood obesity makes a relatively small impact on obesity prevalence – too little too late
 - **Preventive strategies** are critically important for addressing the epidemic

Policy solutions are complex

- No single solution to solve obesity epidemic in US
- Requires multiple initiatives at multiple sectors across age groups
- Decisions should be evidence-based and take into account population reach, health impact, and cost

ASTHO's Role in CHOICES Partnership

- Provide outreach and coordination to recruit states and other partner organizations (i.e. NCSL, NACCHO) to work with CHOICES team
- Advise CHOICES team on:
 - Communications strategies
 - Pilot project development and implementation
 - Measures of progress and outcomes
 - Policy-related issues