

Healthy Weight

Promoting healthy eating & active living



Healthy Weight

Promoting healthy eating & active living

The Challenge

Healthy Weight

Maintaining a healthy weight reduces an individual's risk for a number of serious health issues including heart disease, stroke, diabetes, and cancer. An individual's weight is unhealthy when they weigh more than what is considered to be the healthy weight for their height.¹ Body Mass Index (BMI) is a screening tool that is used to determine if an individual's weight is healthy.

Diet and physical activity influence an individual's ability to achieve and maintain their healthy weight. BMI screening in combination with nutrition and physical activity counseling are effective strategies for promoting healthy weight among children and adults.

Additionally, the social and physical environment of the community can influence an individual's habits related to healthy eating and active living. Changes to the social and physical environment can improve access to healthier foods and beverages, as well as to spaces for recreation and play.

Healthy Eating

Healthy eating emphasizes a balanced diet that includes a variety of foods and stays within an individual's recommended daily calorie needs.

¹ "Defining Adult Overweight and Obesity." CDC.gov. Division of Nutrition, Physical Activity & Obesity. 16 June 2016. Web. 25 July 2016.

A healthy diet is low in added sugars, cholesterol, saturated and trans fat, and salt.

A healthy diet includes:

- Fruits and vegetables
- Whole grains, beans, and nuts
- Lean meats (poultry and fish)
- Low-fat dairy products and eggs

Active Living

Active living emphasizes regular physical activity to maintain a healthy weight or to support weight loss. Regular physical activity also strengthen muscles, improves balance, reduces the risk of falls and injuries, and improves mental health.

Active living includes a variety of moderate to vigorous physical activities, including physical activities for individuals with disabilities or other access and functional needs.

Examples of active living include:

- Walking and biking
- Gardening and yard work
- Hiking, jogging, and running
- Swimming and other sports

Adult Obesity

The South Central region ranks fourth in the state for obesity among adults (out of thirteen regions). 28.2% of adults in the South Central region have an unhealthy weight compared to 26.5% statewide.² In 2015, an estimated 28,133 adults were considered to have an unhealthy weight.

While the rate of adult obesity in the South Central region is comparable to the state, unhealthy weight is more likely to occur in adults age 55-64, males 45-54, and females 65 and over. When combined, these “higher risk” groups account for 30.2% of the total population in the region (see *Table 1*).

The towns of Atkinson (36.2%), Hampstead (35.3%), Plaistow (33.9%), and Salem (31.6%) have a higher proportion of adults at higher risk for unhealthy weight compared to the region. 60.5% of higher risk adults live in the towns of Salem, Derry, and Londonderry.

Table 1: Adults at higher risk for unhealthy weight

Town	Male 45-54	Male 55-64	Male Total	Female 55-64	Female 65+	Female 55+	Female Total	Adults 55-64	Higher Risk	Total
Atkinson	624	584	3,165	638	608	1,246	3,623	1,222	2,454	6,788
Chester	492	375	2,377	316	249	565	2,425	691	1,432	4,802
Danville	429	324	2,293	199	208	407	2,130	523	1,160	4,423
Derry	3,093	1,959	16,255	2,016	2,014	4,030	16,925	3,975	9,082	33,180
Hampstead	982	561	4,373	683	788	1,471	4,170	1,244	3,014	8,543
Londonderry	2,113	1,718	12,097	1,928	1,341	3,269	12,150	3,646	7,100	24,247
Plaistow	533	747	3,723	738	565	1,303	3,891	1,485	2,583	7,614
Salem	2,837	1,787	14,517	2,046	2,439	4,485	14,324	3,833	9,109	28,841

² Obesity among adults (2015), Percent of adults who are obese, Both genders, [New Hampshire WISDOM](#).

