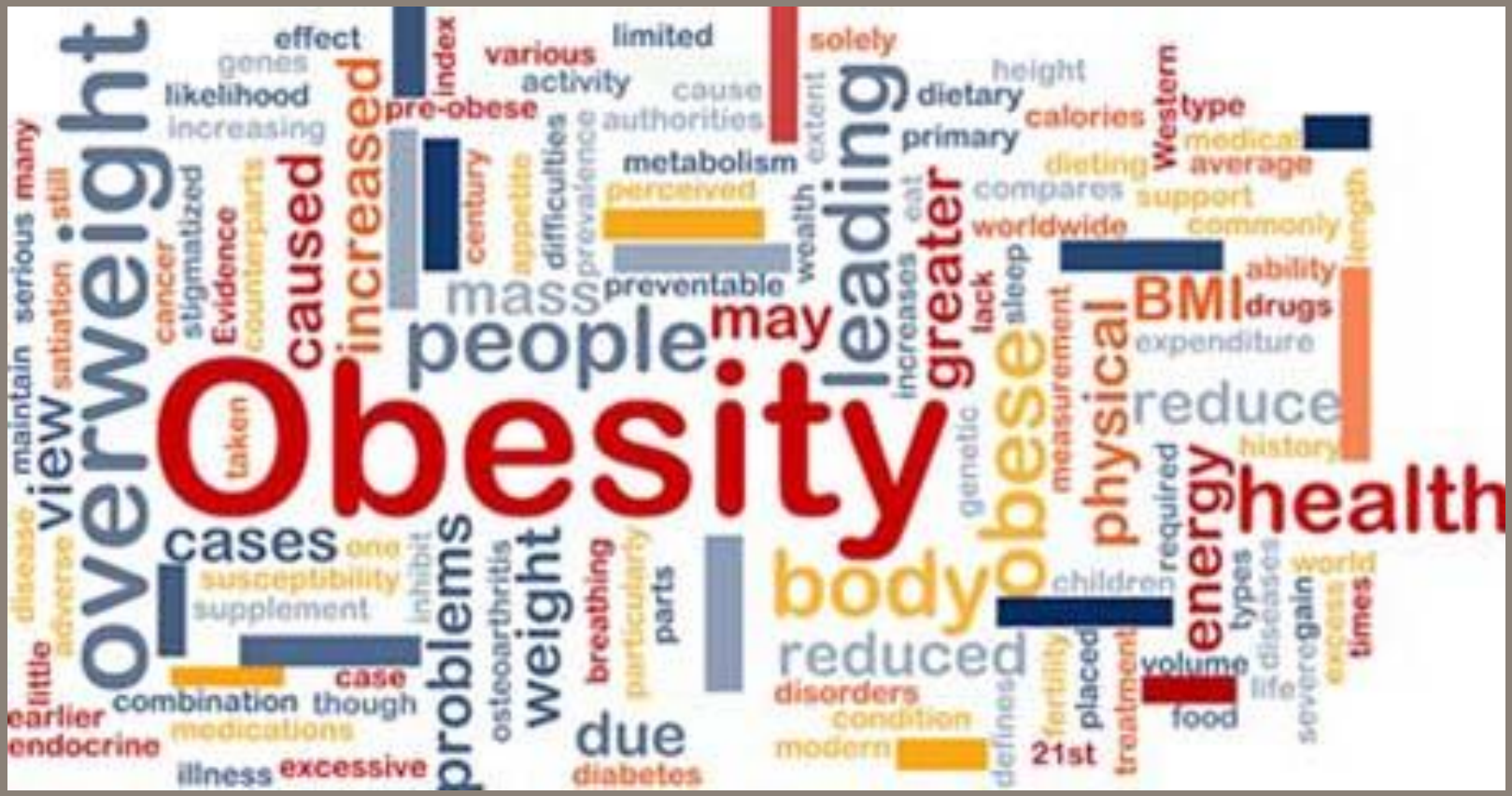
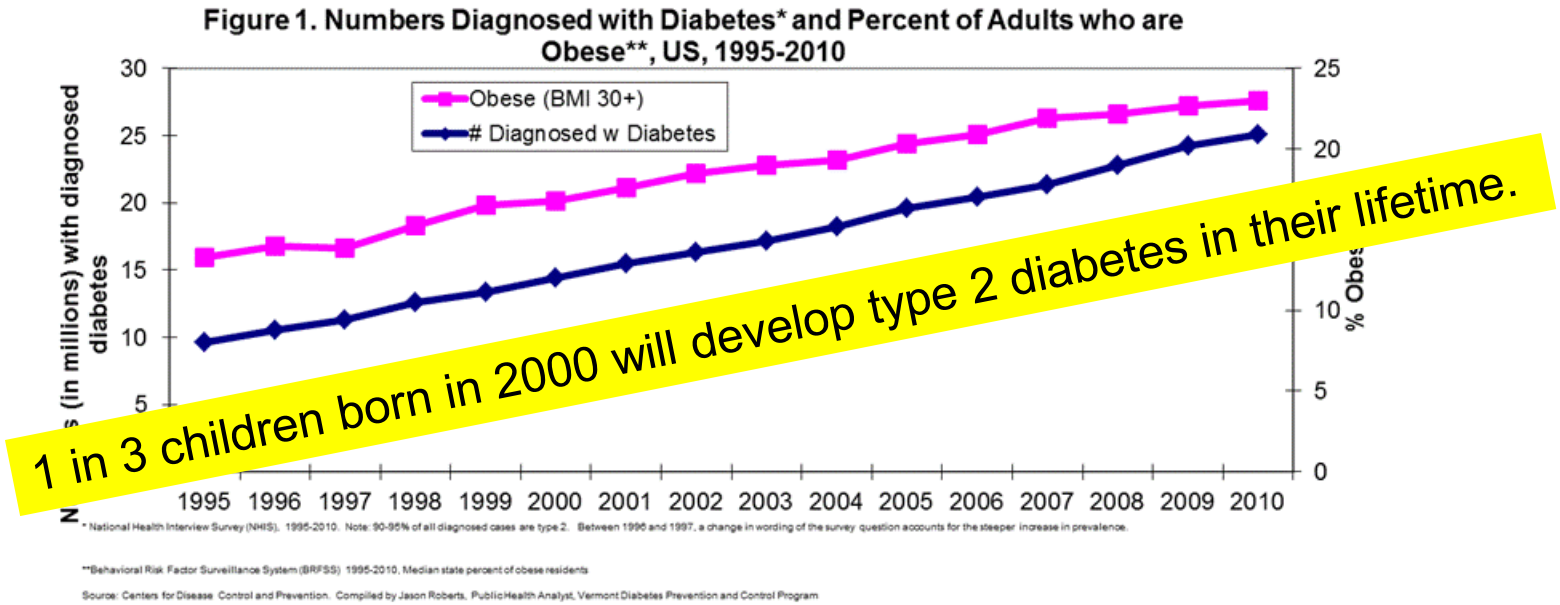


