



Health & Wellness Monthly Newsletter

September 2018

Obesity is common, serious, and costly

Ever cringe when you step on the scale? Now, think of the entire country stepping on that scale. Imagine the weight of the nation. Obesity is a common, serious, and costly health problem, and the CDC is working to control and prevent it.

Obesity is common. Healthy People 2020, which outlines the nation's health goals for 2020, has set a target obesity prevalence of 30.6% for adults and 14.6% for children. However, according to the most recent NHANES data in 2009-2010, about 36% of U.S. adults ages 20 and over were obese, and about 17% of children ages 2-19 years old were obese.

Additionally, some adult populations are more affected by obesity than others. Non-Hispanic blacks are most likely to be obese (44.1%), followed by Hispanics (37.9%) and non-Hispanic whites (32.6%).

Obesity is serious. Research has shown that obese people are at higher risk for developing heart disease, Type 2 diabetes, some cancers, high blood pressure, stroke, and sleeping and breathing problems, among other conditions. Some of these are the leading causes of death in the U.S.

In addition to being at risk for developing some of these same health problems, children tend to also experience social and psychological effects like discrimination and low self-esteem. Furthermore, obese children are more likely to become obese adults.

Obesity is costly. Obesity and its associated health problems have a significant economic impact on the U.S. health care system. In 2008, medical care costs for obesity were about \$147 billion. On average, in 2006 medical spending for obese people was \$1429

(42%) greater than spending for people of normal weight.

The CDC is working to make the healthy choice the easy choice. Initiatives are helping to change states and communities into places that strongly support healthy eating and active living. The CDC currently funds states and communities to help save lives and protect people from the problems of obesity and other chronic diseases. They assist through efforts that support changes in the places where Americans live, learn, work and play.

CDC Recommended Obesity Prevention and Control Strategies

- Promote the availability of affordable healthy food and beverages
- Support healthy food and beverage choices
- Encourage breastfeeding
- Encourage physical activity or limit inactivity among children and youth
- Create safe communities that support physical activity
- Encourage communities to organize for change

Resources are available to help address obesity in your state, community, or tribe.

To learn more, please visit:

www.cdc.gov/obesity

@CDCObesity

www.weightofthenation.org





Travelers' Diarrhea



Travelers' diarrhea is the most common travel-related illness. It can occur anywhere, but the highest-risk destinations are in most of Asia (except for Japan) as well as the Middle East, Africa, Mexico, and Central and South America.

Prevention

In otherwise healthy adults, diarrhea is rarely serious or life-threatening, but it can certainly make for an unpleasant trip. Take steps to avoid diarrhea when you travel.

Eat & Drink Safely

Choose foods and beverages carefully to lower your risk of diarrhea (see Food & Water Safety). Eat only food that is cooked and served hot. (Avoid, for example, food that has been sitting on a buffet.) Eat raw fruits and vegetables only if you have washed them in clean water or peeled them. Drink only beverages from factory-sealed containers, and avoid ice (because it may have been made from unclean water).

Keep Your Hands Clean

Wash your hands often with soap and water, especially after using the bathroom and before eating. If soap and water aren't available, use an alcohol-based hand sanitizer. In general, it's a good idea to keep your hands away from your mouth.

Treatment

Fluid Replacement- If you get diarrhea, drink lots of fluids to stay hydrated. This is especially important for young children or adults with chronic illnesses. In serious cases of travelers' diarrhea, oral rehydration solution (available online or in pharmacies in developing countries) can be used for fluid replacement.

Antibiotics

Many travelers carry antibiotics with them so they can treat diarrhea early if they start to get sick. The choice of antibiotics varies depending on the destination. Ask your doctor if you should take an antibiotic on your trip.

Over-the-Counter Drugs

Several drugs, such as Lomotil or Imodium, can be bought over-the-counter to treat the symptoms of diarrhea. These drugs decrease the frequency and urgency of needing to use the bathroom, and they may make it easier for you to ride on a bus or airplane while waiting for an antibiotic to take effect.

Source: CDC.gov (<https://wwwnc.cdc.gov/travel/page/travelers-diarrhea>)

Nutrition Tips – Fruits and Vegetables

Not sure how to increase your fruit and vegetable intake? Start the day with 100 percent fruit or vegetable juice. Slice bananas or strawberries on top of your cereal. Have a salad with lunch, and carrot sticks for an afternoon snack. Include a vegetable with dinner and you already have about 5 Cups of fruits and vegetables. If you need more than 5 cups per day, try adding a piece of fruit for a snack or an extra vegetable at dinner.

- Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or cucumbers and red peppers.
- When you keep fruits and vegetables easily accessible you tend to eat them more. For instance, store cut and cleaned produce at eye-level in the refrigerator, or a bowl of fruit on the table.
- You can get some of your fruits and vegetables at restaurants too. Try some of these healthy choices: veggie pizza, pasta with vegetables, fresh vegetable "wrap", vegetable soup, small salad (instead of fries), plenty of fresh vegetables from the salad bar.

Source: CDC Fruits and Veggies More Matters

