

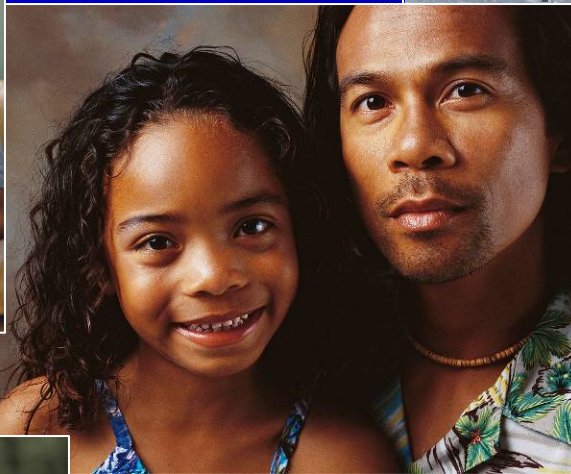
# **Ensuring a Healthy Environment**

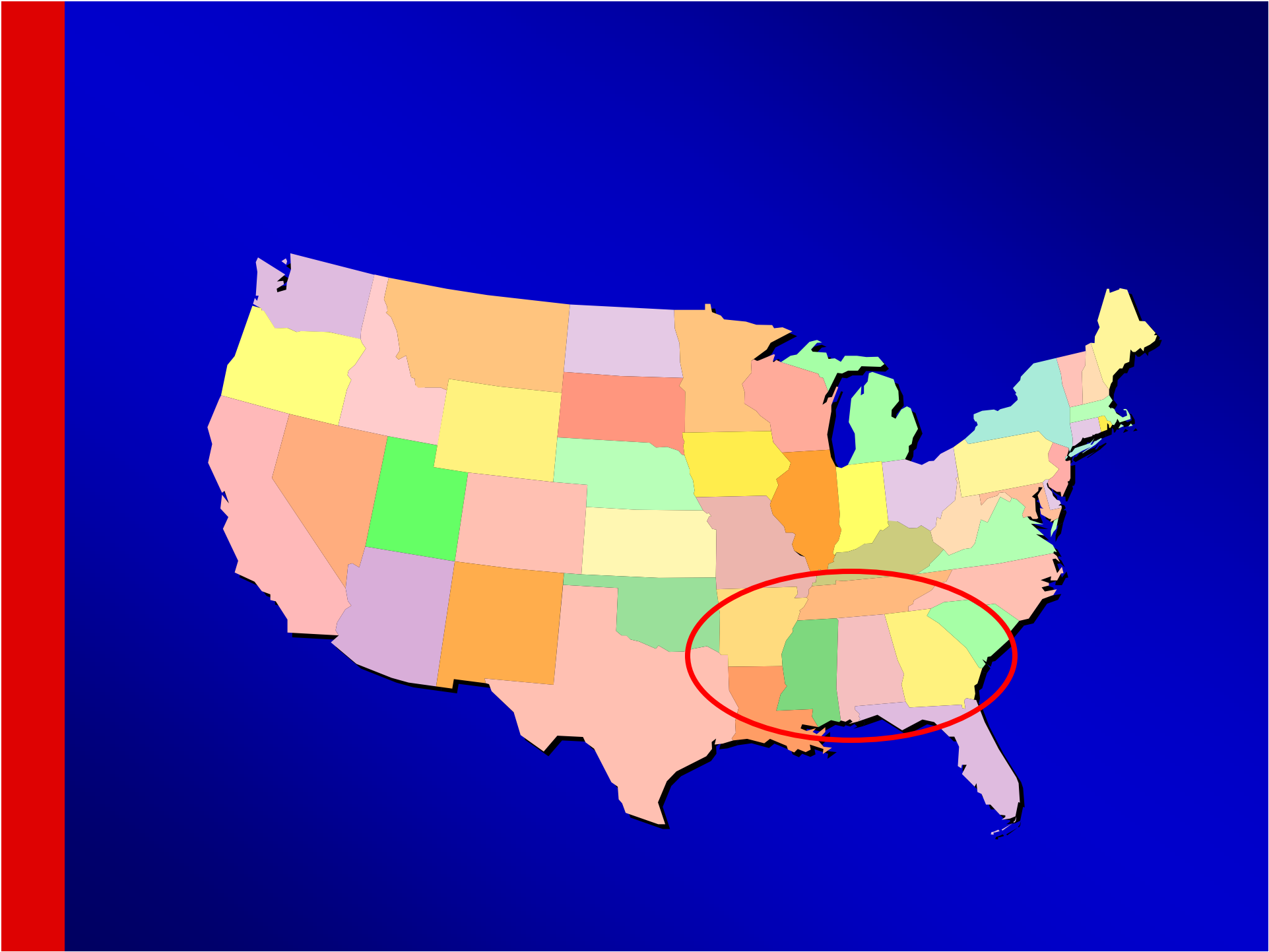
**What Can  
Mississippi Do to  
Make it Easier to  
Live a Healthy  
Lifestyle?**

# **Education, Health, Body Weight**

- **Education level is an important predictor of health**
- **Health is an important predictor of educational achievement**
- **Body weight is an important component of health**

# Health Disparities





# **Disparities in health outcomes based on**

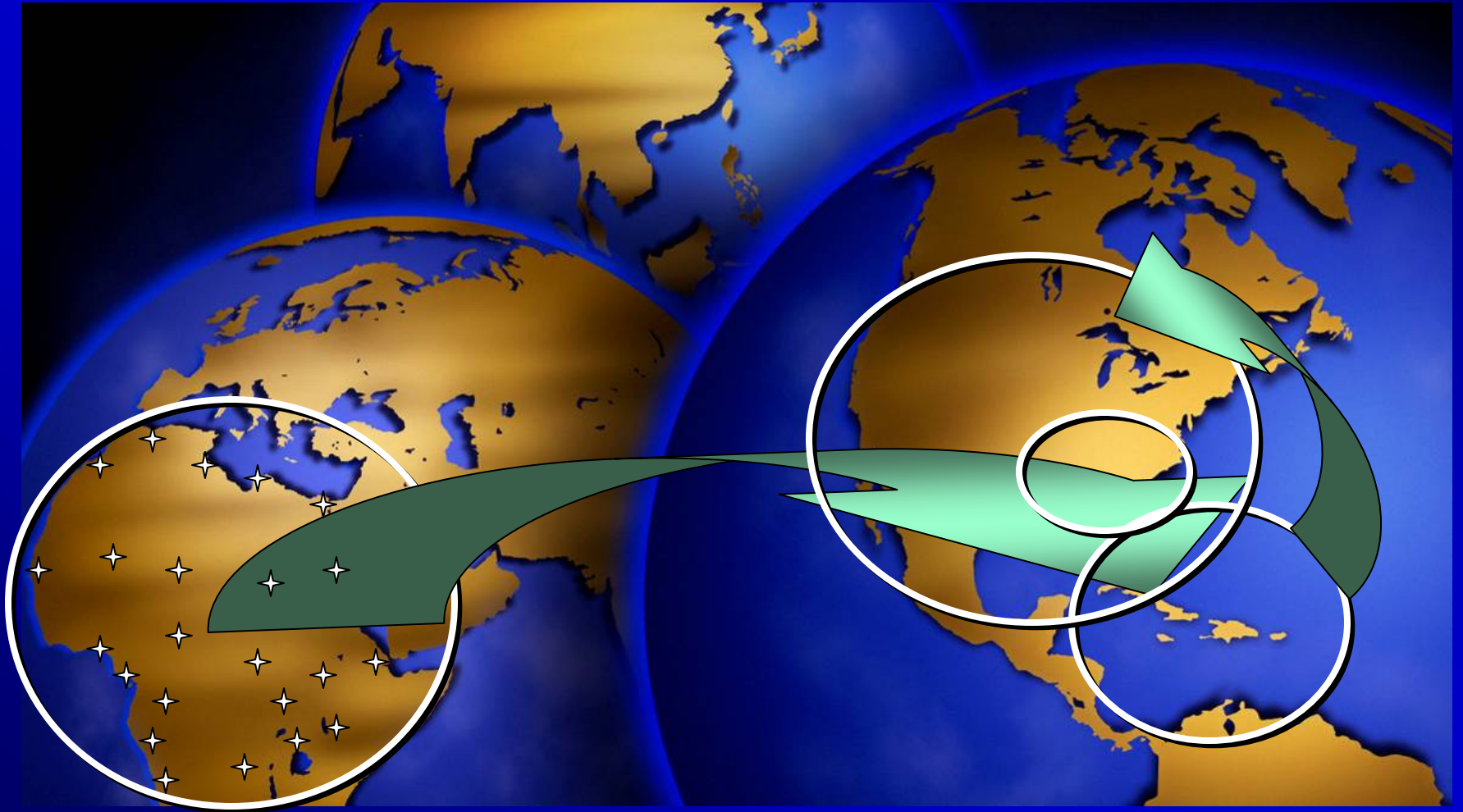
- **Race/ethnicity**
- **Geography**
- **Socio-economic status**
- **Educational status**

# **Differences in Health Outcomes: A Complex Issue**

- **Access to Health Care**
- **Genetics**
- **Environment**
- **Behavior**
- **Social Issues**
- **Political Issues**