VERMONT
DEPARTMENT OF HEALTH

Susan Coburn MPH, RD

December 20, 2013

Diabetes and Obesity



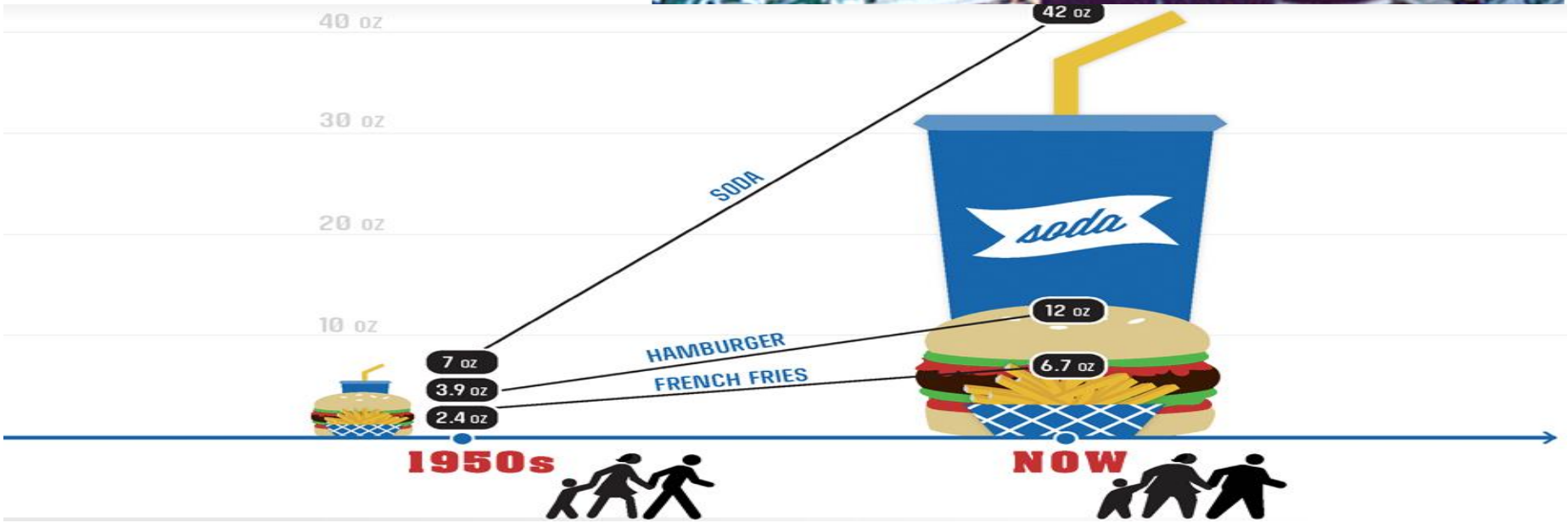
* National Health Interview Survey (NHIS), 1995-2010. Note: 90-95% of all diagnosed cases are type 2. Between 1996 and 1997, a change in wording of the survey question accounts for the steeper increase in prevalence.

