Prevalence of Obesity Among Adults in Los Angeles County, 1997 and 2007

Prevalence of Obesity among Adults by Health District, 1997

Prevalence of Obesity among Adults by Health District, 2007

*Estimate based on cell size < 20, which may be statistically unstable.
Los Angeles County Public Health, Office of Health Assessment and Epidemiology

* The estimate is statistically unstable (relative standard error > 23%) and therefore may not be appropriate to use for planning or policy purposes.
Los Angeles County Public Health, Office of Health Assessment and Epidemiology
Prevalence of Obesity and Diabetes Among Adults in Los Angeles County, 1997-2007

Source: Los Angeles County Health Survey
Diabetes Mortality* by Race/Ethnicity, Los Angeles County, 1994-2005

* age-adjusted
Prevalence of Obesity Among 5th, 7th, and 9th Graders in Los Angeles County Public Schools California Physical Fitness Testing, 1999-2007

![Graph showing obesity prevalence trends from 1999 to 2010.](#)
# Cities/Communities with Lowest and Highest Childhood Obesity Prevalence

<table>
<thead>
<tr>
<th>City/Community Name</th>
<th>2005 Youth Obesity Prevalence (%)</th>
<th>Rank of Economic Hardship (1 – 128)</th>
<th>City/Community Name</th>
<th>2005 Youth Obesity Prevalence (%)</th>
<th>Rank of Economic Hardship (1 - 128)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manhattan Beach</td>
<td>4.2</td>
<td>2</td>
<td>Cudahy</td>
<td>29.4</td>
<td>123</td>
</tr>
<tr>
<td>Palos Verdes Estates</td>
<td>6.3</td>
<td>5</td>
<td>West Whittier-Los Nietos</td>
<td>29.7</td>
<td>81</td>
</tr>
<tr>
<td>Beverly Hills</td>
<td>6.9</td>
<td>19</td>
<td>West Puente Valley</td>
<td>30.0</td>
<td>90</td>
</tr>
<tr>
<td>San Marino</td>
<td>7.1</td>
<td>15</td>
<td>Bell</td>
<td>30.2</td>
<td>115</td>
</tr>
<tr>
<td>Agoura Hills</td>
<td>7.3</td>
<td>10</td>
<td>Willowbrook</td>
<td>30.5</td>
<td>116</td>
</tr>
<tr>
<td>Calabasas</td>
<td>8.0</td>
<td>8</td>
<td>Huntington Park</td>
<td>30.6</td>
<td>122</td>
</tr>
<tr>
<td>South Pasadena</td>
<td>9.0</td>
<td>17</td>
<td>East Los Angeles</td>
<td>31.9</td>
<td>117</td>
</tr>
<tr>
<td>La Canada Flintridge</td>
<td>11.4</td>
<td>18</td>
<td>Florence-Graham</td>
<td>32.0</td>
<td>128</td>
</tr>
<tr>
<td>Rancho Palos Verdes</td>
<td>11.6</td>
<td>13</td>
<td>San Fernando</td>
<td>32.9</td>
<td>103</td>
</tr>
<tr>
<td>Arcadia</td>
<td>12.3</td>
<td>35</td>
<td>Maywood</td>
<td>37.4</td>
<td>121</td>
</tr>
</tbody>
</table>

**Average 10 lowest** 8.0%  **Average 10 highest** 31.5%

*Table excludes cities/communities where number of students with BMI data < 500.*

Source: California Physical Fitness Testing Program, California Department of Education. Includes 5th, 7th, and 9th graders enrolled in LA County public schools.
Economic Hardship & Childhood Obesity in Los Angeles County
What Factors are Contributing to the Obesity Epidemic: a Partial List

- Increased marketing of junk food and sodas to children
- Increased portion size of food and beverages
- More meals consumed outside the home
- Decreased physical education in schools
- Fewer safe areas for exercise in communities
- Increased TV and computer time
- Less access to fresh, nutritious, affordable food in underserved areas (and more access to cheap calorie-dense unhealthy foods)
- Increased time spent in cars
# Proximity of Fast Food Restaurants to Public Schools in Los Angeles County