Town	Male 45-54	Male 55-64	Male Total	Female 55-64	Female 65+	Female 55+	Female Total	Adults 55-64	Higher Risk	Total
Sandown	648	417	3,115	292	312	604	3,018	709	1,669	6,133
Windham	1,343	914	6,839	1,040	904	1,944	7,104	1,954	4,201	13,943
Region	13,094	9,386	68,754	9,896	9,428	19,324	69,760	19,282	41,804	138,514

Sex by Age (B01001), Universe: Total population, 2010-2014 [American Community Survey 5-Year Estimates](#)

Adults 55-64

The South Central region ranks third in the state for obesity among adults 55-64 and first for obesity among women 55-64. 40.0% of adults 55-64 in the region have an unhealthy weight compared to 30.6% statewide.³ In 2015, an estimated 8,167 adults 55-64 were considered to have an unhealthy weight.

Adults 55-64 account for 13.9% of the total population in the region. The towns of Plaistow (19.5%), Atkinson (18.0%), Londonderry (15.0%), Hampstead (14.6%), Chester (14.4%), and Windham (14.0%) have a higher proportion of adults 55-64 compared to the region. 59.4% of adults 55-64 live in the towns of Derry, Salem, and Londonderry.

Males 45-54

The South Central region ranks third in the state for obesity among males 45-54. 35.2% of males 45-54 in the region have an unhealthy weight compared to 30.2% statewide. In 2015, an estimated 3,751 males 45-54 were considered to have an unhealthy weight.

Males 45-54 account for 19.0% of the total male population in the region. The towns of Hampstead (22.5%), Sandown (20.8%), Chester (20.7%), Atkinson (19.7%), Windham (19.6%), and Salem (19.5%) have a

³ Obesity among adults (2015), Percent of adults who are obese, Both genders, [New Hampshire WISDOM](#).

higher proportion of males 45-54 compared to the region. 61.4% of males 45-54 live in the towns of Derry, Salem, and Londonderry.

Females 65+

The South Central region ranks first in the state for obesity among females 65 and over. 32.8% of females 65 and over in the region have an unhealthy weight compared to 26.4% statewide. In 2015, an estimated 3,295 females 65 and over were considered to have an unhealthy weight.

Females 65 and over account for 13.5% of the total female population in the region. The towns of Hampstead (18.9%), Salem (17.0%), Atkinson (16.8%), and Plaistow (14.5%) have a higher proportion of females 65 and over compared to the region. 61.5% of females 65 and over live in the towns of Salem, Derry, and Londonderry.

Childhood Obesity

Currently, childhood obesity data for the South Central region is not available. Instead the rates of childhood obesity were reviewed for Rockingham County, which primarily includes the South Central and Seacoast regions.

Rockingham County ranks fourth in the state for obesity among children enrolled in WIC (out of ten counties) and last for the percentage of WIC infants who were breastfed. In 2013, 15.7% of children enrolled in WIC in Rockingham County were considered to have an unhealthy weight compared to 14.1% statewide.⁴ 65.2% of WIC infants in Rockingham County were breastfed compared to 73.3% statewide.⁵ Among 2013 births in New Hampshire, 79.6% of infants breastfed at

⁴ Obesity among WIC enrolled children by County (2013), [New Hampshire WISDOM](#).

⁵ WIC infants who were breastfed by County (2013), [New Hampshire WISDOM](#).

some point during their infancy. The breastfeeding rate for 2013 births at six months of age was 54.8% and by twelve months of age had decreased to 34.0%.⁶

Table 3: Women 15-50 and estimated births in the past year

Town	Women 15-50	Estimated births	Births with Public Assistance	Children Under 3 years	Children in Nursery School
Atkinson	1,499	63	0	155	95
Chester	1,148	43	0	130	100
Danville	1,055	71	0	176	59
Derry	8,777	278	15	936	278
Hampstead	1,617	45	0	214	206
Londonderry	5,924	268	25	584	403
Plaistow	1,549	49	26	175	171
Salem	6,794	300	31	707	409
Sandown	1,597	30	0	200	195
Windham	3,053	168	0	381	359
Region	33,013	1,315	97	3,658	2,275

1. Women who gave birth in past year (B13002), Universe: Women 15-50, 2010-2014 [American Community Survey 5-Year Estimates](#).
2. Public assistance in past year (S1301), Universe: Women with births in past year, 2010-2014 [American Community Survey 5-Year Estimates](#).
3. Population under 3 years (B09001), Universe: Population under 18 years, 2010-2014 [American Community Survey 5-Year Estimates](#).
4. Nursery school, preschool enrollment (S1401), Universe: School enrollment, 2010-2014 [American Community Survey 5-Year Estimates](#).

