

IN THIS ISSUE: YOUTH AND ADULT OBESITY RATES

Obesity Trends in Washoe County

Introduction

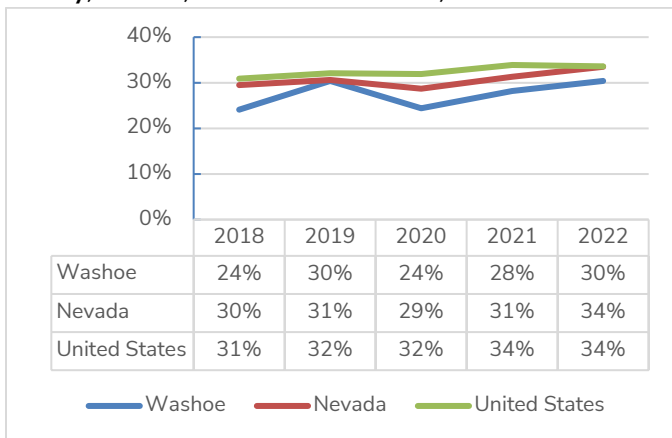
The term obesity is defined as “a chronic disease characterized by an abnormal and unhealthy accumulation of body fat which, statistically, correlates with premature mortality, hypertension, heart disease, diabetes, cancer, and other health conditions.”¹ These are among the leading causes of preventable, premature death.² Obesity is putting a strain on American families, affecting overall health, health care costs, productivity, and military readiness.³

The heart disease death rate for Nevada ranks among the highest in the United States at 393 per 100,000.⁴ Nevada ranks 27th in the nation for percent of adults with obesity.⁵ Obesity affects both adults and children and damages individual and societal health, creates health disparities, affects longevity, psychological well-being, and social standing.

Background

The following dataset shows comparison data of obesity rates increasing both locally and nationally.

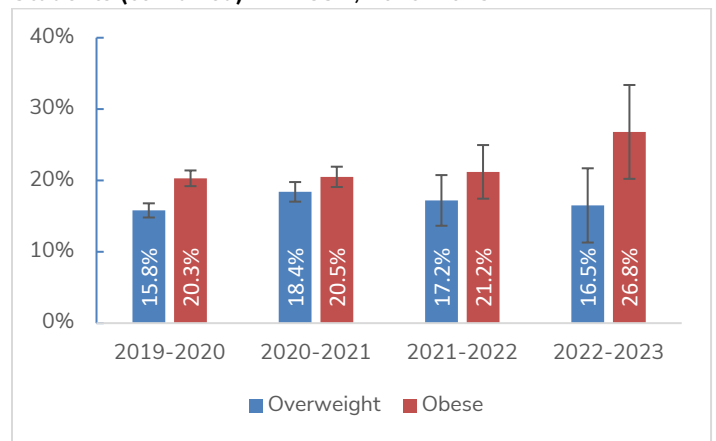
Figure 1: Percent of Adults Classified as Obese in Washoe County, Nevada, and the United States, 2018-2023



Source: Nevada 2018-2022 BRFSS and CDC BRFSS.
<https://www.cdc.gov/brfss/brfssprevalence/>

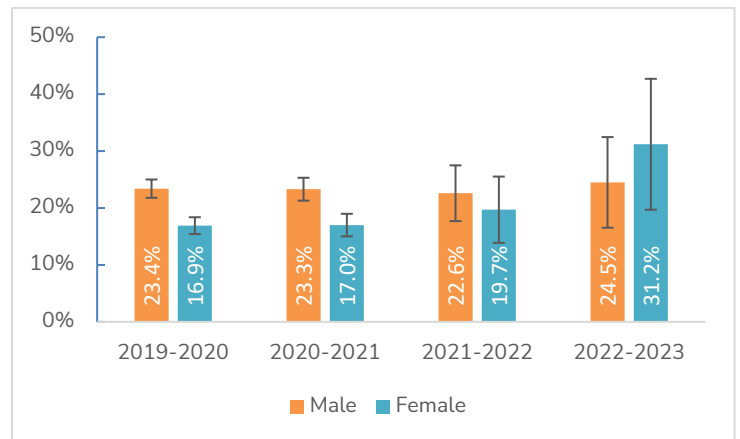
The following dataset on youth comes from height and weight data collected in the Washoe County School District (WCSD). Height and weight have been collected on samples of WCSD 4th, 7th, and 10th grade students since 2007-2008 (NRS 392.420). Data are weighted to the grade-specific enrollment and represent only those grades which were sampled.

Figure 2: Overweight and Obesity of 4th, 7th, and 10th Grade Students (combined) in WCSD, 2019-2023



Obesity rates among WCSD students have increased by 6% from 2018 to 2023.

