

# Dietary Quality Needs and Situation Data for WNEP Planners

February 2008

## County

- Data from Wisconsin's part of the nationwide 2007 Behavior Risk Factor Surveillance System (BRFSS) includes height, weight, and BMI as well as a rough indicator of fruit and vegetable consumption. Data by county can be found in the full report at: [http://www.pophealth.wisc.edu/UWPHI/research/wi\\_county\\_rankings.htm](http://www.pophealth.wisc.edu/UWPHI/research/wi_county_rankings.htm)
- County specific information on the levels of diabetes can be found in the most recent burden papers: <http://dhfs.wisconsin.gov/health/diabetes/factsandfigures.htm>.
- Public health profiles with general data for each county are available at <http://dhfs.wisconsin.gov/localdata/pubhlthprofiles.htm>.
- Local data for obesity and physical activity can be found at: <http://dhfs.wisconsin.gov/wish/measures/BRFS/allCounty.htm>
- For larger counties (or regions of the state), an electronic query of recent BRFSS data can be obtained online. Data can also be requested for demographic subgroups such as low-income, though there are usually not sufficient numbers for these subgroups at the county level. The BRFSS data most relevant to WNEP are overweight/obesity and exercise. Click on "begin query" at <http://dhfs.wisconsin.gov/wish/main/BRFS/BRFSHome.htm>.

## State

- The Wisconsin Division of Health's Nutrition and Physical Activity Program (DNPA) and the Wisconsin Partnership for Physical Activity and Nutrition (WI PAN) are compiling an executive summary of data on overweight/obesity and nutrition in Wisconsin. The summary will be accessible from the main DNPA website (most likely to be posted early in March of 2008): <http://dhfs.wisconsin.gov/health/physicalactivity/index.htm>.
- New Wisconsin data from PedNSS and PNSS national reports on obesity and overweight for WIC children and pre-pregnancy weight status for moms will be posted on the DHFS WICPRO website in February 2008 <http://dhfs.wisconsin.gov/WIC/WICPRO/index.htm>. (Note that the WICPRO also has the results of WIC's 2007 food security survey by WIC project and county.) PedNSS reports also have information on breastfeeding rates.
- There is precious little WI data available for children in the general population. However, the National Survey of Children's Health (conducted in 2003) did publish state-level values for children aged 10-17 that included weight status, physical activity, and television viewing. Overall values (not county/local) are available at the main search site for the survey at: <http://nschdata.org/DataQuery/SurveyAreas.aspx>.
- State-level information on overweight and obesity is consolidated and published annually by an organization called Trust for America's Health. The 2007 report is at: <http://healthyamericans.org/reports/obesity2007/>.
- State level estimates of chronic disease burden were just published at: [http://www.milkeninstitute.org/pdf/ES\\_ResearchFindings.pdf](http://www.milkeninstitute.org/pdf/ES_ResearchFindings.pdf). A chart on page 28 shows that if Wisconsin could reverse the growth rate of obesity and return to 1998 levels in 2023, the impact would be close to 752 thousand fewer reported cases of the seven

chronic diseases they studied, compared to baseline (a reduction of 17 percent). This would translate to a reduction in health-care spending of \$21 billion.

- Progress toward nutrition health goals in the state health plan (overweight for children enrolled in WIC, high school students and adults 18+, fruit&veg consumption of adults 18+ and high schools students, dairy consumption of high school students, and physical activity of high school students and adults 18+) are available for WI at this site: <http://dhfs.wisconsin.gov/statehealthplan/track2010/>.
- The Wisconsin Nutrition and Physical Activity program at DHFS has a website summarizing Wisconsin’s obesity and physical activity indicators, in comparison to other states: <http://dhfs.wisconsin.gov/health/physicalactivity/Dataindex.htm>. Following is an example of Wisconsin 2005 BRFSS statistics that are consistent with national averages and show 60% of adults as either overweight or obese.