**Behavioral Risk Factor Surveillance System (BRFSS) 1995-2010, Median state percent of obese residents

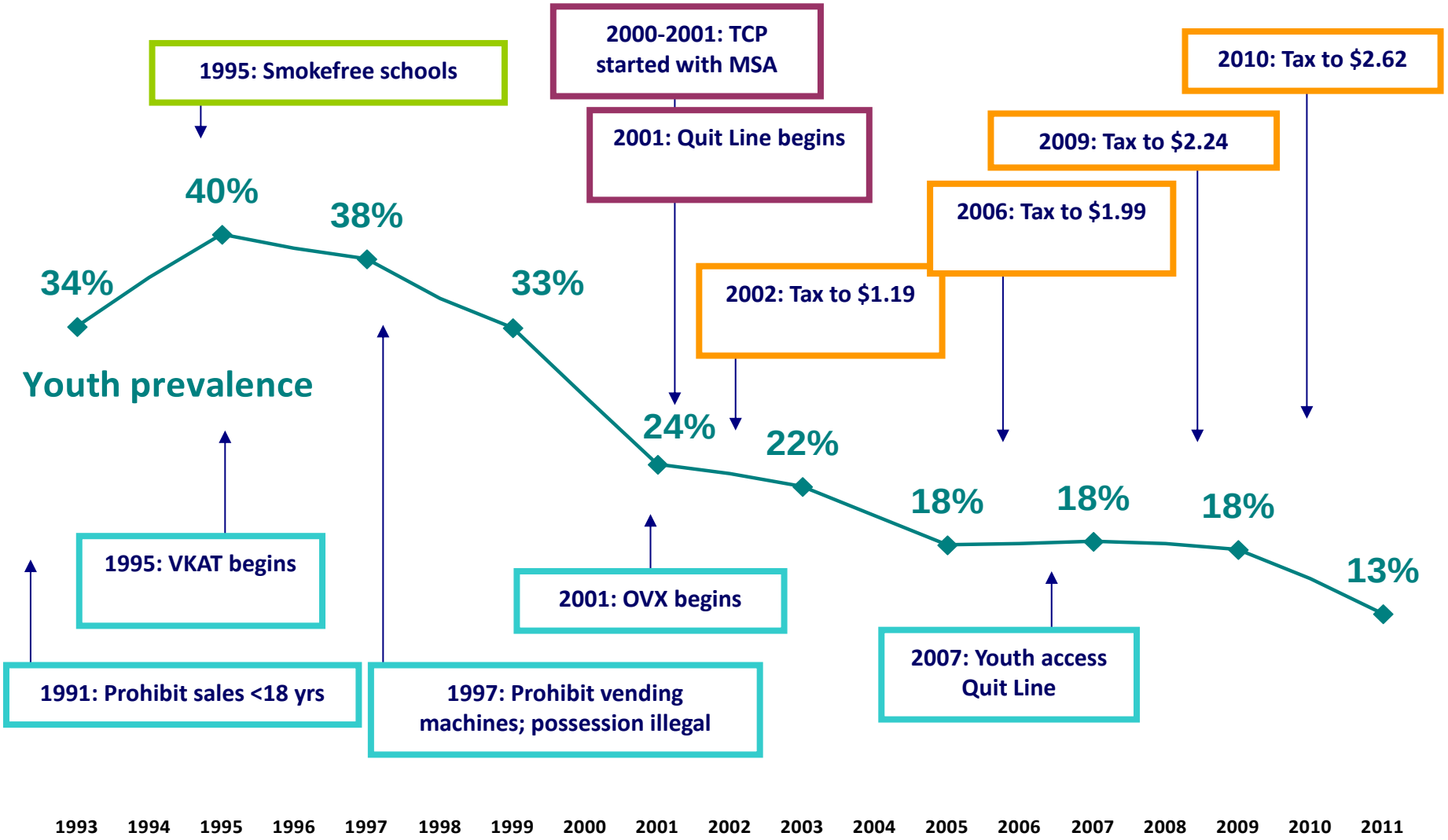
Source: Centers for Disease Control and Prevention. Compiled by Jason Roberts, Public Health Analyst, Vermont Diabetes Prevention and Control Program