# Genetic and Environmental Influences

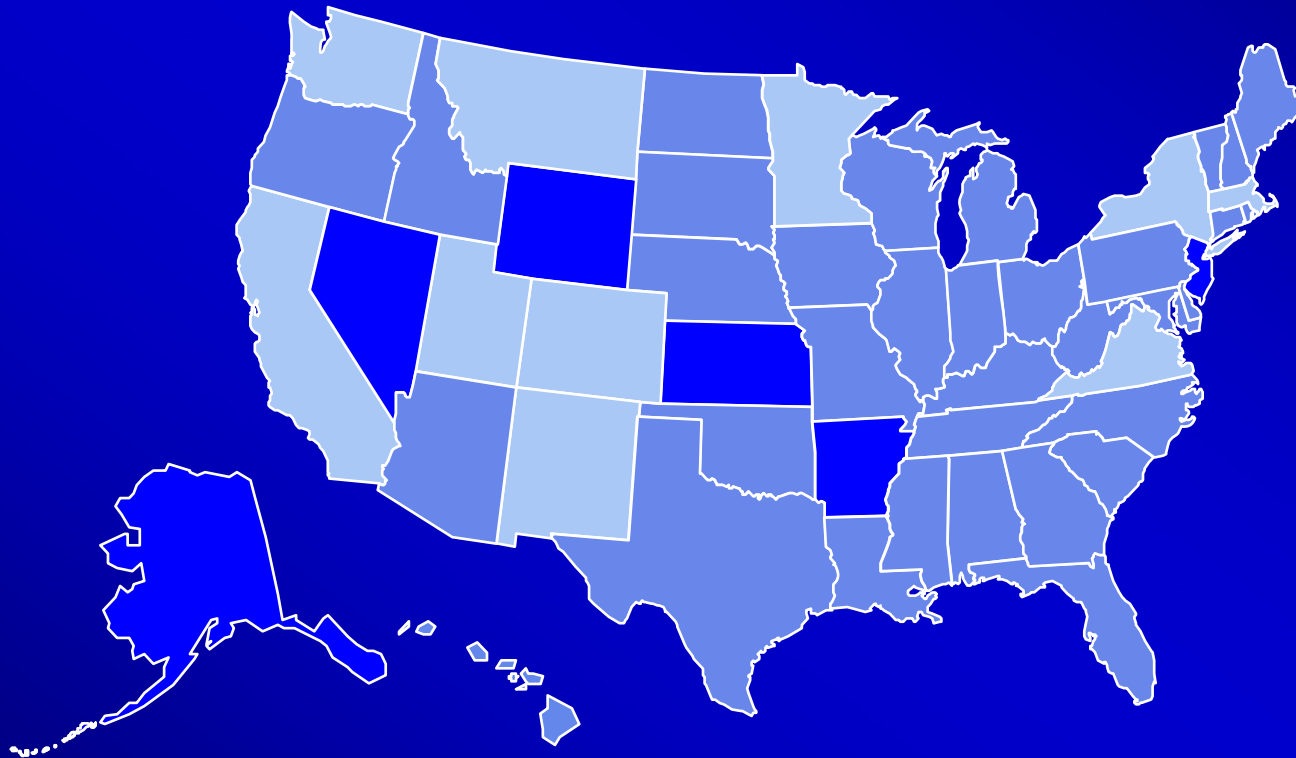
## Rates of Obesity and CV Risk



# Obesity Trends\*

## BRFSS, 1990

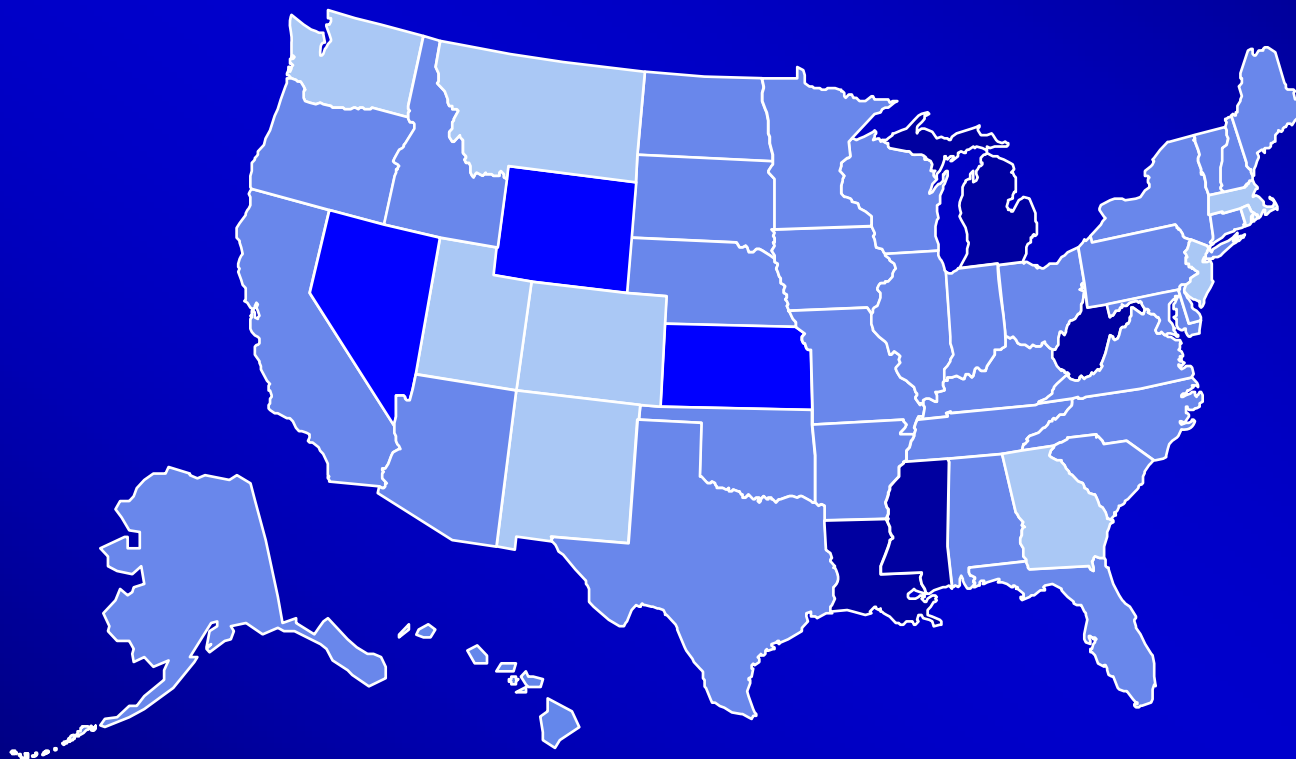
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\*

## BRFSS, 1991

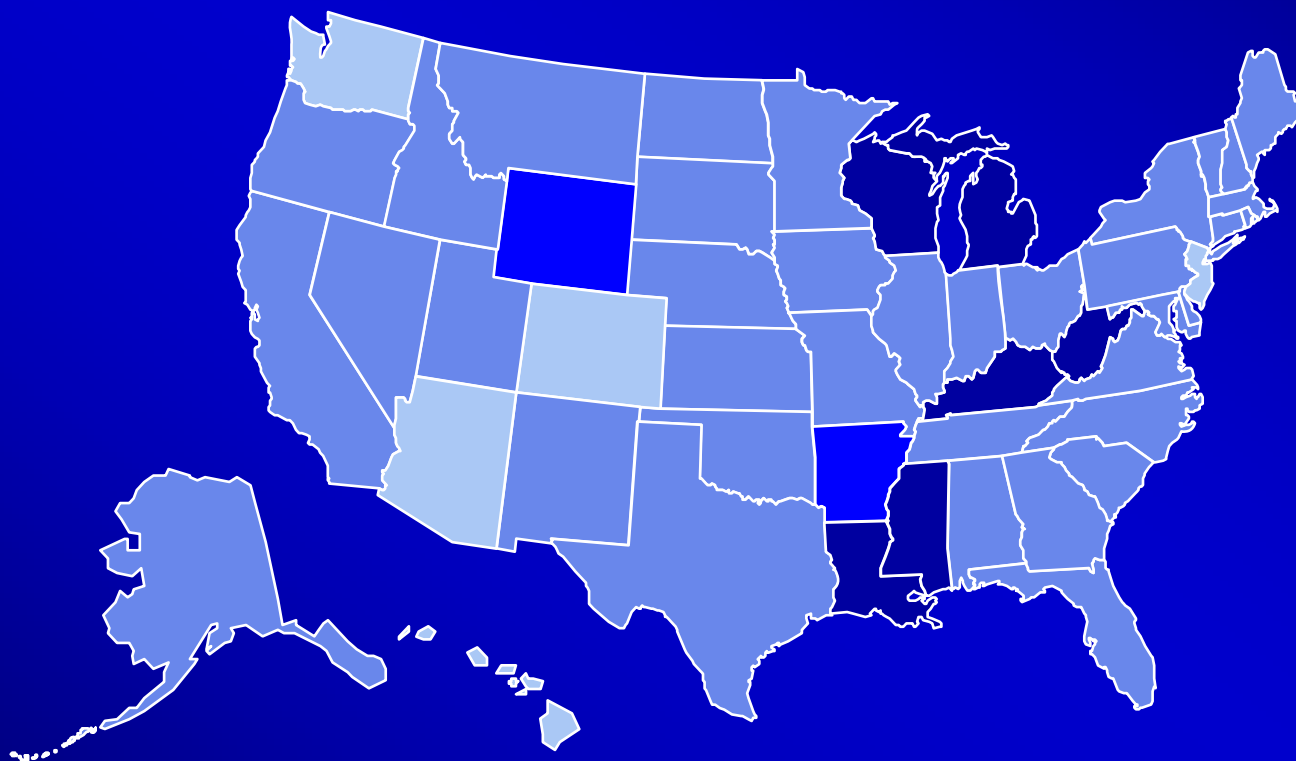
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\*

## BRFSS, 1992

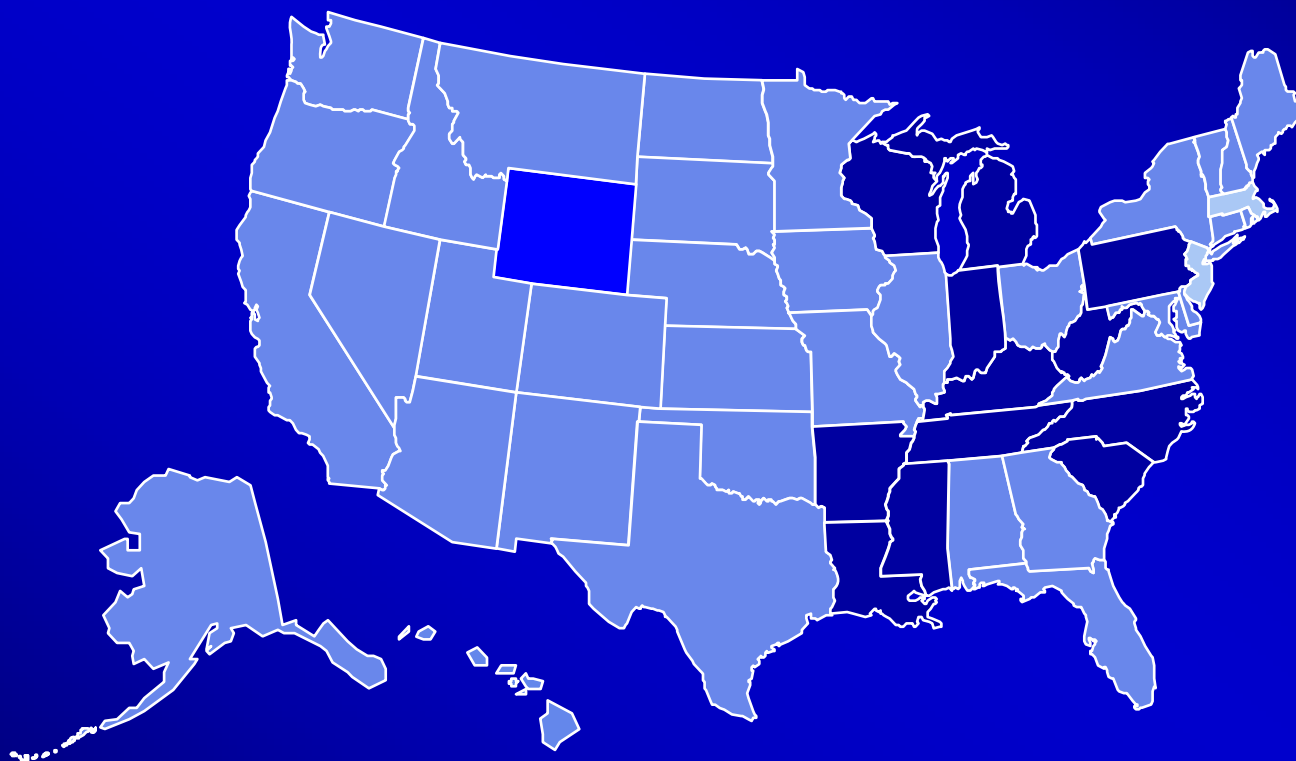
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\*

