



Family and Consumer Sciences Extension

Nutrition and Exercise 2007

Learning for Life

The University of Georgia Cooperative Extension

The Problem

- The Centers for Disease Control and Prevention reports that 61.7% of adults in Georgia are overweight or obese. Almost 24% percent (23.8%) of non-Hispanic whites, 37.7% of non-Hispanic blacks and 27.3% of Hispanics in Georgia are obese. Obesity and being overweight contribute to the development of many chronic diseases including diabetes, high blood pressure, cancer, heart disease, arthritis and gall bladder disease.¹
- According to the Georgia Department of Human Resources, only 42% of adults are active regularly. Men and younger adults are more likely to be active than older adults and women.²
- Lack of regular physical activity can lead to high blood pressure, stroke, obesity, diabetes, arthritis, and poor mental health. Physical inactivity cost Georgia \$613 million in hospital charges in 2005.²
- The latest economic figures from the CDC shows that in the state of Georgia, medical expenditures for the total population attributed to overweight and obesity was \$2.1 billion per year.³
- In Georgia in 2005, 5,200 deaths were attributed to obesity.⁴

Research-based Solutions

- Body weight has less impact on morbidity and mortality if the person is physically fit.⁵
- People with pre-diabetes can reduce their risk by nearly 60% by losing 5-7% of their body weight and being moderately active for at least 30 minutes five or more days a week.⁶
- Community-based lifestyle interventions can reduce excess weight, high blood pressure and high blood cholesterol and triglycerides.^{7,8}

Extension's Role

- Conduct nutrition and exercise programs to reduce the incidence of chronic disease in those at risk and control chronic disease in those that have been diagnosed.
- Developed and carried out the *Walk Georgia* program, an innovative 8-week program designed to increase physical activity among Georgians through the use of a web-based tracking system.
- Lead the *Walk-a-Weigh program*, a multi-session program designed to increase physical activity and promote dietary change to control weight in adults.
- Produce media on lifestyle changes that can reduce morbidity and mortality from chronic disease.

Extension's Contribution to Solving the Problem

- Extension provided over 36,844 hours of nutrition and chronic disease educational programs to 27,013 individuals in 2007.
- 3,046 Georgians participated in the 8-week *Walk Georgia* program
- 160 Georgians participated in 9 *Walk-A-Weigh* (multi-session) nutrition and exercise programs.
- Extension provided healthy lifestyle education by media to hundreds of thousands of Georgians. 73 food, nutrition and exercise-related newspaper columns reached 1.2 million readers, articles in newsletters reached 55,000 subscribers; and 12 radio spots were broadcast to a listening audience of over 576,000.

Impact on Georgians

- *Walk Georgia* participants logged an average of 22 miles of physical activity per week, with 74% of participants reporting that they exercised more during the program than they did prior to it.
- Comparison of the pre- and post-evaluations of participants who completed nutrition education programs show that 67% of participants improved their knowledge of nutrition. Most participants reported that the workshops helped them to make healthy food choices. For example, 96% said that after the program they are more likely to think about healthy food choices when deciding what to feed the family, 93% said they are more likely to consume whole grain breads and cereals, and 69% said they plan to eat more fruit for dessert and snacks than other high fat, high sugar foods.
- The comparison of pre and post evaluation data shows that 86% of the participants who completed the *Walk-A-Weigh* nutrition and exercise program significantly improved their dietary and exercise habits helping them to reach their weight loss goals and reduce risk factors. Specifically, average scores on a scale of food and nutrition habits increased from 74 to 93.
- Most participants in the various nutrition education programs reported that they planned to follow healthy eating recommendations. For example, after one program, 82% of the participants reported that they plan to use liquid oils instead of solid fats in food preparation and to bake and broil or grill rather than fry their food.

References

1. Centers for Disease Control Behavior Risk Factor Surveillance System accessed Jan. 11, 2008 at <http://apps.nccd.cdc.gov/brfss/display.asp?cat=OB&yr=2006&qkey=4409&state=GA>
2. Georgia Department of Human Resources. Division of Public Health. *2007 Georgia Data Summary: Physical Activity in Adults*. Accessed on Jan. 11, 2008 at http://health.state.ga.us/pdfs/epi/cdiee/CDIEE%20Data%20Summaries%202007/2007_Physical_Activity_Data_Summary.pdf
3. Centers for Disease Control and Prevention. *Overweight and Obesity: Economic Consequences*. Access on Jan. 14, 2008 at http://www.cdc.gov/nccdphp/dnpa/obesity/economic_consequences.htm
4. Georgia Department of Human Resources. Division of Public Health. *2007 Georgia Data Summary: Obesity in Adults*. Accessed on Jan. 14, 2008 at http://health.state.ga.us/pdfs/epi/cdiee/CDIEE%20Data%20Summaries%202007/2007_Obesity_Data_Summary.pdf
5. Sui, X et al. Cardiorespiratory fitness and adiposity as mortality predictors in older adults. *JAMA*, 2007; 298:2507-2516.
6. Satterfield, D et al. Community-based lifestyle interventions to prevent Type 2 diabetes. *Diab Care* 2003; 26:2643-2652.
7. Englert, HS et al. The effect of a community-based coronary risk reduction: The Rockford CHIP. *Prev Med* 2007; 44:513-519.
8. Franz, M. Weight-loss outcomes: a systematic review and meta-analysis of weight-loss clinical trials with a minimum 1 year follow-up. *JADA* 2007; 107: 1755-1767.

Contacts

Connie Crawley, MS, RD, LD, Public Service Associate and Nutrition & Health Specialist,
ccrawley@uga.edu, (706) 542-3773,
Gail Hanula, EdS, RD, LD, EFNEP Coordinator, ghanula@uga.edu
College of Family and Consumer Sciences, (706) 542-8866,
or your local Cooperative Extension office

The University of Georgia and Ft. Valley State University,
The U.S. Department of Agriculture and Counties of the State Cooperating. The Cooperative Extension Service offers educational programs,
assistance, and materials to all people without regard to race, color, national origin, age, sex, or disability.
The University of Georgia is an equal opportunity/affirmative action institution.