

MINUTES OF THE SENATE PUBLIC HEALTH AND WELFARE COMMITTEE

The joint meeting of the Senate Public Health and Welfare Committee and the House Health and Human Services Committee was called to order by Chairperson Susan Wagle at 11:30 a.m. on January 20, 2004 in Room 313-S of the Capitol.

All members were present except:
Senator Chris Steineger

Committee staff present:
Ms. Emalene Correll, Legislative Research
Mr. Norm Furse, Revisor of Statutes
Mrs. Diana Lee, Revisor of Statutes
Ms. Margaret Cianciarulo, Committee Secretary

Conferees appearing before the committee:
Dr. William H. Dietz, M.D., PhD., Director, Division of Nutrition and Physical Activity Centers
for Disease Control and Prevention

Others attending:
Please See Attached List.

Presentation on "The Epidemic of Obesity"

Upon calling the meeting to order, Chairperson Wagle announced that she and Chairperson Morrison had decided to have a joint presentation sponsored by the Kansas Health Foundation. She then introduced Dr. William Dietz, Director of the Division of Nutrition and Physical Activity Centers for Disease Control and Prevention, who began by stating the title of his presentation: "The Epidemic of Obesity; a Model for the Challenges of Chronic Disease Prevention and Control". A copy of his presentation is (Attachment 1) attached hereto and incorporated into the Minutes as referenced. Highlights of his presentation included:

- 1) Maps of the United States show "Obesity Trends Among U.S. Adults from 1991 through 2002. The source of this information is taken from the Behavioral Risk Factor Surveillance System, CDC (BRFSS).
- 2) Regarding adult obesity, he provided charts reflecting changes in the prevalence of severe obesity, the consequences of obesity to them, and medicaid drug costs.
- 3) Regarding childhood and adolescent boys and girls, he provided charts reflecting overweight prevalence, the consequences of obesity to them and its impact, and factors related to the onset of obesity, such as shifts in food practices in the U.S.
- 4) Dr. Dietz then offered charts on behavior change strategies (such as reduce television viewing and increase physical activity), stepped care interventions, intervention sites, and school-based and community-based approaches.

Chairperson Wagle thanked Dr. Dietz for his presentation and asked both Committees for questions and/or comments.

A range of questions and comments came from Senators Barnett, Wagle, Haley, and Salmans, Representatives Miller, Sharp, and Mast, and Committee Secretary Deeter including availability of statistical data on Kansas, where does a politician start, clarification of the BMI Index, are those diagnosed as chronically obese penalized on health insurance as smokers, are there consistencies in diets, mortality rates, alternative medicine, and regarding the cigarette chart usage and what can we do that other states have done.

CONTINUATION SHEET

MINUTES OF THE SENATE PUBLIC HEALTH AND WELFARE COMMITTEE at 1:30 p.m. on
January 20, 2004 in Room 231-N of the Capitol.
Page 2

Adjournment

As there were no bill introductions and with no further business, the meeting was adjourned. The time was 1:15 p.m.

The next meeting is scheduled for January 21, 2004.

SENATE PUBLIC HEALTH AND WELFARE COMMITTEE

GUEST LIST

DATE: January 20, 2004

22 in att

| NAME | REPRESENTING |
|-------------------|--------------------------------------|
| Charlie Keller | Hein law firm |
| Megan Dunn | " " " |
| LEON LEMKE | GUEST OF REP. BETHELL |
| Heather Grace | Dameron + Associates |
| Debbie Huske | Health Care Policy / Medicaid Policy |
| Paula Marmet | KDHE |
| Sharon Watson | KDHE |
| Linda Kenney | KDHE |
| Billie Hall | SUNFLOWER F.P. |
| Larry Tobias | Sunflower Foundation |
| Dan Murray | Federico Consulting |
| Kim Kaminian | Kansas Health Institute |
| Dina Parker | Sen. Jim Barnett's office |
| Michelle Peterson | Kansas Governmental Consulting |
| Jim Silvey | Page |
| Michelle Hall | Page |
| Forest Sauries | Page (Rep. Sharp) |
| Nikki Steele | Page (Rep. Sharp) |
| Brittany Weaver | Page (Rep. Sharp) |