## BRFSS, 1993

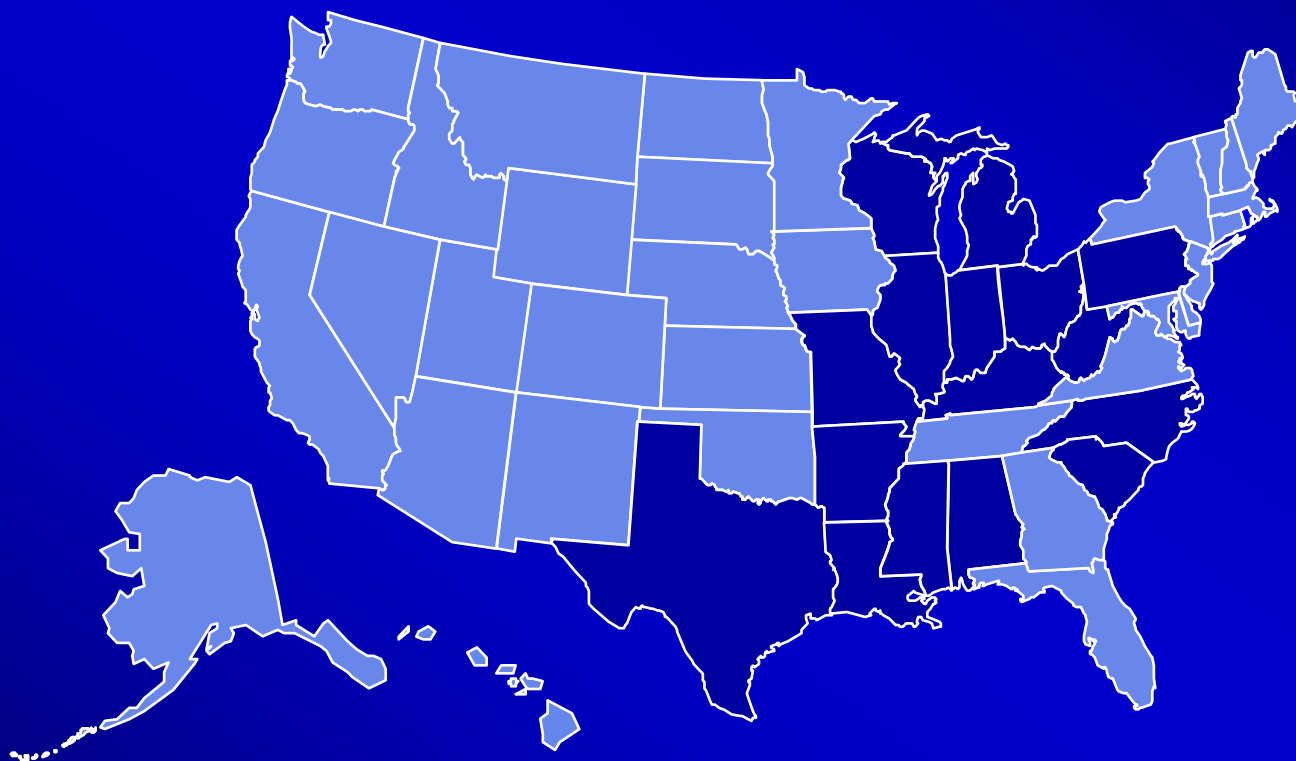
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\*

## BRFSS, 1994

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)

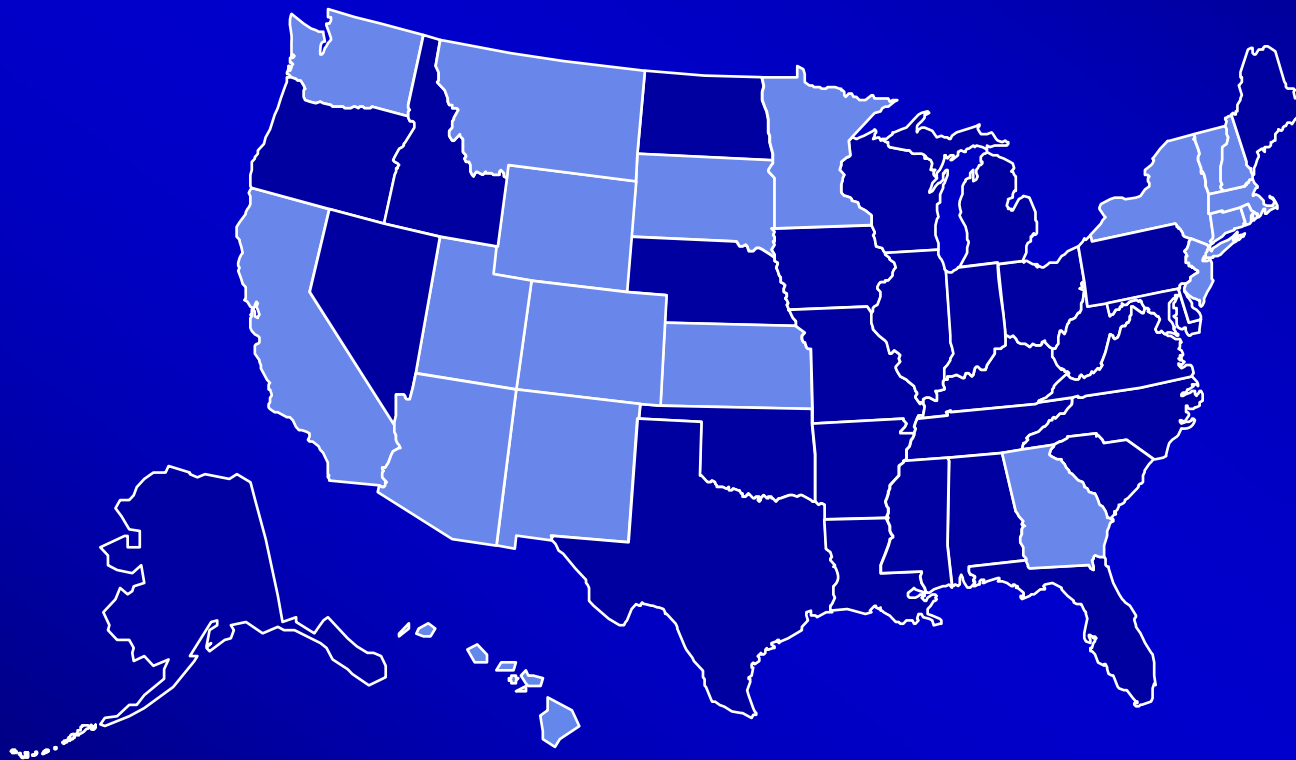




# Obesity Trends\*

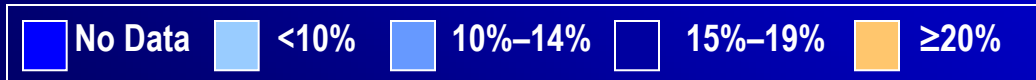
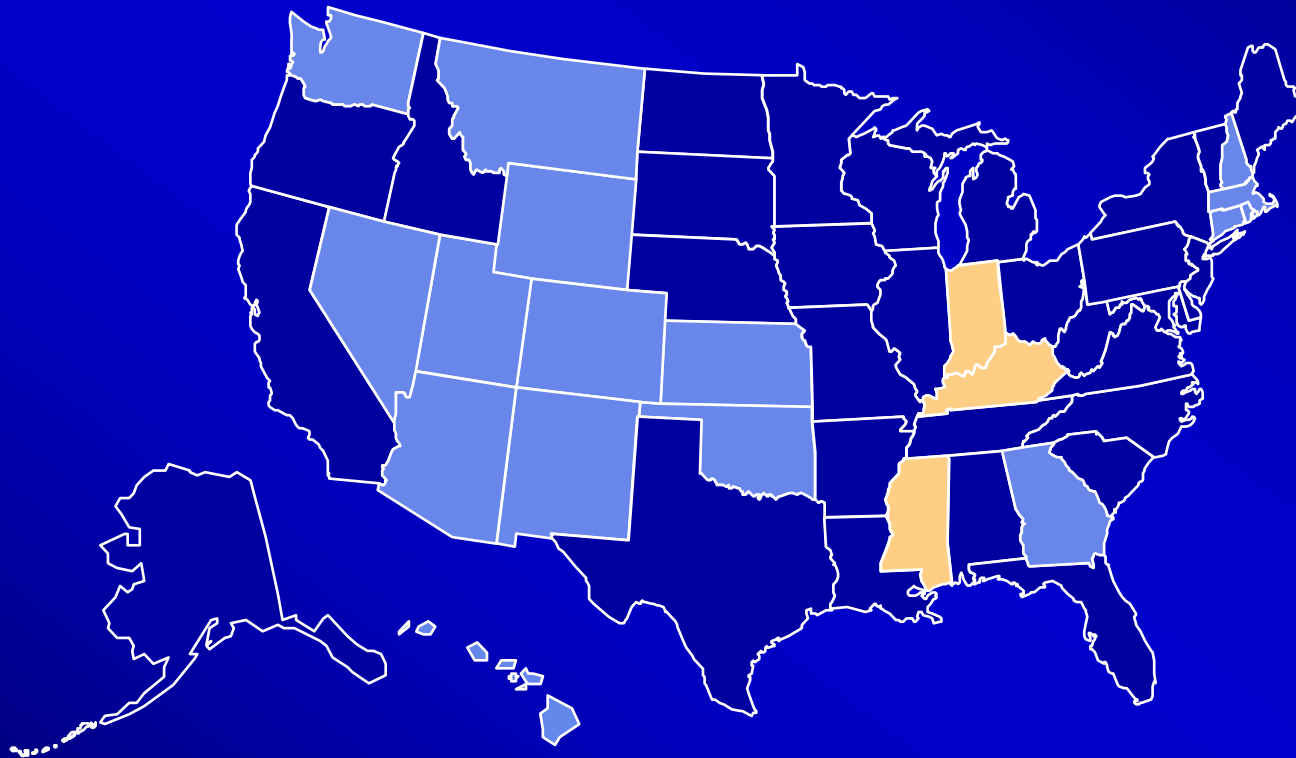
## BRFSS, 1996

