Prevent and reduce obesity – 2016 Fact Sheet

This fact sheet summarizes progress made in year two of the 2015-2019 state health improvement plan. While obesity rates continue to rise in Oregon, achievements within the priority area of preventing and reducing obesity include:

- There has been a slight decline in middle school students’ consumption of soda, a major contributor to the obesity epidemic. The proportion of 8th grade students who consume seven or more sodas a week declined from 12% in 2013 to 10% in 2015.

- There was a slight decline in obesity for children 2-5 years old enrolled in the state’s Women, Infants and Children (WIC) Program.

Obesity among 2–to–5 year olds enrolled in WIC*

* WIC administrative data
Next Steps

An outline of population, health equity and health system interventions is in the SHIP. This includes the following evidence-based strategies:

- Strengthen partnerships, including with transportation and land use planning. Improving access to sidewalks, bicycle lanes and other transportation options in all communities that encourage physical activity.

- Increase the price of sugar-sweetened beverages. Studies suggest this will decrease sugary drink consumption.

- Comprehensive efforts to address Oregon’s obesity epidemic should include mass communications, community programs and health system interventions. Right now, it is unlikely there will be consistent and sustained improvement among youth and other groups at greatest risk. However, this could change with funding for a comprehensive obesity prevention program in Oregon.

You can find complete information, including progress made on specific interventions and strategies online at www.healthoregon.org/ship.

Program: Policy and Partnerships

You can get this document in other languages, large print, braille or a format you prefer. Contact Oregon Health Authority at 971-673-1300 or email publichealth.policy@dhs.oregon.gov. We accept all relay calls or you can dial 711.

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