<i>Category</i>	<i>WI Data</i>	<i>US Data</i>
% of Adults at normal body weight (BMI 18-25)	39%	39%
% of Adults that are overweight (BMI 25-30)	37%	37%
% of Adults that are obese (BMI >30)	24%	24%

- Wisconsin’s data from the 2007 Youth Risk Behavior Survey of high school students are available on the Department of Public Instruction website: <http://dpi.wi.gov/sspw/yrbsindx.html>. Diet/nutrition highlights:
  - One-fourth of high school students are at risk for becoming overweight or are overweight according to their height and weight (self-reported) for their age. Males are more likely to be overweight compared to females.
  - Approximately one out of five (18%) students reported eating 5 or more fruits and vegetables per day over the last week.
  - Fourteen percent of students reported not eating breakfast at all in the last 7 days and 58% of students went two or more days without breakfast.
  - One out of four students reported drinking one or more cans, bottles, or glasses of pop per day over the last 7 days. Males were significantly more likely to drink pop compared to females.
- The Wisconsin Medical Journal published a series of articles on obesity and obesity prevention in 2005. One of the articles evaluates the quality and discusses uses of the county-level data: <http://www.wisconsinmedicalsociety.org/wmj/view/104/5>.
- In Wisconsin, over 700 low-income persons entering WNEP in 2003 were asked about their current health behaviors and practices. When asked if they serve more than two vegetables to their families each day; 39% respondents said they do this sometimes, seldom or not at all. When asked if they eat or drink two or more fruits or fruit juices each day 47% of respondents said they do this sometimes, seldom or not at all. When asked if they choose fat free or lowfat milk instead of whole milk; 40% said they sometimes, seldom or never do this. When asked if they think about healthy food choices

when deciding what to feed their families; 43% said they do this sometimes, seldom or not at all. When asked if they are active doing things like walking, gardening or heavy housework for at least 30 minutes most days; 36% of respondents said they do this sometimes, seldom or not at all.

- Additional data on the situation and needs for nutrition education in Wisconsin are available in the preamble to the *Eating Well and Being Active* team plan of work <https://www.uwex.edu/ces/flp/apps/flrc/team/eating/> (login required).

### General

- The *Nutrition for Family Living* e-newsletter has articles that summarize research relevant to WNEP learners' needs. Examples: Characteristics of Food Stamp Households: Fiscal year 2006 (Dec. 2007) and IFIC's 2007 Survey of Consumer Attitudes toward Food, Nutrition and Health (July 2007). The articles are archived at <http://www.uwex.edu/ces/wnep/specialist/nfl/index.cfm>.
- Reviews on the epidemiology of obesity have been summarized in a journal that you can access online: <http://epirev.oxfordjournals.org/current.dtl>. The article by Youfa Wang and May A. Beydoun on The Obesity Epidemic in the United States—Gender, Age, Socioeconomic, Racial/Ethnic, and Geographic Characteristics: A Systematic Review and Meta-Regression Analysis has socio-economic breakdowns on page 8 for adults and on page 19 for children and adolescents. Following is an excerpt from the adults section: “Minority groups (i.e., non-Hispanic Blacks and Mexican Americans) had a higher combined prevalence [of overweight and obesity] than non-Hispanic Whites by almost 10 percentage points. The corresponding prevalences in 2003–2004 were 76.1 percent and 75.8 percent versus 64.2 percent. The racial/ethnic differences among men were much smaller than among women. In 1999–2002, the combined prevalence and the prevalence of obesity among non-Hispanic Black women was 20 percentage points higher than among White women (77.2 percent vs. 57.2 percent, and 49.0 percent vs. 30.7 percent, respectively). Among non-Hispanic Black women aged 40 years or older, more than 80 percent were overweight or obese, and more than 50 percent were obese. In 1999–2002, the prevalence of extreme obesity among African-American women was more than twice that among White and Mexican-American women (13.5 percent vs. 5.5 percent and 5.7 percent).”
- Articles regarding overweight and obesity in youth have been published in *Pediatrics* and are available at: [http://pediatrics.aappublications.org/content/vol120/Supplement\\_4/](http://pediatrics.aappublications.org/content/vol120/Supplement_4/)
- The Robert Wood Johnson Foundation and the American Heart Association compiled a data set on nutrition and obesity that contains information on racial/ethnic disparities, financial consequences, and causes: <http://www.americanheart.org/presenter.jhtml?identifier=3030570>.

Primary contact person:

Susan Nitzke, PhD, RD  
Professor and Extension Specialist  
Department of Nutritional Sciences, UW-Madison  
1415 Linden Drive  
Madison, WI 53706

608-262-1692

[nitzke@nutrisci.wisc.edu](mailto:nitzke@nutrisci.wisc.edu)