"My doctor wants me to reach a normal weight. But if everyone is heavy now, then *overweight is the new normal!*"

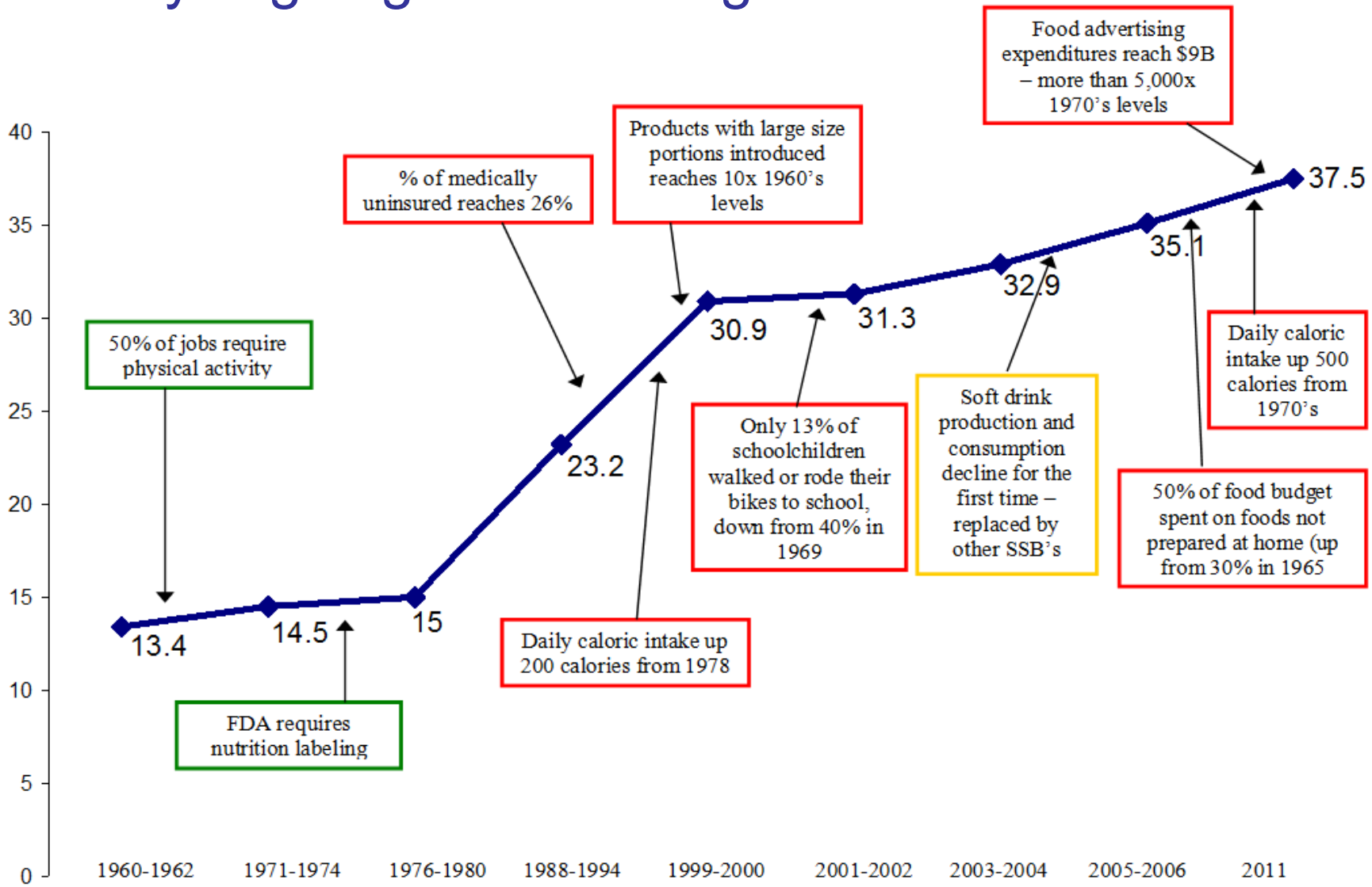
Personal Choice?