Rockingham County ranks tenth in the state for obesity among third grade students. In 2014, 10.1% of third grade students in Rockingham County were considered to have an unhealthy weight compared to 12.6% statewide.⁷

⁶ [2016 Breastfeeding Report Card](#), Centers for Disease Control and Prevention.

⁷ Obesity among third grade students by County (2014), [New Hampshire WISDOM](#).

In 2013, 11.2% of high school students in New Hampshire were considered to have an unhealthy weight. 14.9% of male high school students had an unhealthy weight compared to 7.4% of female high school students. 13.5% of 10th grade students had an unhealthy weight compared to 11.7% of 11th grade students, 11.2% of 12th grade students, and 8.9% of 9th grade students.

23.0% of high school students in New Hampshire report watching 3+ hours of television daily.⁸ 23.9% of high school students in New Hampshire reporting 3+ hours of computer use daily.⁹

Table 3: 2015-2016 3rd Grade & High School Enrollment

SAU	Grade 3	Nurses	Grade 9	Grade 10	Grade 11	Grade 12	9-12	Nurses
Chester (82)	63	2	0	0	0	0	0	0
Derry (10)	396	5	0	0	0	0	0	0
Hampstead (55)	75	1	0	0	0	0	0	0
Londonderry (12)	280	5	376	411	397	400	1,584	2
Pinkerton (202)	0	0	859	810	761	682	3,112	5
Salem (57)	267	4	307	313	276	310	1,206	2
Timberlane (55)	270	6	275	309	304	343	1,231	2
Windham (95)	251	1	227	227	197	197	848	1
Region	1,602	24	2,044	2,070	1,935	1,932	7,981	12

1. 2015-2016 student enrollment, New Hampshire DOE [School and District Profiles](#).

2. School nurse staffing estimates were reached by visiting individual school staff directories.

⁸ 3+ hours TV viewing among high school students (2009), [New Hampshire WISDOM](#).

⁹ 3+ hours computer use among high school students (2009), [New Hampshire WISDOM](#).

The Solution

Healthcare providers, schools and childcare centers, community leaders, businesses, and agencies that serve older adults can promote healthy weight by coordinating to:

- Screen for healthy weight annually.
- Provide nutrition and physical activity counseling.
- Promote breastfeeding.
- Increase access to healthy foods and spaces for physical activity.

Training, Assessment & Counseling

Healthy People 2020 establishes national nutrition and weight status objectives and provides evidence-based interventions and resources to support them. Specific to screening and counseling services, *Healthy People 2020* seeks to increase the percentage of physician office visits that regularly assess BMI in patients and include nutrition and physical activity counseling.

The Centers for Disease Control and Prevention (CDC) also recommend that hospitals and birthing centers support breastfeeding as a strategy to reduce childhood obesity through the Baby-Friendly Hospital Initiative. The Wisconsin Department of Health Services has developed a resource kit for promoting breastfeeding friendly childcare centers.

The New Hampshire Department of Education (DOE) recommends annual BMI screening for all students. The DOE has established health education curriculum guidelines for nutrition and physical activity

education in elementary, middle school, and high school. Further the DOE directs local school boards to adopt a daily physical activity policy.

Harvard School of Public Health recommends creating health eating environments in childcare centers and schools by providing healthy food options, limiting availability of sugary snacks and drinks, and increasing access to water. Additionally, HSPH recommends at least 2-3 outdoor active play opportunities for children in childcare centers and at least 60 minutes of moderate to vigorous physical activity for school children each day. Limiting screen time to no more than 30 minutes per week in childcare centers (no screen time for children under 2) is also recommended.

HSPH has developed healthy weight promotion training and advocacy recommendations for healthcare providers and the American Board of Obesity Medicine offers certification in the treatment of obesity.¹⁰ The CDC offers an online BMI and growth chart training for healthcare providers. Additionally, the California Department of Healthcare Services has developed BMI training for well-child exams. There are additional online trainings for methods of discussing nutrition and physical activity with patients. The New York State Office of Children and Family Services has developed an online obesity prevention training for childcare providers.

