Putting Obesity in Perspective: A Growing Problem

OBESITY AND OVERWEIGHT PREVALENCE AMONG CHILDREN AGED 10 TO 17, 2003 vs. 2011

Source: National Survey of Children's Health, 2003 and 2011

As the State's Chief Fiscal Officer

In 2007, issued the Counting Costs and Calories special report outlining the staggering cost of obesity to business in Texas.

- We reported that everything is bigger in Texas — nearly two-thirds, 64.1 percent, of the state's population was overweight or obese in 2007.

- Obesity cost Texas businesses $3.3 billion in 2005 (absenteeism, presenteeism, disability and healthcare costs).
In 2011, issued *Gaining Costs, Losing Time* special report updating projections of obesity’s cost to individuals, businesses and the state.

- From 1980 to 2011, the prevalence of obesity among children and adolescents **tripled**.
- Obesity cost Texas businesses **$9.5 billion** in 2009.

**Added Annual Health Care Cost Per Person U.S., 2009**

- Overweight: $346
- Moderately Obese: $807
- Severely Obese: $1,566
- Morbidly Obese: $2,845

**Cost to Texas Businesses, 2009**

<table>
<thead>
<tr>
<th>Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disability</td>
<td>$322 Million</td>
</tr>
<tr>
<td>Absenteeism</td>
<td>$1.6 Billion</td>
</tr>
<tr>
<td>Presenteeism</td>
<td>$3.5 Billion</td>
</tr>
<tr>
<td>Healthcare</td>
<td>$4 Billion</td>
</tr>
</tbody>
</table>

**TOTAL** **$9.5 BILLION**

With current trends: cost projected to be $32.5 billion by 2030.
Keeping The Issue On The Front Burner

Launched ReshapingTexas.org in 2012, a Web portal designed to be a one-stop spot for obesity information and resources in Texas, including the following:

- Data on the costs/economic impact of obesity,
- Grant opportunities for treatment and prevention,
- Ongoing initiatives to prevent and treat obesity,
- Success stories from across the state,
- The latest obesity research and news, and
- Feedback mechanisms to include social media, email.
And Provide Tools Needed

Integrated searchable GIS mapping with statewide FITNESSGRAM BMI data to identify school districts at highest risk.

Pinpointing the Issue

Students with scores that fall in the Healthy Fitness Zone (HFZ) are considered to have a body composition sufficient for good health.

Continuing to Meet the Challenge & Raising an Alarm

- Partnered with Texas elementary school libraries in economically disadvantaged areas and public libraries to provide 25,000 books/DVDs on healthy eating and exercise.
- Boxes contained 7 to 10 books/DVDs selected from 17 titles.
- 900+ public libraries and 1,100+ school libraries received boxes of books.
- Those school libraries serve more than 600,000 students, and the public libraries serve 23.6 million Texans.
Continuing to Meet the Challenge & Raising an Alarm

• Provided sports equipment to 3,500+ schools with 5-8 graders at the highest risk of obesity. Those schools serve more than 2 million students.

Feedback Shows Challenges, Opportunities

Perception Problem — More than one third of Texas children, age 10-17, are obese or overweight. BUT, public librarians, principals and school librarians said the following when surveyed:

- Public librarians: 73% of respondents say their communities have only an average or normal prevalence of obesity.
- School principals: 75% said the same about their schools.
- School librarians: 66% said the same about their schools.

Are they really aware of the extent of the problem?

However, we also were heartened to receive this feedback regarding Reshaping Texas outreach.

- "I plan to put together a prominent display of these books and DVDs in the children’s area and to tell the parents about the ReshapingTexas.org website."
- "With your donation, we will be able to educate our students on the importance of maintaining a healthy lifestyle."
- "We will do all that we can to encourage the local families to use the books and make decisions based on what they learn."

Working Together

The magnitude of the challenge requires an equally bold response.

- Must facilitate engagement at all levels: policy makers, schools, businesses and individuals.

Working together, we can help each other reshape the future.

- Create forums like Reshaping Texas to identify challenges and highlight proven strategies.

www.ReshapingTexas.org
www.Twitter.com/ReshapingTexas
Employee Incentives

**CPA Employee Wellness Program**

The program offers:
- 16 hours of fitness leave, annually
- 8 hours of wellness leave, annually
- An opportunity to exercise 3 times/week for 30 minutes during work hours
- These policies earned a Gold Recognition award from the Texas Public Health Association

**Exercise**

**Fitness Challenges**

**Benefits**
- Increased productivity
- Better overall health
- Increased motivation
- Better attitude
- Chance to earn 4 hours of leave per quarterly challenge

**A Variety of Onsite Opportunities**
- Mother-Friendly Worksite
- Workshops on Fitness, Tai Chi, Zumba, Boot Camps
- Massage Therapy
- Educational Opportunities: Monthly Brown Bags & Annual Wellness Fair
- Farm-to-Work
- Employee Success Stories & Articles on Wellness Website
- Addition of Alternative Healthy Drinks & Food Options in Vending Machines
Additional Incentives

**Wellness Leave (8 hours)**
- Chance to receive 8 hours leave each year for completing a physical examination and health risk assessment

**Exercise During Work Hours**
- An exercise program, which allows employees 30 minutes, three times a week, to exercise during work hours

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### Getting Fit

**Annual Fitness Challenge Participants**

<table>
<thead>
<tr>
<th>Year</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>24</td>
<td>856</td>
<td>605</td>
<td>879</td>
<td>1060</td>
<td>1378</td>
<td>1302</td>
</tr>
</tbody>
</table>

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**Quarterly Fitness Challenge Participants by Year**

- **Winter**
  - 2007: 109
  - 2008: 156
  - 2009: 124
  - 2010: 185
  - 2011: 210
  - 2012: 222
  - 2013: 220
- **Spring**
  - 2007: 137
  - 2008: 122
  - 2009: 126
  - 2010: 163
  - 2011: 196
  - 2012: 208
  - 2013: 205
- **Summer**
  - 2007: 197
  - 2008: 205
  - 2009: 207
  - 2010: 216
  - 2011: 234
  - 2012: 237
  - 2013: 236
- **Fall**
  - 2007: 188
  - 2008: 184
  - 2009: 190
  - 2010: 204
  - 2011: 220
  - 2012: 223
  - 2013: 222
Checking Our Health

Annual Physical Exams to Earn Wellness Leave

Let's Cut Obesity Down to Size