What we know from Tobacco…



…Obesity is going in the wrong direction



http://www.healthvermont.gov

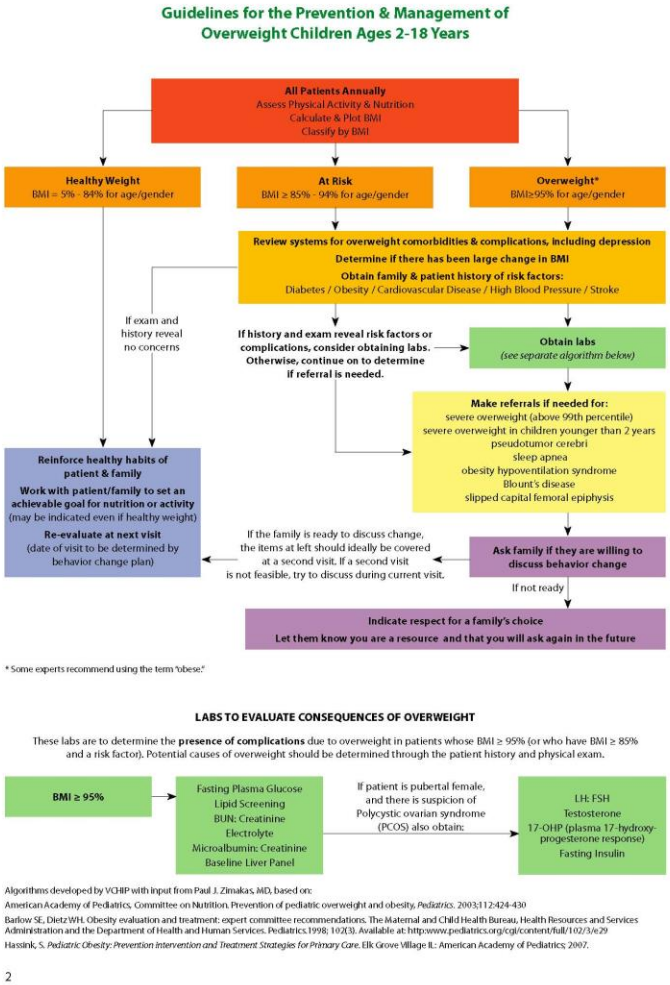
Promoting Healthier Weight
in Pediatrics

VCHIP VERMONT CHILD HEALTH IMPROVEMENT PROGRAM

VERMONT DEPARTMENT OF HEALTH

fit & healthy vermonters

Screening and Management



Goal Setting

Fit & Healthy Change Plan

Date_____

HOW READY AM I TO MAKE SOME HEALTHY CHOICES ABOUT ACTIVITY AND EATING?