Health Improvement Action Plan

In order to promote healthy weight among children and adults in the region, the South Central Public Health Network propose to:

¹⁰ As of August 31, 2016, there are no ABOM-certified physicians in the South Central region.

- Assess the suitability of healthy weight screening and counseling in the region, as well as other protective factors.
- Coordinate training for community partners in healthy weight screening and nutrition and physical activity counseling.
- Coordinate with community partners to provide healthy weight screening and counseling services in the region.
- Coordinate with community partners to implement changes to the social and physical environmental that promote healthy eating and active living.

The Public Health Advisory Council supports the following goals, objectives, and activities to promote healthy weight achievement through healthy eating and active living in the South Central region.

Goals, Objectives & Activities

Goal 1: Enhance and sustain healthy weight promotion activities in the region.

Objective 1	Establish a Healthy Eating Active Living (HEAL) Workgroup (by October 2016).
	Activity: Identify key community partners to participate in the HEAL Workgroup.
	Activity: Conduct quarterly (at minimum) meetings.
	Activity: Implement and evaluate the Healthy Weight Promotion Action Plan.

Goal 1: Enhance and sustain healthy weight promotion activities in the region.

Objective 2	Determine the suitability of healthy weight promotion activities in the region.
	Activity: Identify existing community resources for healthy weight promotion.
	Activity: Identify staff who are trained in healthy weight screening and nutrition and physical activity counseling.

Goal 1: Enhance and sustain healthy weight promotion activities in the region.

	Activity: Determine gaps in healthy weight promotion activities and training, including reaching vulnerable populations and ensuring cultural competencies.
	Activity: Identify existing community health events for children and adults.
	Activity: Publish and maintain a regional directory of healthy eating and active living resources.

Goal 2: Increase healthy weight achievement among children and adults in the region.

Objective 1	Increase healthy weight achievement among children in the region.
	Activity: Assess the status of healthy weight promotion activities with children in schools and childcare centers and by healthcare providers.
	Activity: Determine the number of schools and childcare centers that screen for healthy weight and identify barriers to screening students.
	Activity: Determine the status of <u>healthy eating environments</u> in schools and childcare centers.
	Activity: Determine the <u>physical activity policies</u> of schools and childcare centers.
	Activity: Determine the <u>nutrition and physical activity curriculum</u> of schools.
	Activity: Determine the number of childcare centers with breastfeeding friendly policies.
	Activity: Determine the number of healthcare providers who routinely screen children for healthy weight and provide nutrition and physical activity counseling.
	Activity: Determine healthy weight promotion training needs in schools, childcare centers, and healthcare facilities.
	Activity: Conduct at least one childhood healthy weight promotion activity annually (i.e. BMI screening at youth health event, healthy weight promotion training).

Goal 2: Increase healthy weight achievement among children and adults in the region.

Objective 2	Increase healthy weight achievement among adults 55-64, males 45-54, and females 65 and over.
	Activity: Assess the status of healthy weight promotion activities with adults by healthcare providers and other partner agencies.

Goal 2: Increase healthy weight achievement among children and adults in the region.

	Activity: Determine the number of healthcare providers and other partner agencies who routinely screen adults for healthy weight and provide nutrition and physical activity counseling.
	Activity: Identify and promote examples within the community where the social and physical environment have positively influenced access to healthy foods and spaces for physical activity.
	Activity: Conduct at least one adult healthy weight promotion activity annually (i.e. BMI screening at a health fair, healthy weight promotion training).

South Central Public Health Network

The South Central Public Health Network is a regional collaboration of agencies and organizations that are working to enhance and improve public health services. The South Central region includes the communities of Atkinson, Chester, Danville, Derry, Hampstead, Londonderry, Plaistow, Salem, Sandown, and Windham.

The South Central Public Health Advisory Council provides leadership to determine regional health priorities, provide guidance on public health activities, and support coordination of health improvement efforts.