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\* BRFSS, 1997

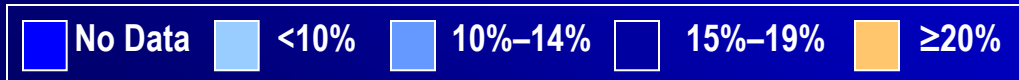
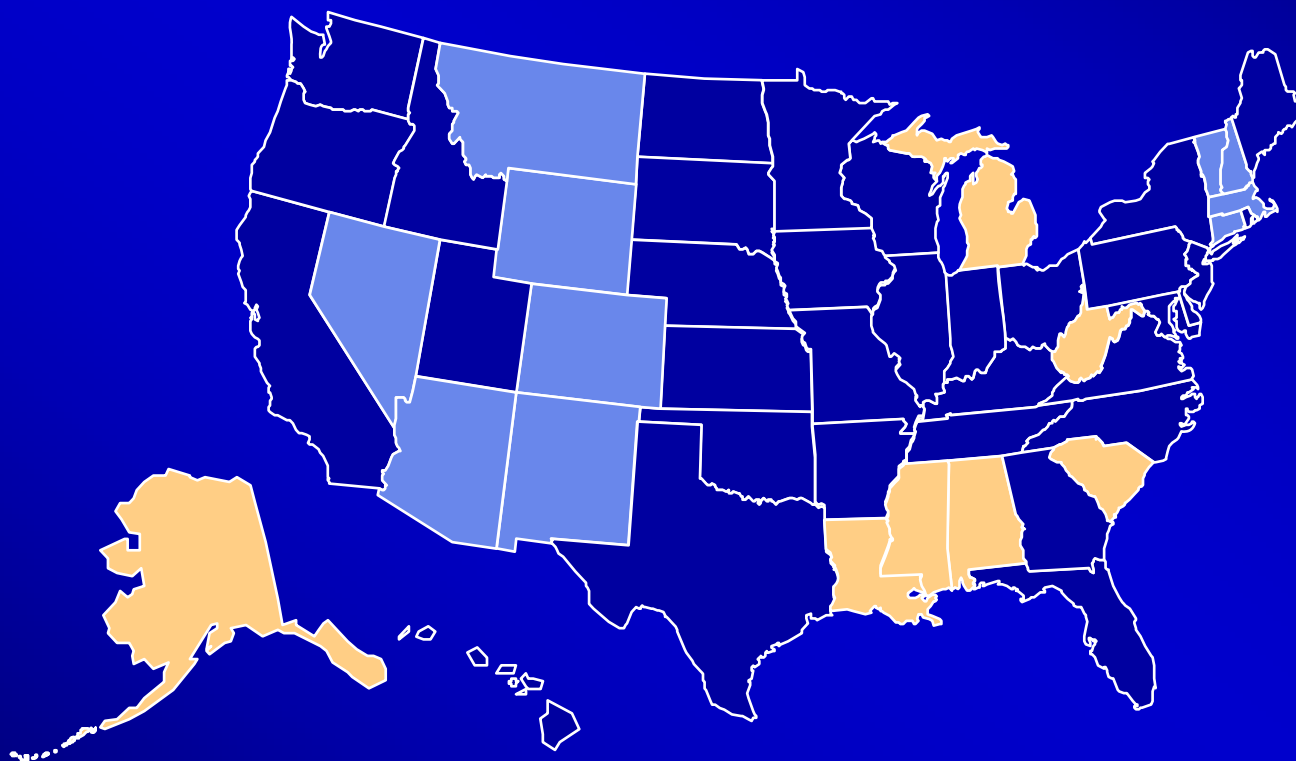
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\*

## BRFSS, 1998

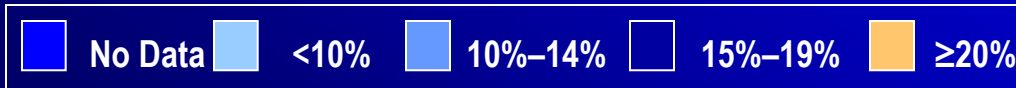
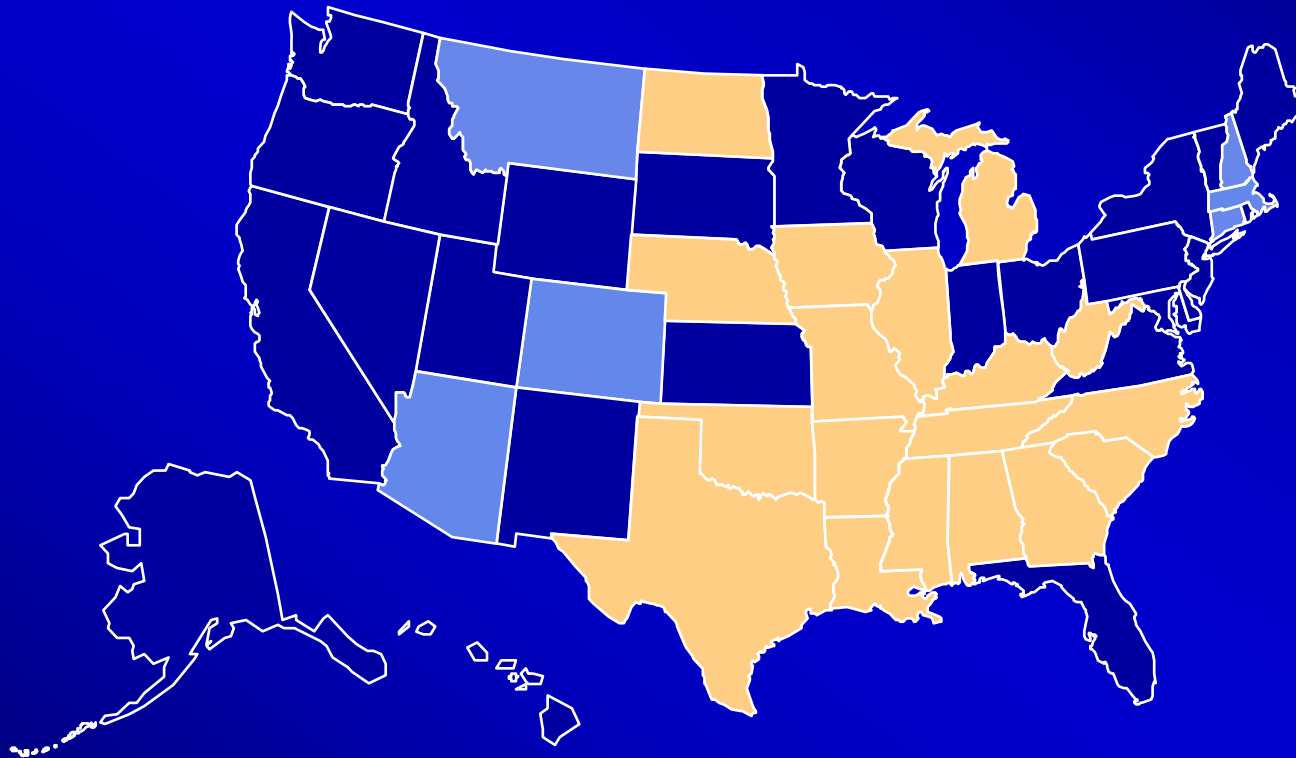
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\*

## BRFSS, 1999

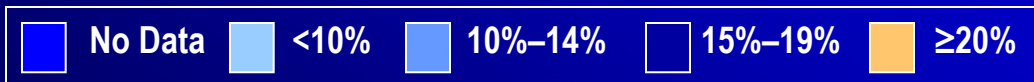
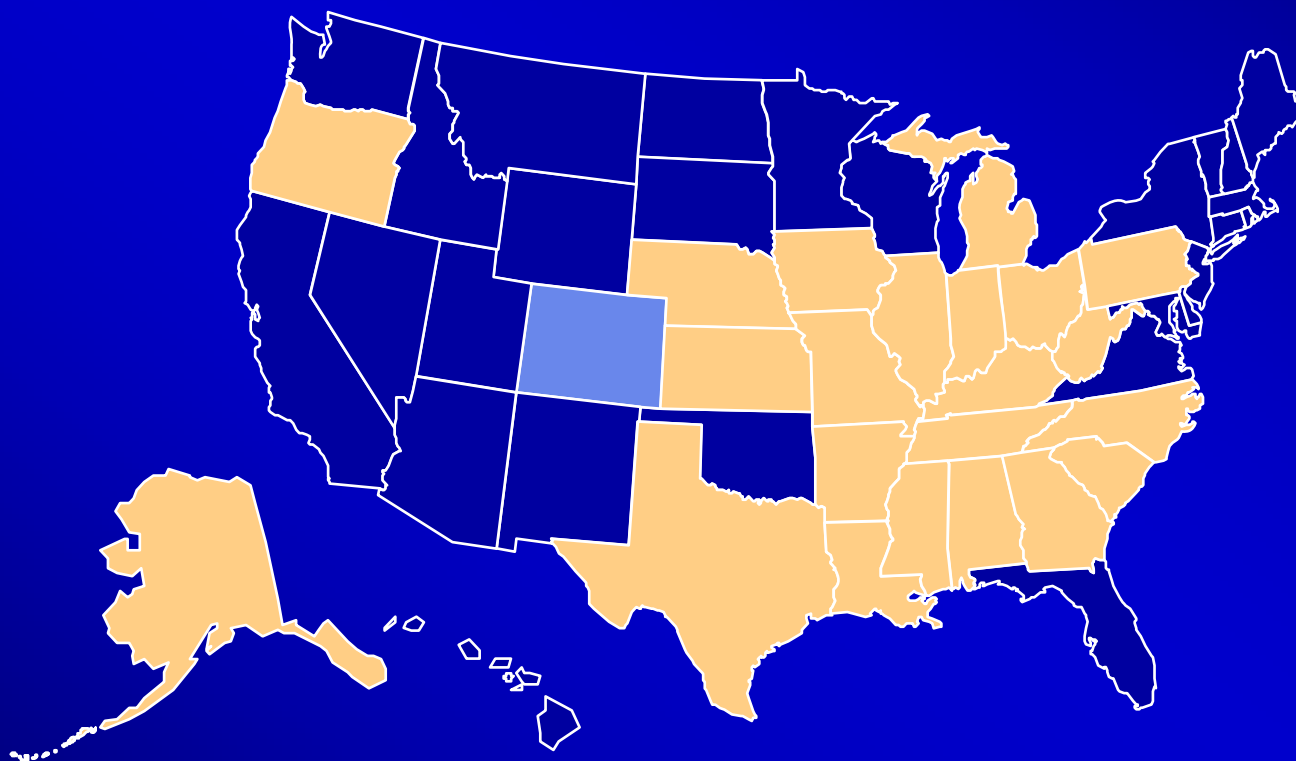
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\*

## BRFSS, 2000

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)