SENATE PUBLIC HEALTH AND WELFARE COMMITTEE

GUEST LIST

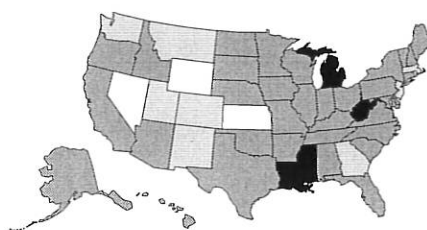
DATE: January 20th, 2004

| NAME | REPRESENTING |
|----------------|--|
| Tyler Suncara | page (Rep. Patterson) |
| Josh Cox | Page (Rep. Patterson Patterson) |
| Matt Estrin | Page (Rep. Patterson) |
| Dick Morrissey | KDAE |
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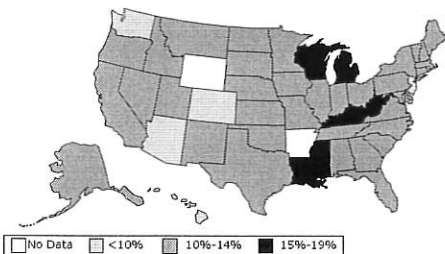
The Epidemic of Obesity; a Model for the Challenges of Chronic Disease Prevention and Control

William H. Dietz, M.D, PhD
 Director, Division of Nutrition and Physical Activity
 Centers for Disease Control and Prevention

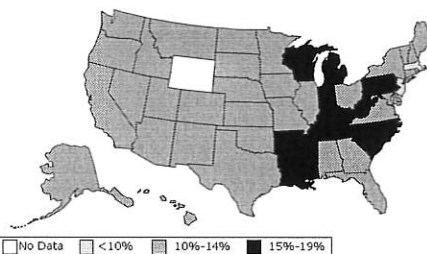
Obesity Trends Among U.S. Adults
 BRFSS, 1991



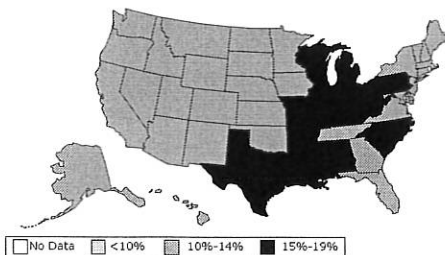
Obesity Trends Among U.S. Adults
 BRFSS, 1992



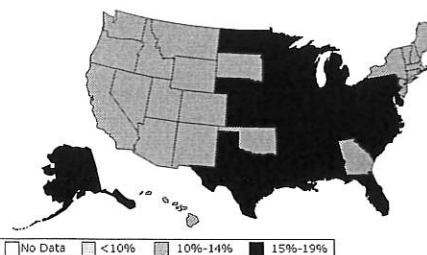
Obesity Trends Among U.S. Adults
 BRFSS, 1993



Obesity Trends Among U.S. Adults
 BRFSS, 1994

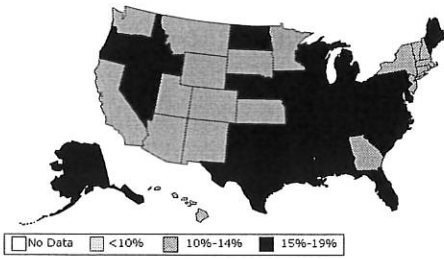


Obesity Trends Among U.S. Adults
 BRFSS, 1995

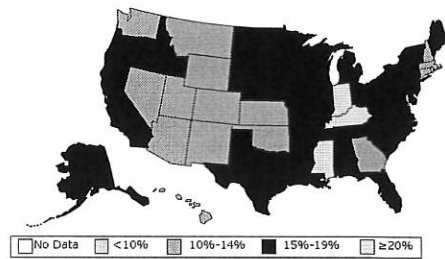


*Senate Public Health & Welfare Committee
 Attachment 1
 Date: January 20, 2004*

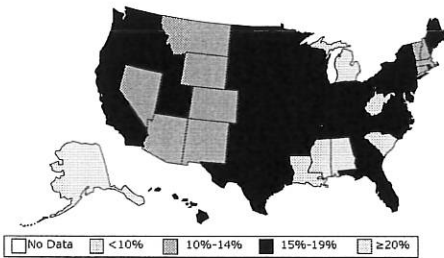
Obesity Trends Among U.S. Adults
BRFSS, 1996