1 2 3 4 5 6 7 8 9 10

NUTRITION	OR	PHYSICAL ACTIVITY
Change:		**Change:**
What will help me make this change?		**What will help me make this change?**
Who or what can help me? My strengths: My family's strengths:		**Who or what can help me?** My strengths: My family's strengths:
What can get in the way?		**What can get in the way?**

HOW CONFIDENT AM I THAT I CAN MAKE THIS CHANGE?

1 2 3 4 5 6 7 8 9 10

PATIENT SIGNATURE _____ PARENT SIGNATURE _____ CLINICIAN SIGNATURE _____

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The Vermont Department of Health

Ideas for Your Whole Family

Choose an activity that will help you move toward one or more of the goals listed below

EAT MORE COLORS

Goal: Aim for 5 fruits and vegetables a day

- ☐ **Try one new vegetable or fruit each week**
- ☐ **Add fruit to your cereal**
- ☐ **Eat vegetables and fruits that are different colors**
- ☐ **Try cut up veggies and dip for a healthy snack**

TURN IT OFF!

Goal: Aim for less than 2 hours of screen time a day

- ☐ **Take the TV out of the bedroom**
- ☐ **Pick one day a week for game night instead of watching TV**
- ☐ **Plan TV, computer, and game time each day**

MOVE MORE

Goal: Aim for at least 1 hour of activity each day

- ☐ **Play your favorite sport or choose a favorite physical activity (ride bikes, play tag)**
- ☐ **Walk or bike to school if you can**
- ☐ **Take the dog for a walk**
- ☐ **Use the stairs**

CHOOSE YOUR DRINK

Goal: Aim for 0 sugar-sweetened drinks

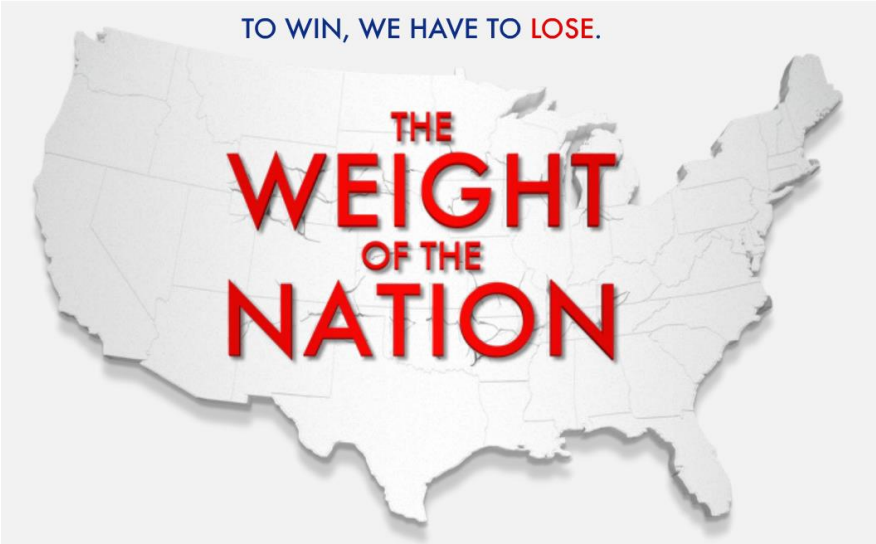
- ☐ **Switch from soda to water or seltzer**
- ☐ **Limit juice consumption (use the tiny glasses!)**
- ☐ **Drink non-fat or low-fat milk**

MORE IDEAS!

- ☐ **Eat meals together at least once a week**
- ☐ **Learn about portion sizes**
- ☐ **Get everyone involved in preparing meals**
- ☐ **Take the farthest spot in the parking lot**
- ☐ **Eat breakfast daily**
- ☐ **Limit eating out at restaurants, especially fast food places**

What Can You Do?

- Screen, counsel & set goals
- Refer to a dietitian
- Get involved!



"The weight of the nation is not healthy. And to get it healthy, we are all going to have to do our part."

Dr. Thomas R. Frieden, Director, Centers for Disease Control and Prevention