



Addressing Michigan's Obesity Problem

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Today's Webinar

1. Obesity Defined
2. Economic Costs of Obesity
3. Michigan's Obesity Facts
4. Obesity Risk Factors
5. Potential Policy Solutions



What is Obesity?

- Condition associated with having too much body fat
- Measured by an adult's body mass index (BMI):
 - Obese = BMI greater than 30
 - Severely obese = BMI greater than 35
- For children:
 - Based on age and gender
 - Obese = child whose weight is in the 95th percentile



Economic Costs of Obesity

- Increased medical costs
 - Direct medical expenditures
 - Medicaid spending
- Employee productivity losses
- Higher insurance costs
 - Health insurance premiums
 - Workers' compensation premiums
 - Life insurance premiums



Economic Costs of Obesity



- Lower educational attainment
- Negative impacts to child development
- Discrimination
- Unfit workforce
- Higher transportation costs
 - Increased emissions

Obesity in Michigan



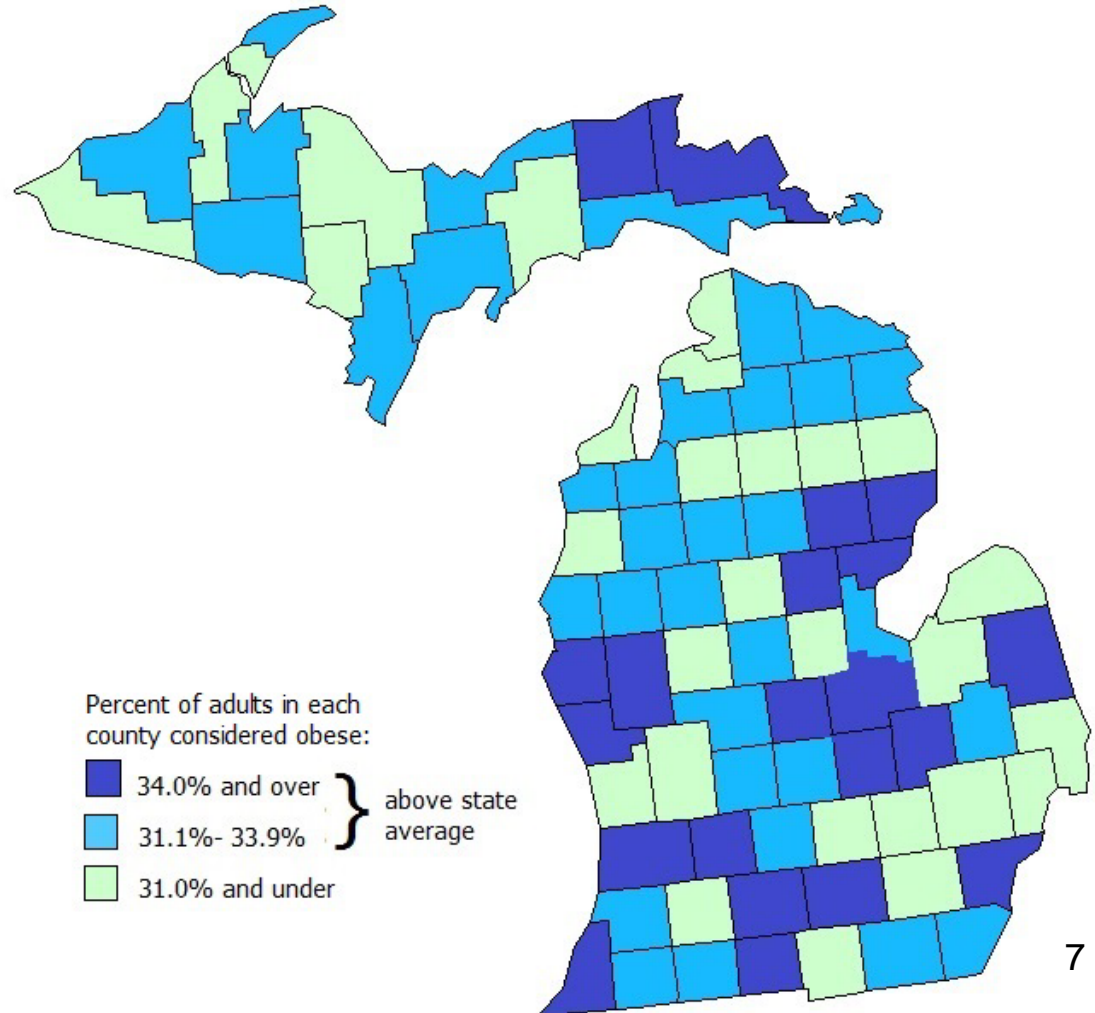
- 31.1% of all adults
- 14.8% of children ages 10-17
- 10.5% of adults have diabetes
- 34.2% of adults have hypertension

Obesity by County

Factors:

- Population
- Personal income
- Age
- Race
- Proximity to grocery stores

*If downloaded report on or before August 19, see crcmich.org for corrected Appendix A





**What is causing Michigan's
high obesity rates?**

Obesity Risk Factors Michigan Performs Well In

- Low food prices
- Children on average engage in less of some sedentary activities
- Require health insurance coverage of obesity treatments such as bariatric surgery and weight loss programs



Risk Factors Michigan Rates Average

- Physical activity among adults
- Adult fruit and vegetable consumption



Factors Likely Driving Obesity in MI

- Availability of low nutrition foods in schools
- Low health education standards
- Insufficient physical education programs
- Children are less physically active everyday
- High number of food deserts
- High consumption of sugar-sweetened beverages
- Low state-level public health spending





What can we do about it?

School-Level Policy Actions

- Improve food options
- Expand PE requirements and opportunities for physical activity
- Include health education curriculum for all grades



State-Level Policy Actions

- Increase public health funding
- Require and enforce adherence to federal school nutrition standards
- Set minimum requirements for PE for grades K-12
- Require a quality health education curriculum for all levels
- Tax sugar-sweetened beverages and certain unhealthy foods while subsidizing healthy foods
- Adopt and enforce nutrition and physical activity standards for licensed child care providers
- Encourage greater health insurance and treatment cost-sharing, penalties, and incentives



Local-Level Policy Actions

- Use zoning and financial incentives to influence food access
- Pursue planning consistent with active lifestyles
- Improve safe physical activity options
- Expand community programs



Considerations

- We don't know exactly what is causing obesity
- Prevention is more cost effective than treatment
- Short term spending can lead to long term savings
- Formal recommendations from the state may not be enough
 - Requirements may better help achieve health goals
- Restrictive policies must be balanced with opportunities to make healthier choices





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