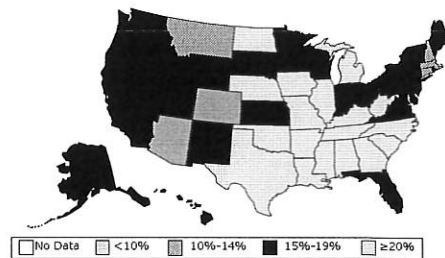
Obesity Trends Among U.S. Adults
BRFSS, 1997



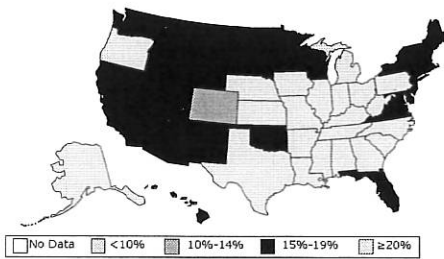
Obesity Trends Among U.S. Adults
BRFSS, 1998



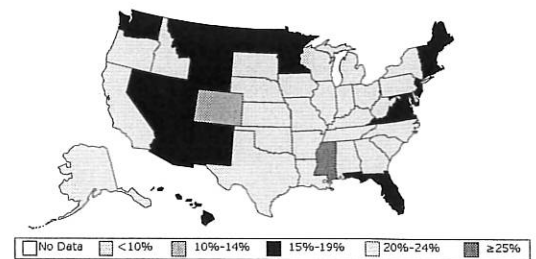
Obesity Trends* Among U.S. Adults
BRFSS, 1999

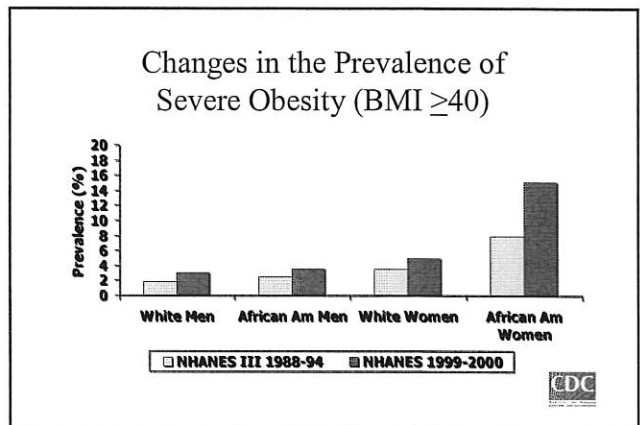
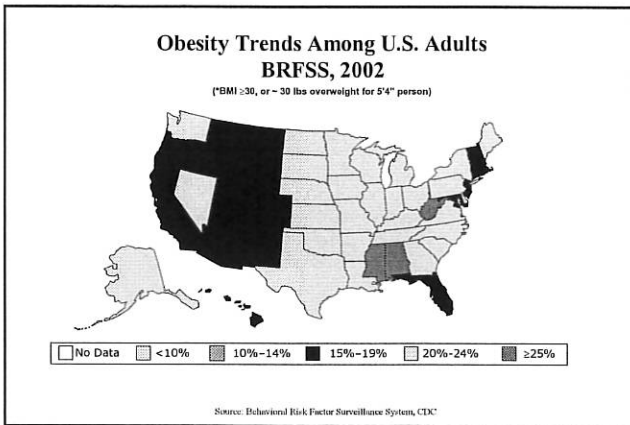