<table>
<thead>
<tr>
<th>School Type</th>
<th>% of schools with 1 or more FF restaurants within 400 meters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary</td>
<td>21.7%</td>
</tr>
<tr>
<td>Middle school</td>
<td>24.3%</td>
</tr>
<tr>
<td>High school</td>
<td>31.2%</td>
</tr>
<tr>
<td><strong>All Schools</strong></td>
<td><strong>23.4%</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Neighborhood Income*</th>
<th>% of schools with 1 or more FF restaurants within 400 meters</th>
</tr>
</thead>
<tbody>
<tr>
<td>quantile 1 (lowest)</td>
<td>38.4%</td>
</tr>
<tr>
<td>quantile 2</td>
<td>24.4%</td>
</tr>
<tr>
<td>quantile 3</td>
<td>19.8%</td>
</tr>
<tr>
<td>quantile 4 (highest)</td>
<td>12.2%</td>
</tr>
</tbody>
</table>

*Based on the median household income of the census tract in which the school is located.
Causes of Death in the United States
Left to right = paradigm shift from medical model to socio-behavioral determinants model.

Leading Causes of Death*
United States, 2000

- Heart Disease
- Cancer
- Stroke
- Chronic lower respiratory disease
- Unintentional injuries
- Diabetes
- Pneumonia/influenza
- Alzheimer’s disease
- Kidney disease

Percentage (of all deaths)

Actual Causes of Death†
United States, 2000

- Tobacco
- Poor diet/Physical inactivity
- Alcohol consumption
- Microbial agents (e.g., influenza, pneumonia)
- Toxic agents (e.g., pollutants, asbestos)
- Motor vehicles
- Firearms
- Sexual behavior
- Illicit drug use

Percentage (of all deaths)

Underlying Determinants of Health: The Physical Environment

- **Definition of the built environment:**
  - The built environment encompasses all buildings, spaces, and products that are created, or modified, by people. It includes homes, schools, workplaces, parks/recreation areas, greenways, business areas, and transportation systems.

- **The importance of regional planning:**
  - Decisions made by cities and counties about zoning, development, and transportation have tremendous influence on the health of the local population.

- **Individuals’ education and health promotion must be accompanied by the creation of favorable food environments**
Underlying Determinants of Health: The Social Environment

- **Education**
  - On average, a high school graduate lives 6 to 9 years longer than a dropout\(^1\)

- **Poverty**
  - Both individual poverty and neighborhood poverty are fundamentally connected with health outcomes
  - Over the past 2 decades, persons in higher socioeconomic groups have experienced larger gains in life expectancy than those in more-deprived groups\(^2\)

- **Health Insurance**
- **Employment**
- **Housing**
- **Social Support/Connectedness**

---

\(^1\) Wong., et al. NEJM, 2002
\(^2\) Singh and Siahpush, Int J Epid, 2006
DPH’s Focus on Health Disparities & the Social Environment

- Department-wide workgroup on reducing health disparities
- Focus on root causes of inequities, particularly underlying social conditions

- Five domains
  1. Neighborhood conditions
  2. Education across life course
  3. Income and employment
  4. Social connectedness
  5. Health care and health promotion

- Action plan currently under development – policy work will be large component
Los Angeles County Efforts in Improving Nutrition Status

- Improved nutritional content of foods and beverages on school campuses

- Mandated menu labeling in large chain restaurants
  - SB 1420 to be implemented in January 2011

- Mandated elimination of artificial trans fats in restaurants
  - AB97 to be implemented in January 2010
  - County voluntary trans fat reduction program to end January 2010

- Participated in statewide media campaign and other public education efforts to increase fruit and vegetable consumption in low income communities
Policies for Livable, Active Communities and Environments (PLACE)

- PLACE initiative grants:
  - Los Angeles County Bicycle Coalition
  - Pacoima Beautiful
  - City of El Monte
  - City of Long Beach
  - City of Culver City
- Developing a vision and a plan for action
- Involving partners
- Monitoring accomplishments
- Providing technical assistance
Strategies for improving nutritional policy and programs

DPH recommends the following nine strategic priorities to support and expand current nutrition promotion efforts:

- Strengthen nutrition literacy
- Improve neighborhood food environments
- Prevent early onset childhood obesity
- Promote breastfeeding and Baby-Friendly hospital practices
- Increase the affordability of fresh fruit and vegetables among food stamp recipients
- Improve the food environment in County facilities and programs
- Reduce the salt content of packaged food products and restaurant foods
- Increase the affordability of fresh fruit and vegetables
- Discourage consumption of sugar-sweetened beverages
LA County Public Health – Healthy People Build Healthy Communities