

Diet and Obesity Issues in the Underserved

Maria C. Mejia de Grubb, MD, MPH*, Robert S. Levine, MD, Roger J. Zoorob, MD, MPH

KEYWORDS

- Obesity • Diet • Underserved populations • Epidemic • Healthy lifestyle
- Socioeconomically vulnerable • Primary care

KEY POINTS

- The obesity epidemic remains an unchecked threat to the health of the United States and the world, particularly among socioeconomically vulnerable communities.
- Identifying successful models that integrate primary care, public health, and community-based efforts is important for accelerating progress in preventing and treating obesity.
- Primary care providers can help, not only as clinicians but also as role models, educators, and leaders of community-based interventions.

INTRODUCTION

The goal of this article is to inform new directions for addressing inequalities associated with obesity by reviewing current issues about diet and obesity among socioeconomically vulnerable and underserved populations. It highlights recent interventions in selected high-risk populations, as well as gaps in the knowledge base. It then identifies future directions in policy and programmatic interventions to expand the role of primary care providers, with an emphasis on those aimed at preventing obesity and promoting healthy weight. Except as noted, obesity among adults in this article is defined as a body mass index (BMI) of greater than 30.0 and overweight as a BMI of 25.0 to 29.0.¹ For children and teens, overweight is defined as a BMI at or above the 85th percentile and below the 95th percentile for children and teens of the same age and sex. Obesity is defined as a BMI at or above the 95th percentile for children and teens of the same age and sex.²

The authors have nothing to disclose.

Department of Family and Community Medicine, Baylor College of Medicine, 3701 Kirby Drive, Suite 600, Houston, TX 77098, USA

* Corresponding author.

E-mail address: Maria.MejiaDegrubb@bcm.edu

Prim Care Clin Office Pract ■ (2016) ■–■
<http://dx.doi.org/10.1016/j.pop.2016.09.014>

0095-4543/16/© 2016 Elsevier Inc. All rights reserved.

primarycare.theclinics.com

EPIDEMIOLOGY IN THE GENERAL POPULATION***Childhood and Adolescence: United States***

Estimates from the United States (US) National Health and Examination Survey (NHANES) in 2011 to 2012 showed that, although there was not a significant overall change in high weight for recumbent length (≥ 95 th percentile) among infants and toddlers or obesity in 2- to 19-year-olds between 2003 to 2004 and 2011 to 2012, there was a significant decrease in obesity among 2- to 5-year-olds, from 13.9% to 8.4%, $P = .03$.³ In addition, about 32% of US young people ages 2 to 19 years were either overweight or obese with 17% being obese in 2011 to 2012 (**Table 1**).³ This comprised about 33% of boys and 30% of girls. About 1 in 3 boys were considered to be overweight or obese (19% obese) compared with 30.4% of girls (15% obese). The prevalence of overweight and obesity was lower among 2- to 5-year-olds (for whom overweight plus obesity was about 27% and obesity about 8%) than 6-to 11-year-olds (when the corresponding figures were 33% and 18%). Young people aged 12 to 19 years, at 34% and 20%, respectively, were similar to 6-to 11-year-olds.⁴

Adulthood: United States

Estimates of obesity among US adults vary somewhat between different national samples. NHANES (2011–2012) found that more than one-third of US adults ages 20 years or older (34.9%, about 78.6 million people) were obese and noted that this was similar to NHANES data for 2003.³ The 2014 obesity rankings in the State of American Well-Being report included self-reported data from a national sample of 176,702 interviews conducted from January 2 to December 30, 2014, across all US states.⁵ The percentage of people aged 18 years and older who were obese was 27.7%, or about 2% points higher than results from a similar survey taken in 2008.⁴ The United Health Foundation's survey (America's Health Rankings), which is also based on self-reports, estimated 29.4% adult obesity for 2014 and 29.6% for 2015.⁶

The Effect of Race, Ethnicity, Gender, and Socioeconomic Status: United States

According to NHANES (2009–2010), 29% of white youth were overweight or obese, with 15.2% being obese. Among black youth, 41.8% were overweight or obese, and 25.7% were obese. Among Hispanic youth, 41.2% were overweight or obese, and 22.9% were obese. Across youth ages 6 to 19 of all races, 33.2% were overweight or obese, and 18.2% were obese.⁷

Among adults (NHANES 2011–2012) 47.8% of non-Hispanic blacks, 42.5% of Hispanics, 32.6% of non-Hispanic whites, and 10.8% of non-Hispanic Asians were found to be obese.⁸ The prevalence of obesity was also higher among middle-aged adults,

Table 1
Prevalence of obesity 2011-2012

Age Range (year-old)	Total (%)	Boys (%)	Girls (%)
0–2 y/o	8.1	—	—
2–19 y/o	16.9	18.6	15
2–5 y/o	8.4	9.5	7.2
6–11 y/o	17.7	16.4	19.1
12–19 y/o	20.5	20.3	20.7

Data from Ogden CL, Carroll MD, Kit BK, et al. Prevalence of childhood and adult obesity in the United States, 2011-2012. *JAMA* 2014;311(8):806–14.

Download English Version:

<https://daneshyari.com/en/article/5682959>

Download Persian Version:

<https://daneshyari.com/article/5682959>

[Daneshyari.com](https://daneshyari.com)