Obesity Trends Among U.S. Adults
BRFSS, 2000



Obesity Trends Among U.S. Adults
BRFSS, 2001

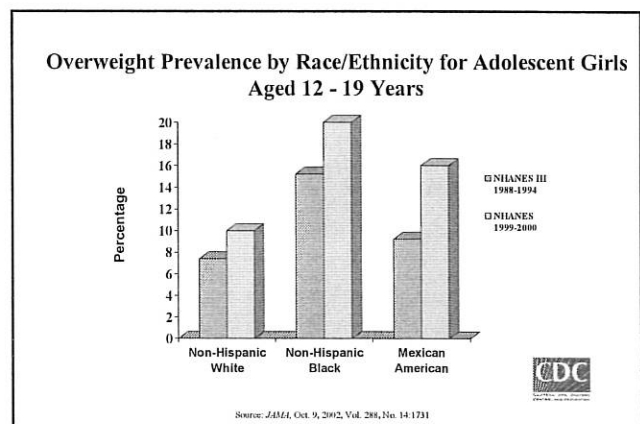
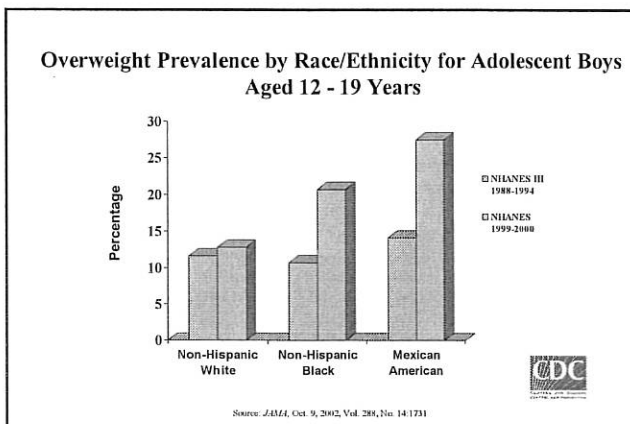
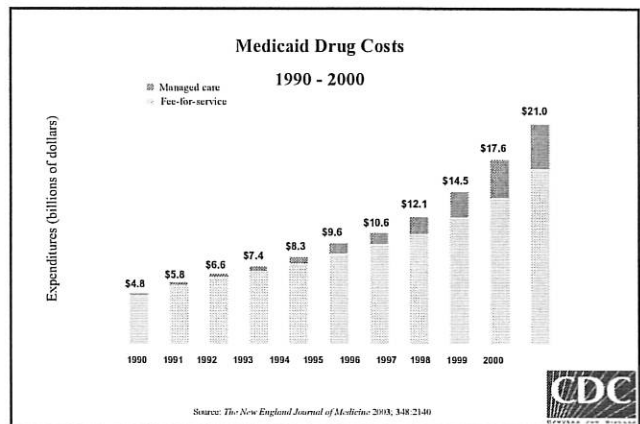




Consequences of Adult Obesity

- Psychosocial
- Cardiovascular
 - Hyperlipidemia
 - Diabetes mellitus
 - Hypertension
 - Respiratory
 - Cardiac
- Medical
 - Polycystic ovary disease
 - Gall bladder disease
 - Osteoarthritis
 - Cancer
 - Pregnancy and the postpartum
 - Mortality

Source: CDC



Consequences of Childhood and Adolescent Obesity

Common

- Growth
- Psychosocial
- Hyperlipidemia
- Hepatic steatosis
- Abnormal glucose metabolism
- Persistence into adulthood

Uncommon

- Hypertension
- Sleep apnea
- Pseudotumor
- PCOD
- Cholelithiasis
- Orthopedic

Impact of Childhood Overweight

(BMI \geq 95th percentile) on Adult Obesity (BMI \geq 30)

- 25% obese adults were overweight children
- 4.9 BMI unit difference in severity
- Onset \leq 8y more severely obese as adults (BMI = 41.7 vs 34.0)
- CVD risk factors reflect adult BMI

Freedman et al, Pediatrics 2001; 108: 712

Consequences of Childhood and Adolescent Obesity

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Factors Related to the Onset of Obesity

- Altered dietary intake
- Decreased physical activity
- Increased inactivity



Shifts in Food Practices in the United States

- Fast food consumption
- Reduced frequency of family meals
- Restrained eating, meal skipping
- Consumption of soft drinks-increased from 27 to 44 gal/y from 1972-1992
- 30,000 products in supermarkets
- Increased portion size



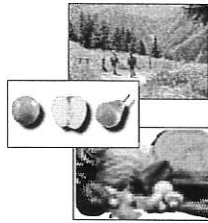
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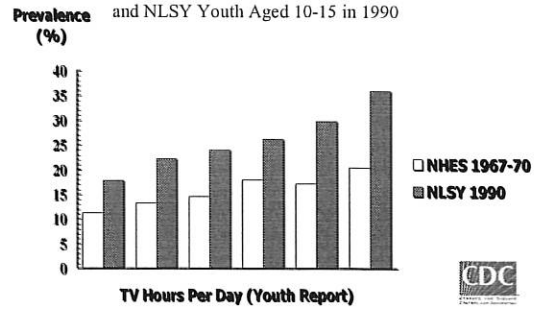