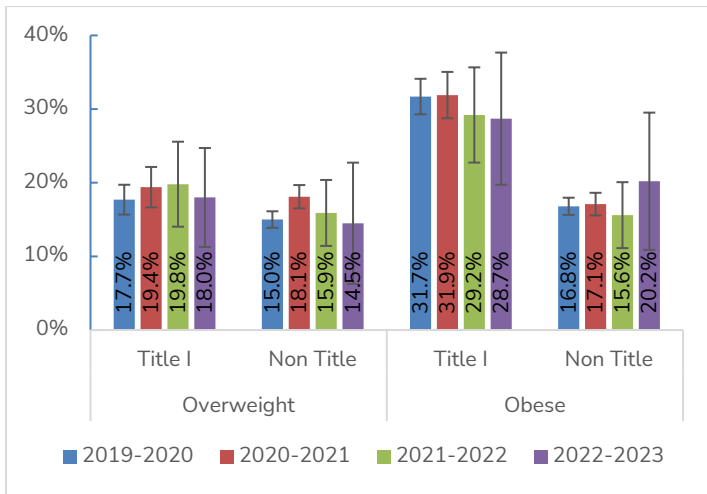
Figure 3: Obesity of 4th, 7th, and 10th Grade Students (combined) in WCSD by Gender, 2019-2023



A significantly higher proportion of male students are obese when compared to female students between 2019-2021.

Schools with a high percentage of students from low-income families are considered Title I schools.

Figure 4: Overweight and Obesity of 4th, 7th, and 10th Grade Students (combined) in WCSD by Title I Status, 2019-2023



There is a statistically significant difference between obesity rates when comparing Title I and non-Title I school data among students, demonstrating a health disparity.

The Role of Healthcare Professionals

Research has shown that primary care providers can and should play an important role in obesity prevention.⁶ Healthcare providers are in a unique position to partner with patients and families/caregivers and to influence key components of the broader strategy of developing community support. To be effective we know that healthcare practice teams need tools and resources that are evidence-based, practical, accessible, and inclusive. Healthcare professionals can reference the following resources when speaking to patients.

[5210 Healthy Washoe](#) – Adapted from Let’s Go, a nationally recognized obesity prevention initiative that is an evidence-based framework promoting four simple daily healthy habits.

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

www.5210washoe.com

5210 Healthy Washoe offers FREE downloads of support materials for providers and patients to anchor the NV 5-2-1-0 message to support healthy behaviors.

Northern Nevada Public Health is offering the following programs to the community to create healthy environments that promote healthy eating and active living.

[Healthy Corner Stores](#) is a program designed to help small markets improve the health of their community by stocking and marketing healthy food into neighborhood corner stores.

[Fuel Up Healthy, GO!](#) is a program for elementary school classrooms that promotes healthy behaviors, focusing on the importance of healthy eating and being physically active.

Acknowledgements

Thank you to the Washoe County School District and school nurses and early 5210 implementers, Steven Shane, MD, MS, FAAP, Diplomate of American Board of Obesity Medicine, and Jose R. Cucalon Calderon, MD, FAAP, Associate Professor of Pediatrics, University of Nevada Reno School of Medicine.

References

- 1 Nevada Senate Bill 165 (2017). Makes various changes concerning the prevention and treatment of obesity. (BDR 40-791). Accessed March 2024. <https://www.leg.state.nv.us/App/NELIS/REL/79th2017/Bill/5009/Text>
- 2 Centers for Disease Control and Prevention. Childhood Overweight and Obesity. Accessed March 2024. <https://www.cdc.gov/obesity/childhood/index.html>
- 3 Centers for Disease Control and Prevention. Unfit to Serve. Obesity and Physical Inactivity Are Impacting National Security. Accessed March 2024. <https://www.cdc.gov/physicalactivity/downloads/unfit-to-serve-062322-508.pdf>
- 4 Centers for Disease Control and Prevention. About Overweight & Obesity. Accessed March 2024. <https://www.cdc.gov/obesity/about-obesity/index.html>
- 5 The State of Obesity: Better Policies for A Healthier America. Trust for America’s Health. Accessed March 2024. <https://www.tfah.org/wp-content/uploads/2023/09/TFAH-2023-ObesityReport-FINAL.pdf>
- 6 Rippe, J. M., McInnis, K. J., & Melanson, K. J. (2001). Physician involvement in the management of obesity as a primary medical condition. *Obesity research*, 9 Suppl 4, 302S–311S. Accessed March 2024. <https://doi.org/10.1038/oby.2001.135>