



**O R E G O N**

# QUARTERLY REPORT

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<http://health.co.marion.or.us/>

**1st Quarter  
March 2003**

To report a communicable disease:

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(503) 731-4030

Vital Statistics Quarter Ending: March 2003	1st Quarter 2003	2002	Year to Date 2003	2002
<b>BIRTHS</b>				
<b>TOTAL DELIVERIES</b>	1184	1207	1184	1207
Delivery in Hospital	1177	1195	1177	1195
Teen Deliveries (10-17)	43	61	43	61
<b>DEATHS</b>				
<b>TOTAL</b>	630	727	630	727
Medical Investigation	50	69	50	69
Homicide	04	04	04	04
Suicide	15	11	15	11
Accident – MVA	02	02	02	02
Accident – Other	08	16	18	16
Natural / Undetermined / Pending	21	36	21	36
Non-Medical Investigation (all natural)	580	658	580	658
Infant Deaths	04	0	04	0
Fetal Deaths	06	02	06	02
<b>COMMUNICABLE DISEASES</b>				
<b>E-Coli: 0157</b>	02	06	02	06
Hepatitis A	01	03	01	03
Acute Hepatitis B	07	07	07	07
Chronic Hepatitis B	07	15	07	15
Meningococcus	01	01	01	01
Pertussis	0	02	0	02
Tuberculosis	0	02	0	02
<b>SEXUALLY TRANSMITTED DISEASE</b>				
<b>PID (Pelvic inflammatory Disease)</b>	05	03	05	03
Chlamydia	209	186	209	186
Gonorrhea	21	19	21	19
AIDS	01	05	01	05
HIV Positive	02	17	02	17

## Obesity in Oregon: The EXPANDING Epidemic

Karen Landers MD, MPH, Public Health Physician

There is an epidemic that has been spreading through the United States for the past 20 years, and which is significantly contributing to the country's mortality rate. It is not caused by a communicable disease. It is obesity (defined as a body mass index of  $\geq 30$  or ~30 pounds overweight for a 5'4" woman) (See graph). An estimated 64% of adults and 30% of children in the U.S. are overweight according to the 1999-2000 National Health and Nutrition Examination Survey. Unhealthy eating habits and physical inactivity rival smoking as a leading cause of death, contributing to 310,000 to 580,000 deaths each year in the U.S. The current epidemic of obesity in the United States has hit Oregon particularly hard. Oregon has the highest percentage of adult obesity (22%) of any state west of the Rockies. An additional 38% of Oregonians are overweight bringing to 60%, the total of Oregon adults who are not at a healthy weight. Between 1994 and 2001, obesity among Oregon adults has increased 59%. Only 39% of Oregon's adults currently meet the physical activity recommendation of 30 minutes most days of the week and only one of four Oregonians reports eating five or more servings of fruits and vegetables a day. Oregon children are following this trend as well with 28% of eighth graders and 21% of eleventh graders overweight in 2001. The percentage of eighth graders who are overweight has increased nearly 50% within the last two years in Oregon.

Type 2 diabetes, which is largely due to obesity, poor diet, and inactivity, has increased 62%. Diabetes is a major risk factor for cardiovascular disease. In 2000, just two chronic diseases, cardiovascular disease and diabetes accounted for 39% of all deaths in Oregon.

Continued

In 2000, just under 48,000 hospitalizations were for cardiovascular disease and diabetes as a cost of \$730 million.

### How Did It Happen?

The food environment has changed dramatically in the last twenty years paralleling the increase in overweight and obesity. Advertisements, media messages, "super-sized" portions and promotional pricing encourage consumption of foods high in calories and fat. Abundant fast food restaurants, vending machines, and convenience stores make high calorie, high fat, high sugar food readily available and inexpensive. At the same time we are encouraged to eat more, there are fewer opportunities to use the additional calories. Office jobs require hours of sitting and elevators replace stairs. TV and computers are used extensively during leisure time. Community design and transportation systems are built around automobiles resulting in 89% of all trips in the U.S. being made by auto. Residential areas are separated from business and commercial districts by large distances, and multi-lane, high speed roads make it difficult and unsafe to walk or bicycle for work, errands, or recreation. Few children walk or bicycle to school, and many schools are cutting physical education classes, recess, and sports programs. For more information, check out the web site at: [www.healthoregon.org/hpcdp/physicalactivityandnutrition/](http://www.healthoregon.org/hpcdp/physicalactivityandnutrition/)

### Halting the Epidemic

Preventing obesity and chronic diseases and their related costs, depends on creating an environment that supports healthy food choices and provides opportunities for safe, accessible daily physical activity.

The healthy community is one where:

- \*children and adults have easy access to attractive, competitively priced fruits and vegetables
- \*consumers have access to reasonable portion sizes when shopping or eating out
- \*work place and school policies promote health food in appropriate settings
- \*schools are located in the neighborhoods they serve, promoting routes where children can safely walk or bicycle to and from school

\*work sites offer physical activity programs, promote use of stairs and offer incentives to promote physical activity such as safe bicycle parking and shower facilities

\*neighborhoods include a mix of residential, business and commercial areas with sidewalks, bike lanes, paths and trails that provide connections that safely separate pedestrians and bicyclists from vehicles

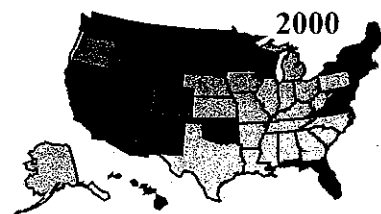
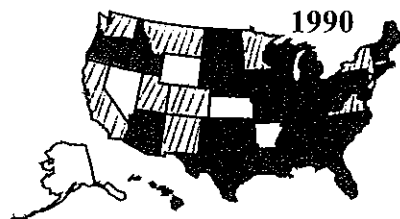
\*public safety agencies work in communities to ensure the safety of pedestrians and bicyclists from motor vehicles and threats of street crime

The Nutrition Council of Oregon and the Oregon Coalition for Promoting Physical Activity have released companion documents in February of 2003 entitled "A Healthy Active Oregon" which are calls to action for all who can have an impact of promoting healthy eating and daily physical activity to improve the health of Oregonians.

### Adult Obesity Trends

(Body Mass Index  $\geq 30$ , or ~30 lbs overweight for 54 woman)

- No data
- ▨ <10%
- 10% - 14%
- 15% - 19%
- >20%



Obesity has increased in men and women across the United States. In 1990, none of the participating states had more than 15% of adults with obesity; by 1995, 27 states did. In 1995, none of the states had more than 20% of adults with obesity; by 2000, 22 states including Oregon did.

A. Mokdad, et al., CDC, The Continuing Epidemic of Obesity and Diabetes in the United States, JAMA, 2001.