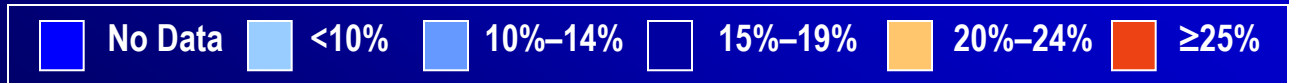
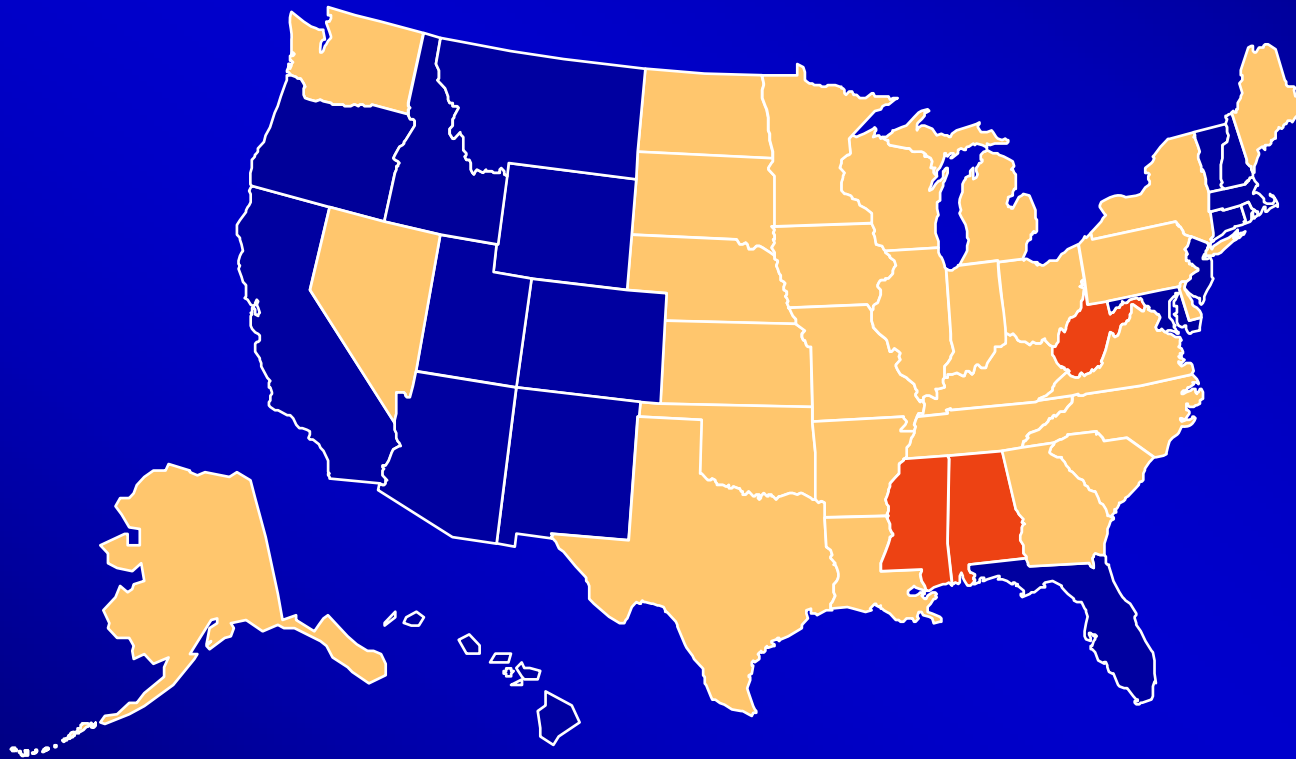




# Obesity Trends\*

## BRFSS, 2002

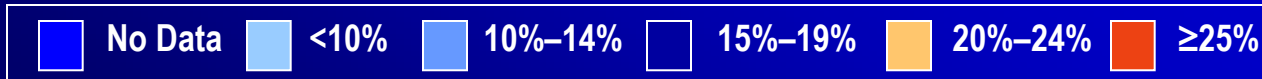
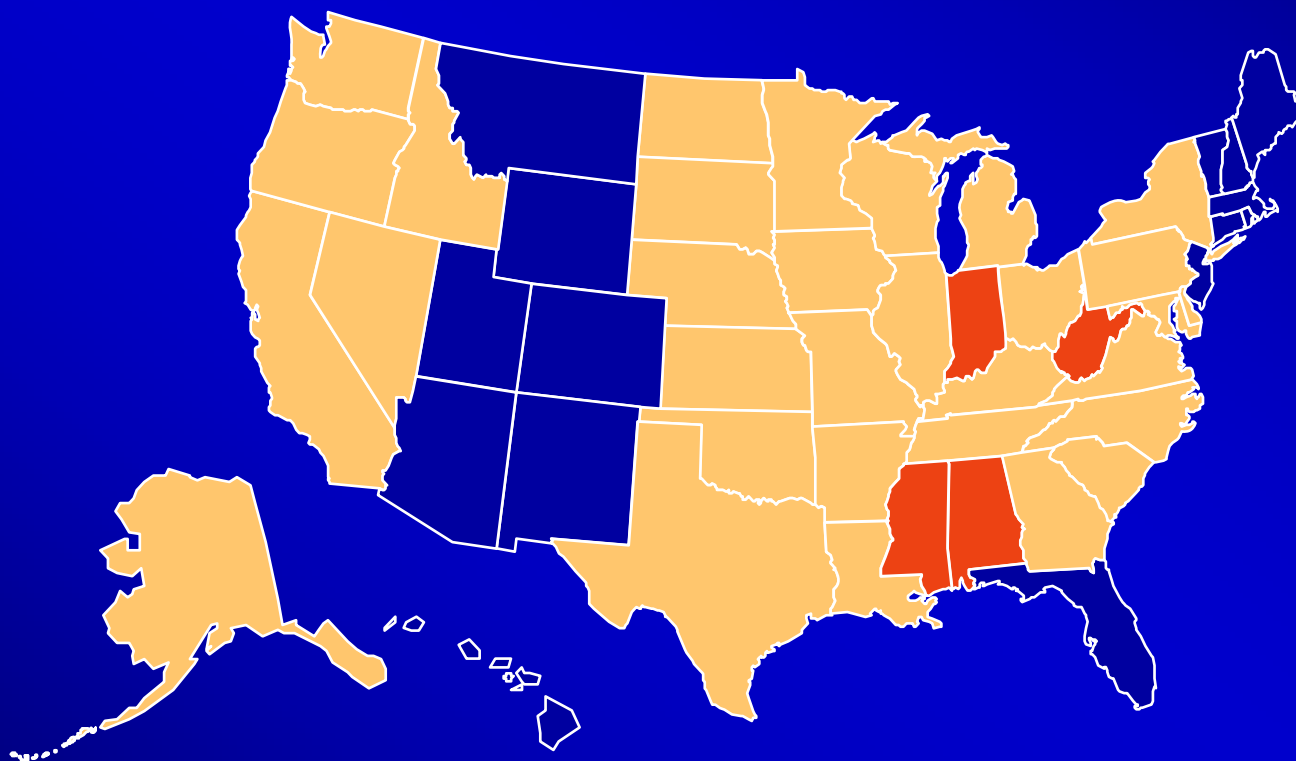
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\*

## BRFSS, 2003

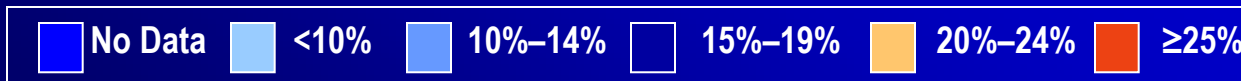
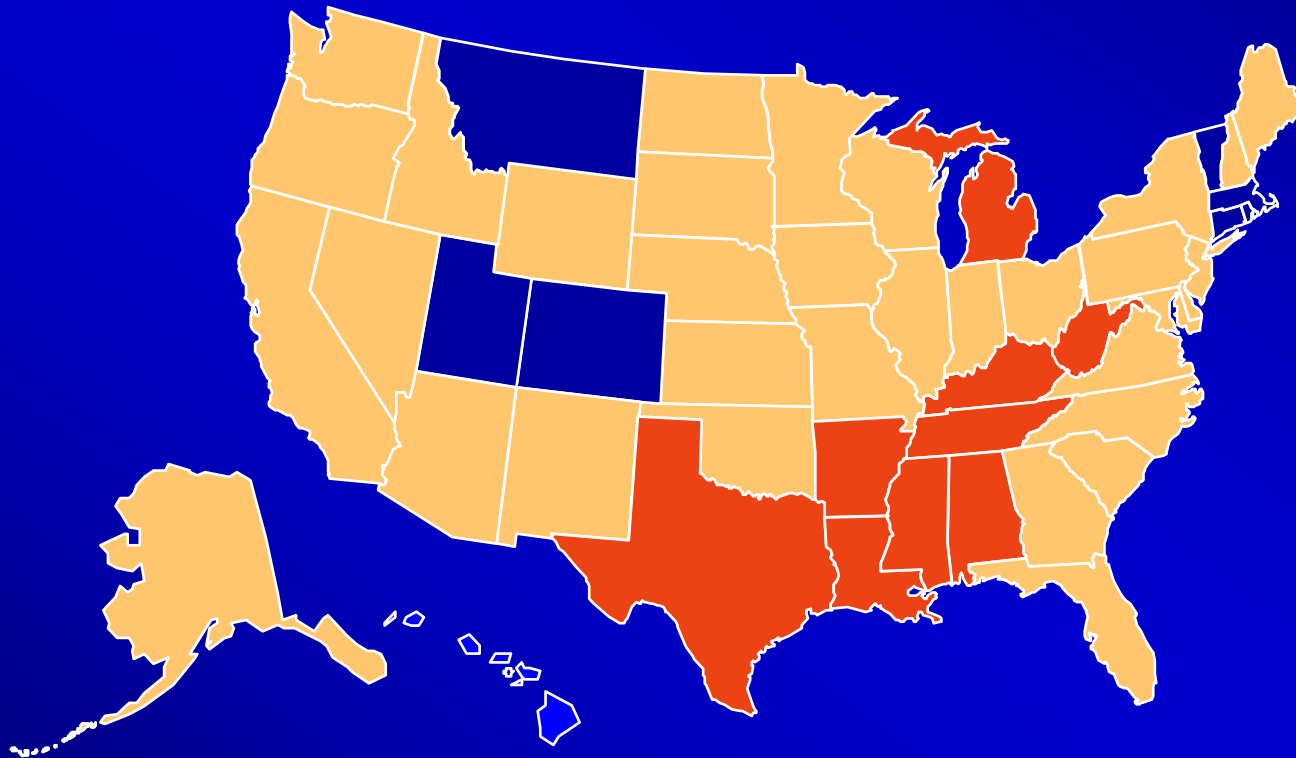
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



