



NUTRITION, PHYSICAL ACTIVITY & OBESITY APPROPRIATIONS FACT SHEET

FY 2007	President's Budget	FY 2008 Suggested
\$41,309,000	\$41,309,000	\$65,000,000

Additional resources will allow for the creation of programs in more states. CDC will continue to build a comprehensive program for improving nutrition, increasing physical activity, and preventing obesity in communities, worksites, and schools.

Basic Facts About Nutrition, Physical Activity & Obesity

- Second only to tobacco use, physical inactivity and unhealthy eating are responsible for at least 300,000 preventable deaths each year.
- In the past 30 years, the prevalence of persons who are overweight or obese has increased sharply for both adults and children. Between 1976-1980 and 2003-2004, the prevalence of obesity among adults aged 20-74 years increased from 15%-32.9%.
- The number of overweight and obese children has increased dramatically:
 - From 5%-13.9% for those aged 2-5 years
 - From 6.5%-18.8% for those aged 6-11 years
 - From 5%-17.4 for those aged 12-19 years

The Cost of Obesity

- People who are obese are at increased risk for heart disease, high blood pressure, diabetes, arthritis-related disabilities and some cancers. The estimated total cost of obesity in the United States in 2000 was about \$117 billion.

How Reducing the Number of Overweight and Obese Americans Can Prevent Chronic Diseases

- Chronic diseases accounted for 5 of the 6 leading causes of death in 2002 in the United States. The prolonged illness and disability associated with many chronic diseases also decreases the quality of life for millions of Americans. Much of the chronic disease burden is preventable. Physical inactivity and unhealthy eating contribute to obesity and a number of chronic diseases.
- Despite the proven benefits of physical activity, more than 50% of U.S. adults do not get enough physical activity to provide health benefits; 24% are not active at all in their leisure time.
- Research shows that good nutrition can help to lower people's risk for many chronic diseases, including heart disease, stroke, some cancers and osteoporosis. However, a large gap remains between health dietary patterns and what Americans actually eat.
- In 2005, only one-fourth of U.S. adults ate five or more servings of fruits and vegetables every day.

CDC's Nutrition, Physical Activity, and Obesity Program

Currently, 28 states receive funding from the Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases. State-based approaches include policy and environmental strategies that promote physical activity and eating healthy foods. Examples include promoting safe walking and cycling; encouraging more low-fat, high-fruit-and-vegetable menu selections in restaurants, schools, and worksite cafeterias; and establishing physical activity programs in schools, worksites, and community locations. CDC and state programs promote healthy lifestyles through educating health providers and the public. CDC also supports research to increase understanding of the relationships between physical activity, diet and health.

An increase in funding in FY08 for the Division of Nutrition and Physical Activity will help expand cost-effective state-based programs and implement broad reaching critical nutrition and physical activity campaigns. At \$65 million, the DNPA could:

- Provide funding to every state: 26 at capacity building level, 24 at the basic implementation level
- Set aside \$5 million for the National Fresh Fruit and Vegetable Nutrition Program.

*For more information visit www.cdc.gov/nutritionphysicalactivityobesity

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