Behavior Change Strategies

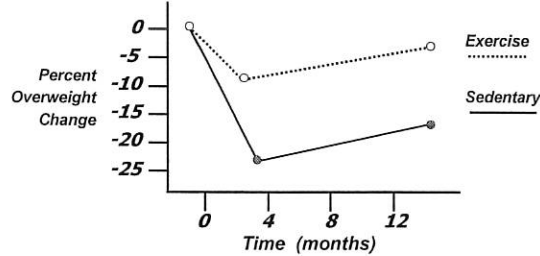
- Promote breastfeeding
- Reduce television viewing in children and adolescents
- Increase physical activity



Prevalence of Obesity by Hours of TV per Day: NHES Youth Aged 12-17 in 1967-70 and NLSY Youth Aged 10-15 in 1990



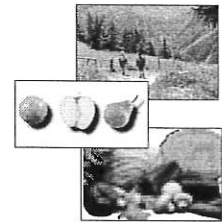
Effect of Reduced Inactivity or Exercise on Obesity



Epstein et al, Health Psychol 1995; 14:109

Behavior Change Strategies

- Promote breastfeeding
- Reduce television viewing in children and adolescents
- Increase physical activity



Role of Physical Activity in Weight Control

- Dose to prevent obesity unknown
- Dose to maintain weight after loss \approx 1 hr/d
- Relatively modest impact on weight loss
- Reduces obesity associated comorbidities



Effective Interventions to Promote Physical Activity

- Informational
 - Community-wide education
 - Point of decision prompts
- Behavioral and social
 - School-based PE
 - Non-family social support
 - Individually adapted behavior change
- Environmental and policy
 - Enhanced access with outreach
 - Urban design and land use



Incorporating Physical Activity
A Report on Recommendations of the Task Force on Community Preventive Services



Promising Strategies

- Reduce soft drink consumption
- Reduce portion size
- Increase fruit and vegetable consumption



Soft Drink Calories among Soft Drink Consumers

| <u>Age</u> | <u>Boys</u> | <u>Girls</u> | <u>% Increase*</u> |
|------------|-------------|--------------|--------------------|
| 6-11y | 8.5% | 8.6% | 41% |
| 11-13y | 10.9% | 10.1% | 30% |
| 14-17y | 12.3% | 13.4% | 12% |

*Increases between 1977-78 and 1994-98. From French et al, JADA 2003;103:1326.

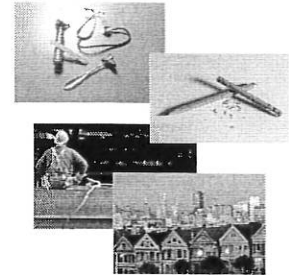
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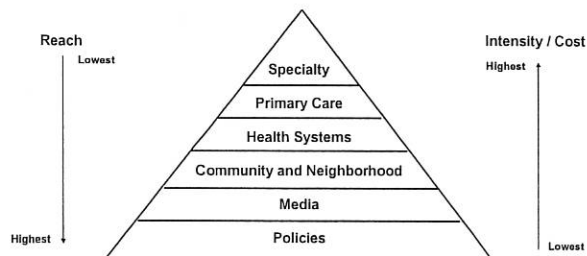


Intervention Sites to Prevent or Treat Obesity

- Medical Settings
- School
- Work Site
- Community



Multilevel Pyramid Model of Stepped Care Interventions



Source: Glasgow, Diabetes Care 2003; 26:2451

Chronic Care Model

Environment

Family
School
Worksite
Community

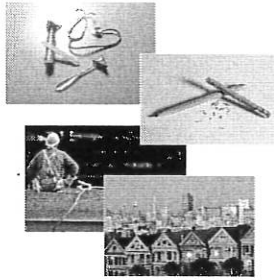


Medical System

Information Systems
Decision Support
Delivery System Design
Self Management Support

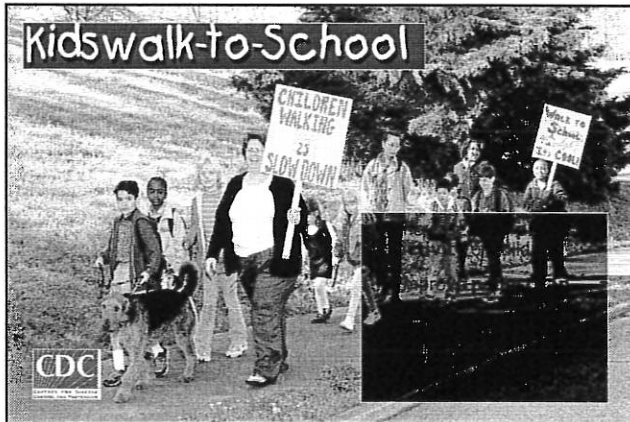
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School-based Approaches to Treat or Prevent Obesity