# Obesity Trends\*

## BRFSS, 2004

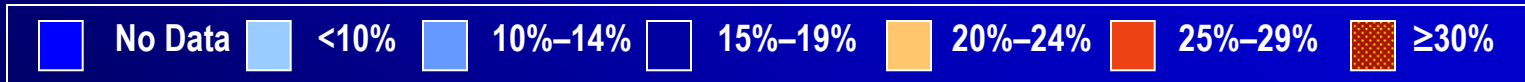
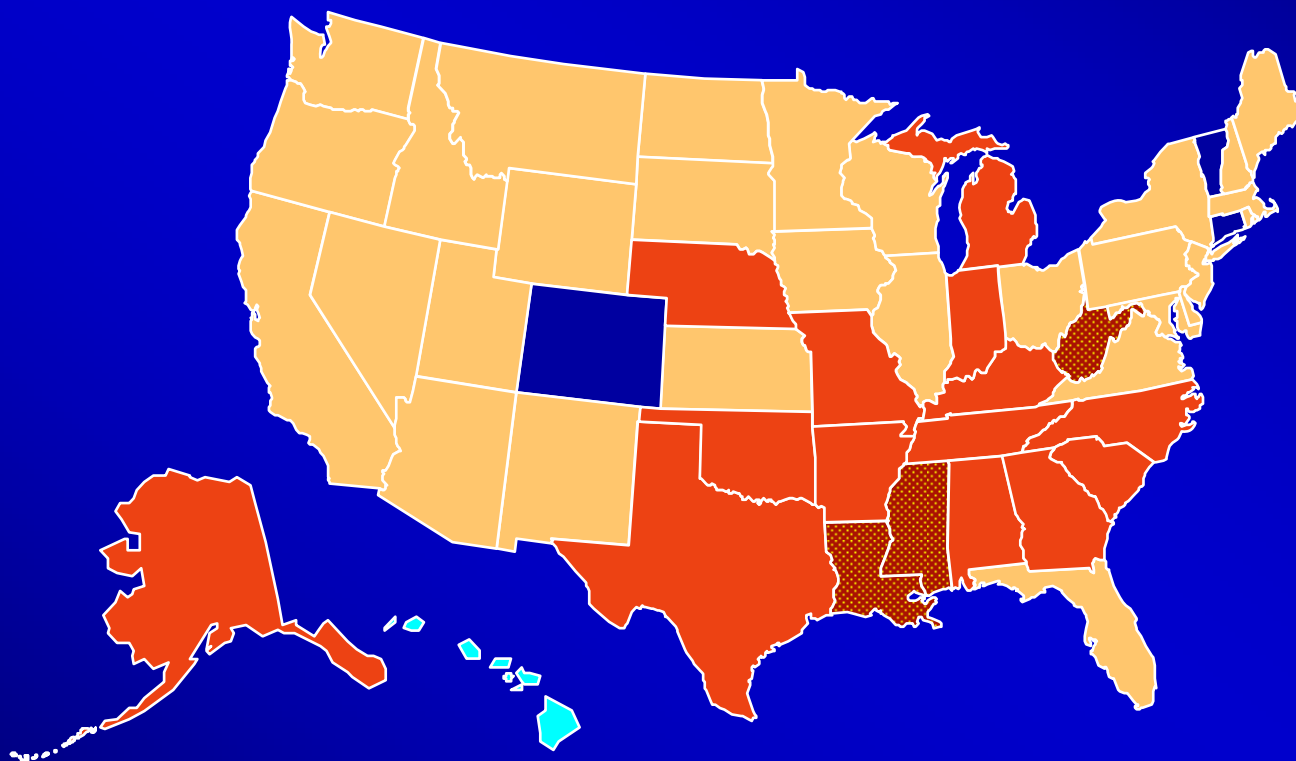
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)



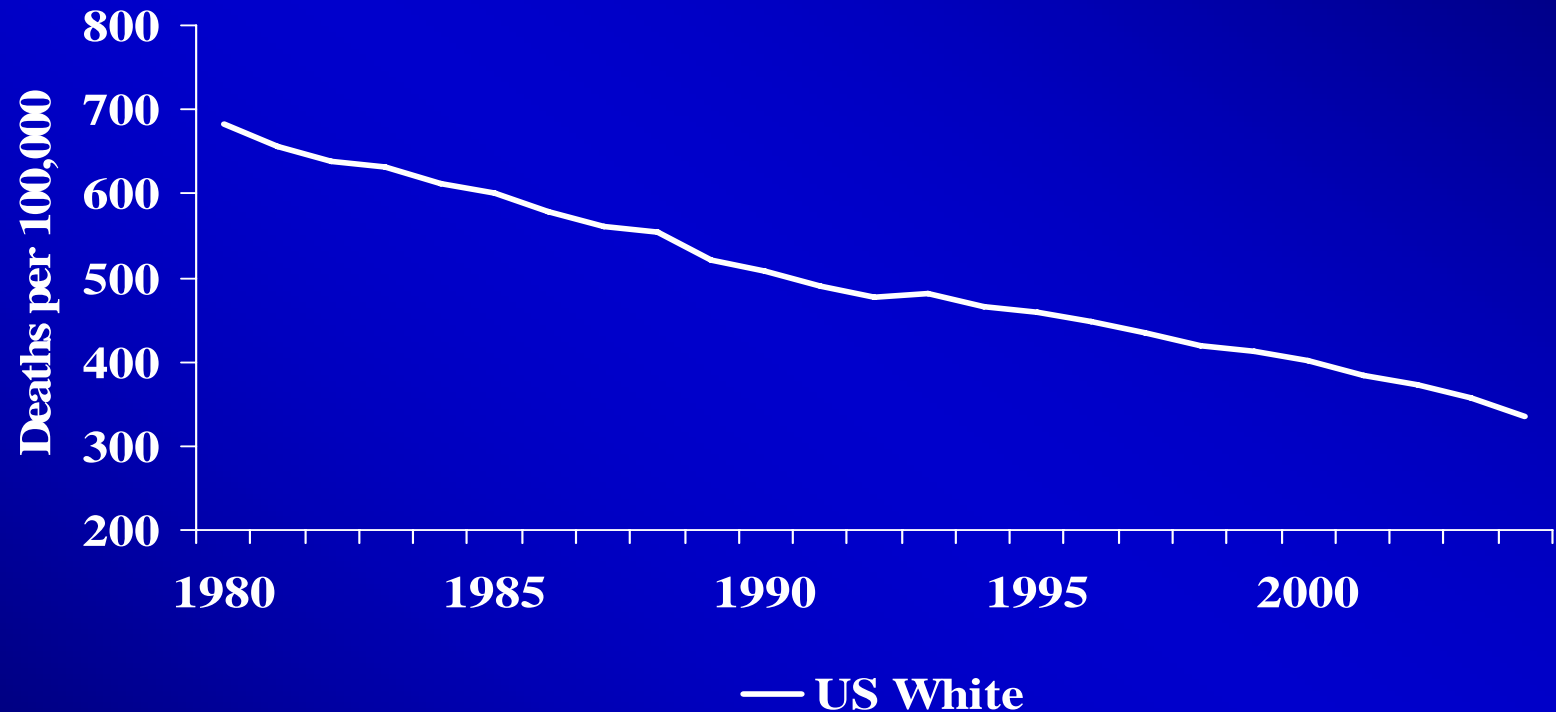
# Obesity Trends\*

## BRFSS, 2005

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)

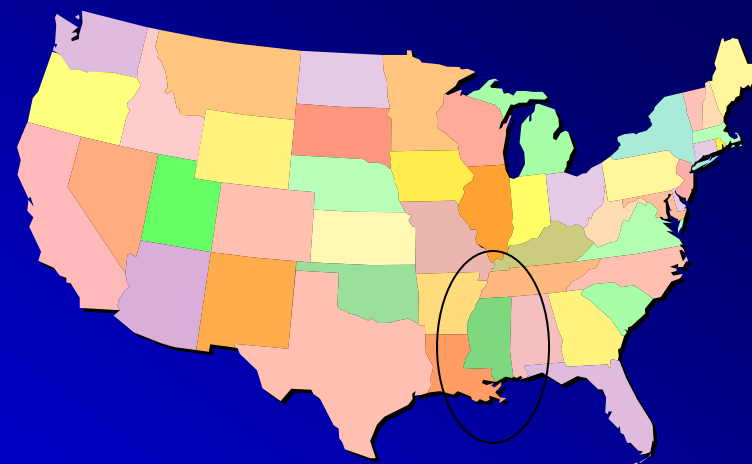


# Age-Adjusted CVD Death Rates in Men

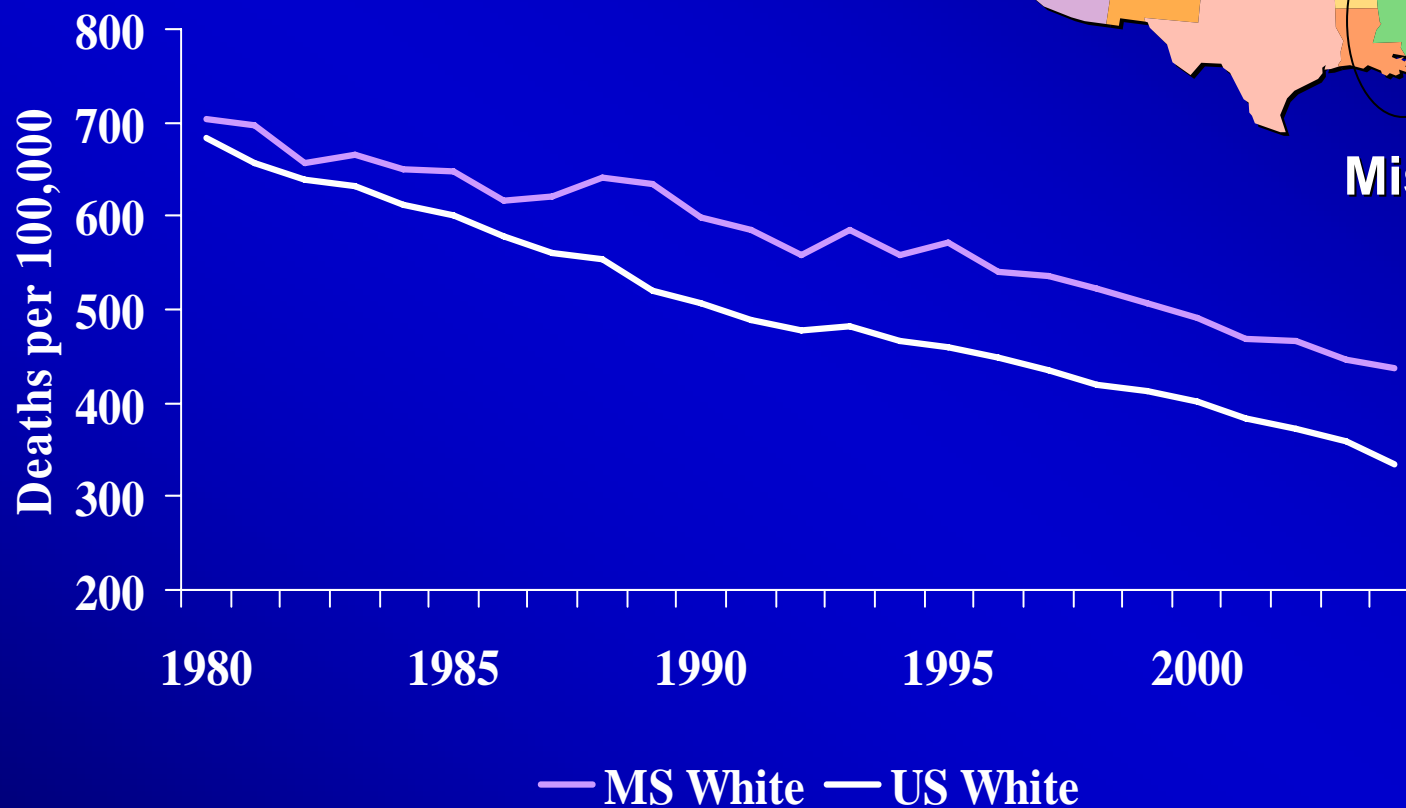


Source: CDC (<http://wonder.cdc.gov>)