- Physical education classes
- Walk to school programs
- Media curricula and TV turnoffs
- Competitive foods and pouring contracts
- Comprehensive school-based interventions



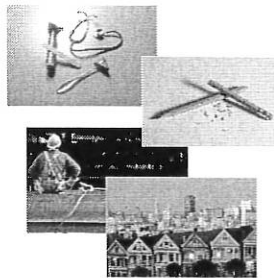
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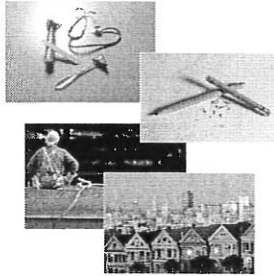
Worksite Strategies to Improve Physical Activity

- Leadership and supportive culture
- Access to facilities
- Incentives (discounted premiums)
- Time provided for physical activity
- Accessible public transportation
- Sidewalks and trails



Intervention Sites to Prevent or Treat Obesity

- Medical Settings
- School
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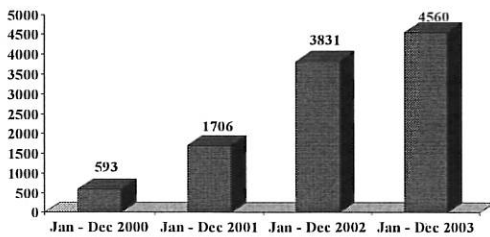


Community-based Approaches

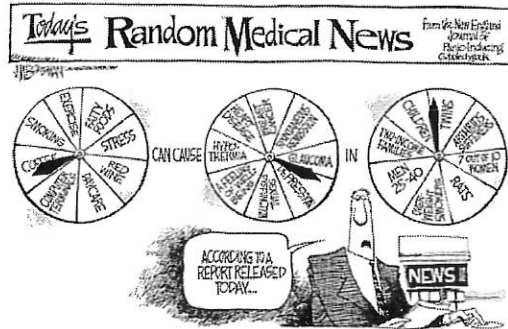
- Communications
- Community programs
- Environmental change
 - Sidewalks and bicycle trails
 - Parks and recreational facilities
 - Neighborhood safety
 - Building design
 - Urban planning



Trends in Obesity-Related Media Coverage



Note: Figures represent International Food Information Council Foundation (IFIC) tracking of U.S. and International (English-speaking) wire reports and print articles on the issue and do not necessarily reflect the true number of stories.

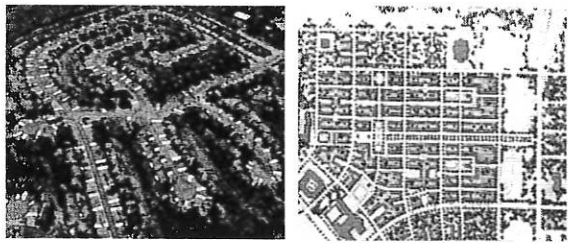


Community-based Approaches

- Communications
- Community programs
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 - Neighborhood safety
 - Building design
 - Urban planning



Community Structure and Physical Activity



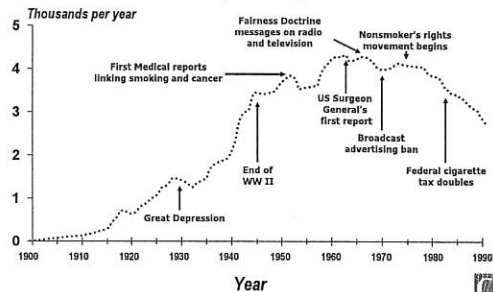
CANINE CONSTITUTIONAL



As folks walk in the park, they're more likely to shape behavior. Dog owners, especially middle-class dog owners, get up early to go to the dog park. Dog owners are regular smokers. They smoke 10-15 cigarettes a day. Dog owners get up early to go to the dog park.



Adult per Capita Cigarette Consumption and Major Environmental and Policy Changes in the US 1900-1990



Division of Nutrition and Physical Activity Website

www.cdc.gov/nccdphp/dnpa