# Age-Adjusted CVD Death Rates in Men

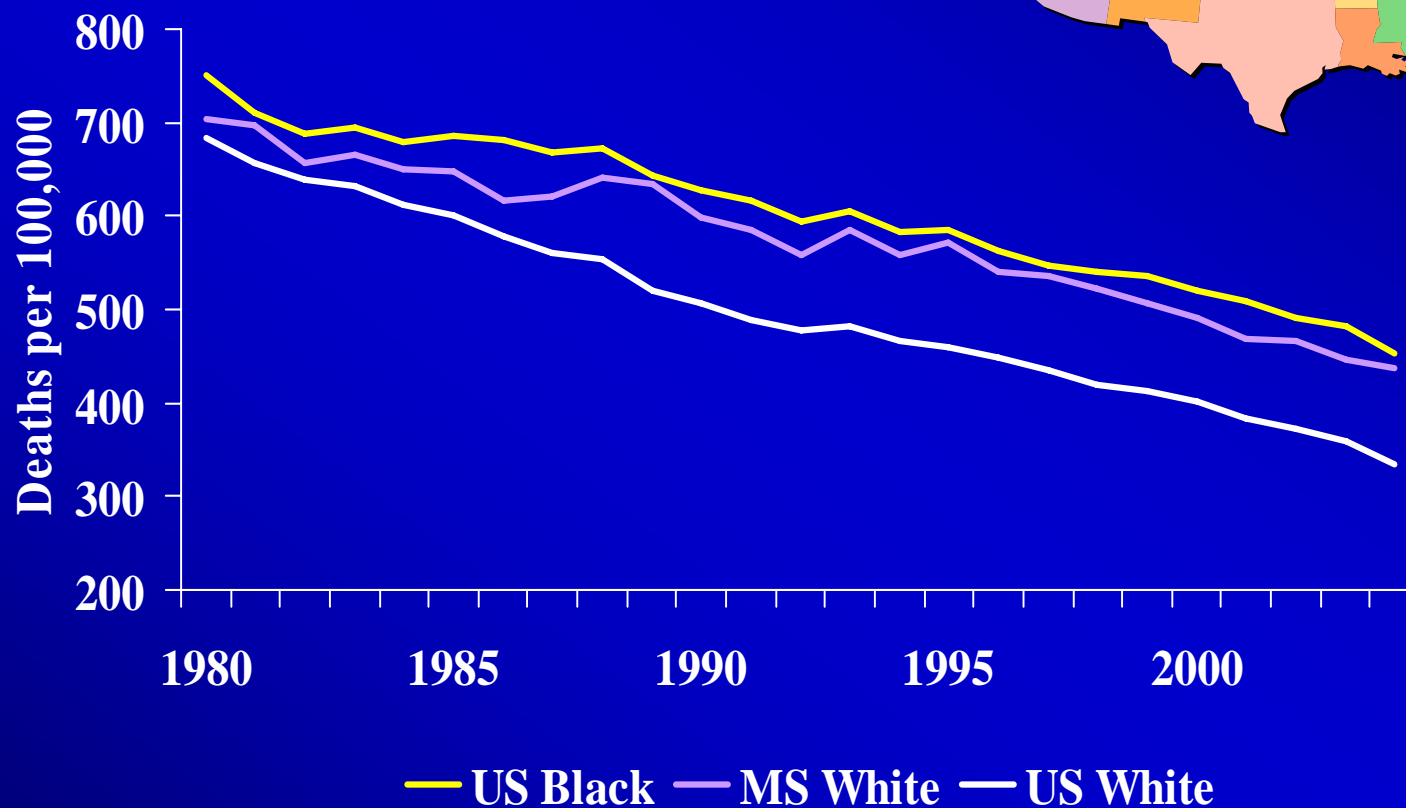
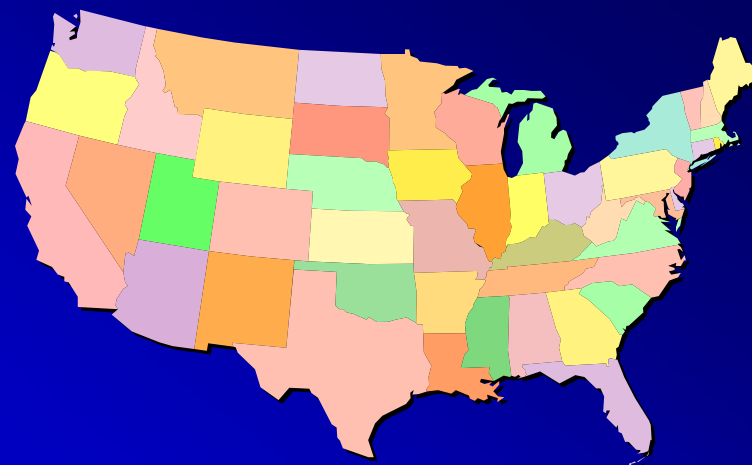


Mississippi



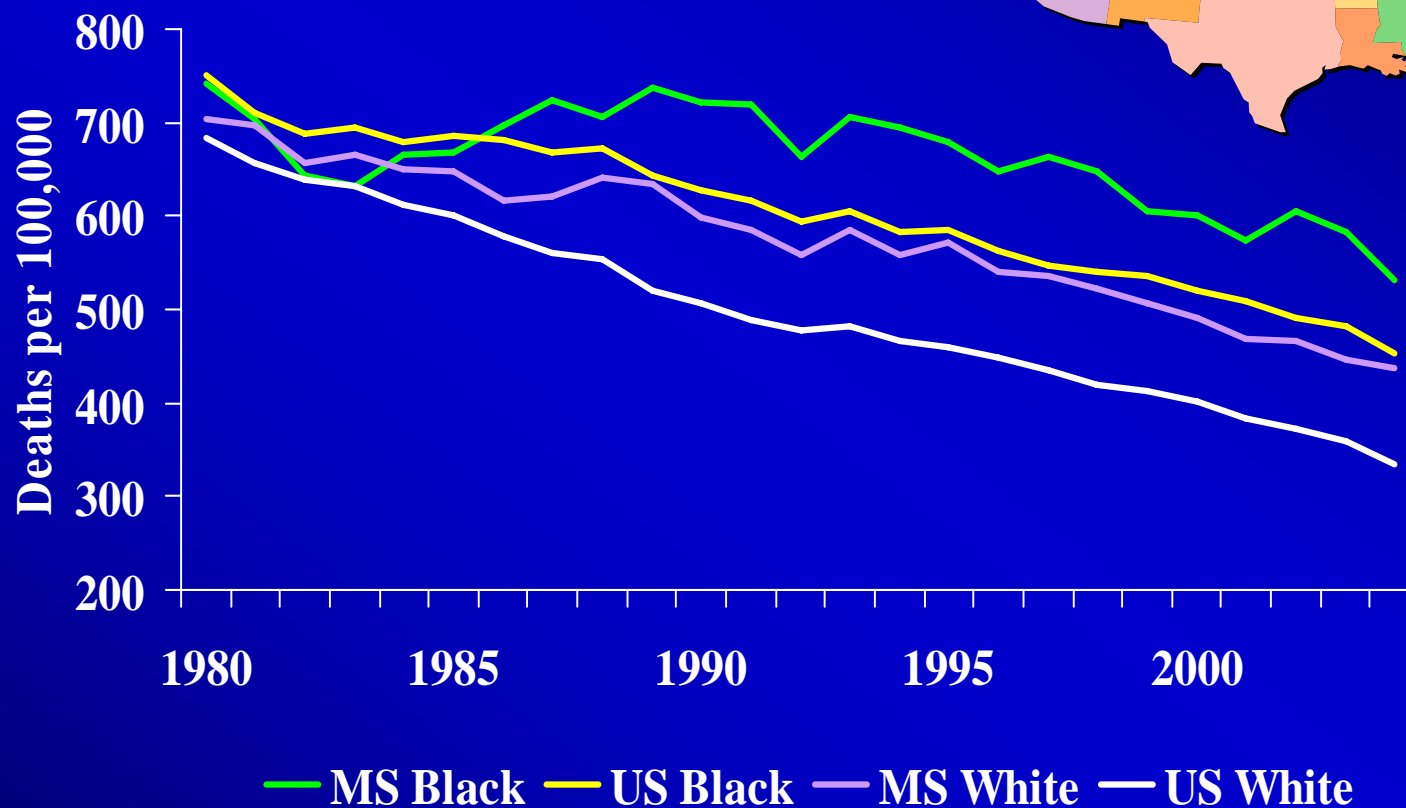
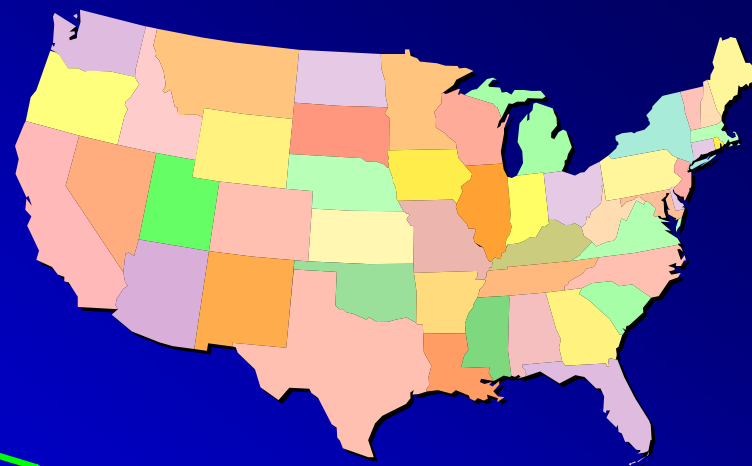
Source: CDC (<http://wonder.cdc.gov>)

# Age-Adjusted CVD Death Rates in Men



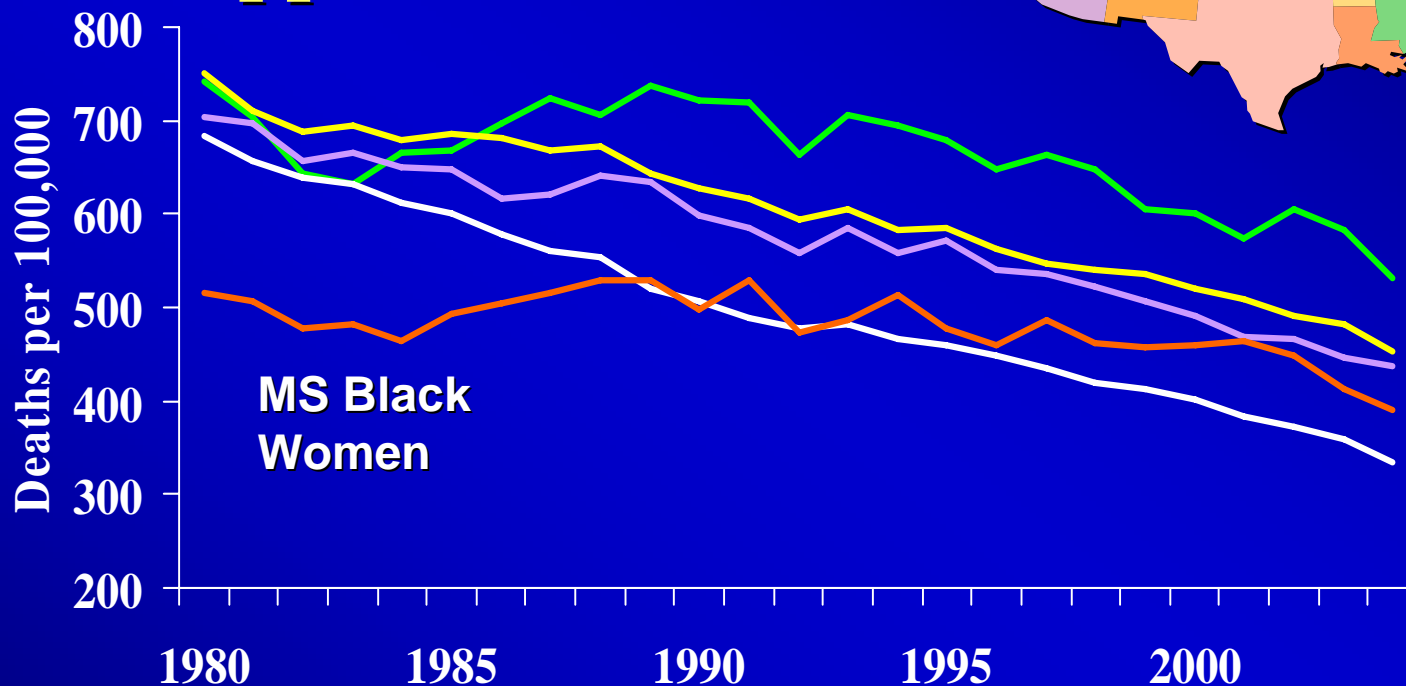
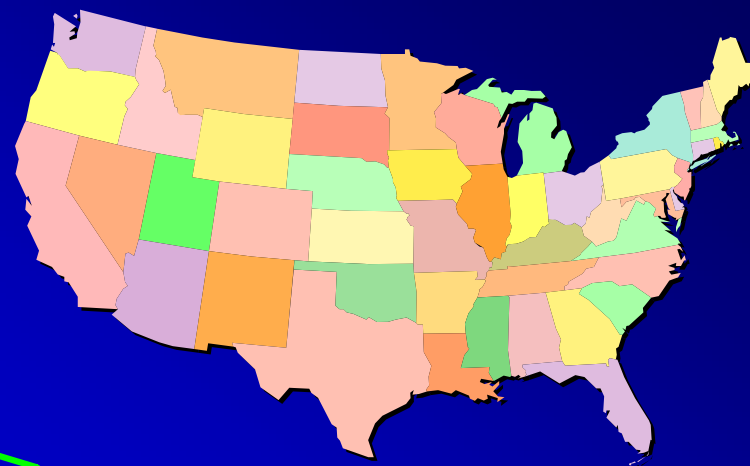
Source: CDC (<http://wonder.cdc.gov>)

# Age-Adjusted CVD Death Rates in Men



Source: CDC (<http://wonder.cdc.gov>)

# Age-Adjusted CVD Death Rates in Men vs. Mississippi Black Women



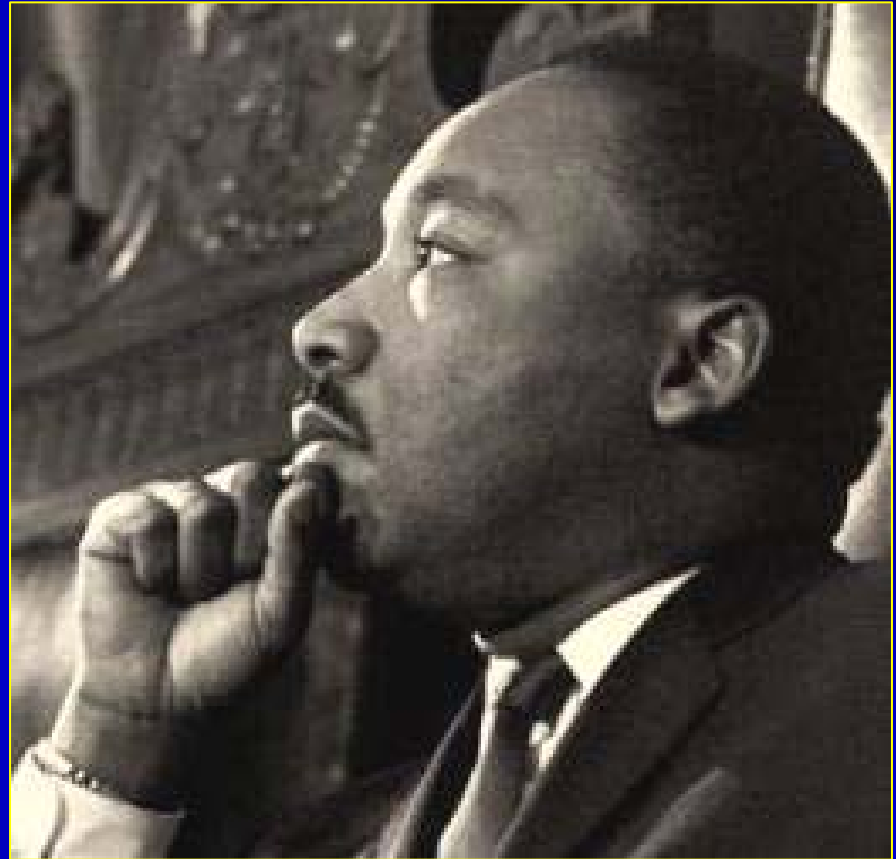
— MS Black — US Black — MS White — US White — MS Black Women

Source: CDC (<http://wonder.cdc.gov>)

# **Environmental Influences**

- **Education**
- **Economic status**
- **Access to healthy and unhealthy foods**
- **Access to health care**
- **Cultural attitudes**

*“Of all the forms  
of inequality,  
injustice in health  
care is the most  
shocking and  
inhumane.”*



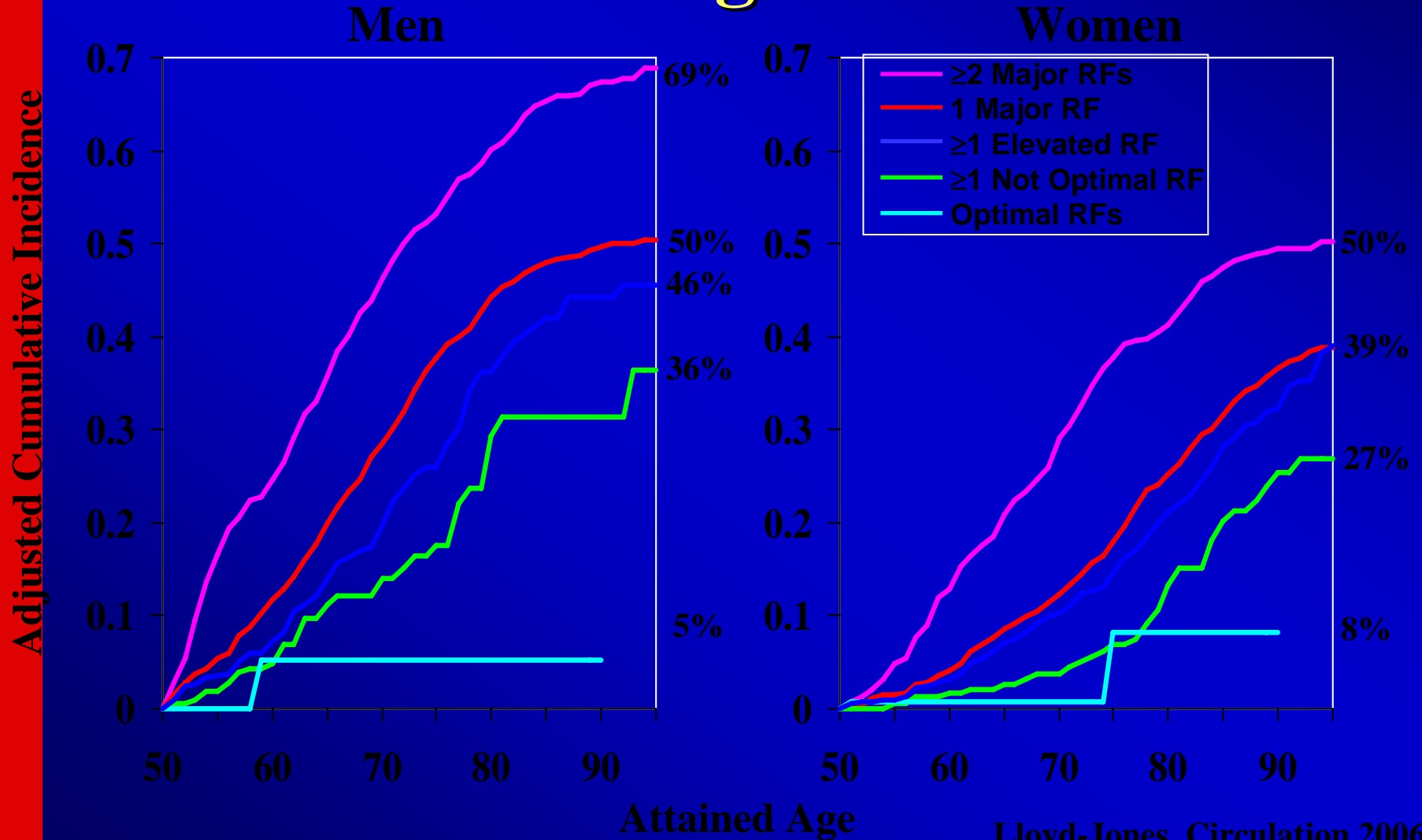
**Dr. Martin Luther King, Jr.**  
**1929-1968**

**What should be our  
response to this  
challenge of poor  
health?**

# **Response?**

- **Focus on Prevention**

# Lifetime Risk: Age 50



# **Physiology Maintains Weight**

- **Maintaining weight after weight loss is very difficult**
- **The body is designed to operate in a low calorie, high physical activity environment**

# Response?

- **Focus on Prevention**
- **Advocate for political change**



Alliance  
for a  
**Healthier  
Generation**

American Heart  
Association



# Response?

- **Focus on Prevention**
- **Advocate for political change**
- **Every environment healthy**
  - Home
  - School
  - Work

# Response?

- **Focus on Prevention**
- **Advocate for political change**
- **Every environment healthy**
  - Home
  - School
  - Work
- **Personal responsibility**

# Response?

- **Focus on Prevention**
- **Advocate for political change**
- **Every environment healthy**
  - Home
  - School
  - Work
- **Personal responsibility**
- **Research**

# **Ensuring a Healthy Environment**

**What Can  
Mississippi Do to  
Make it Easier to  
Live a Healthy  
Lifestyle?**