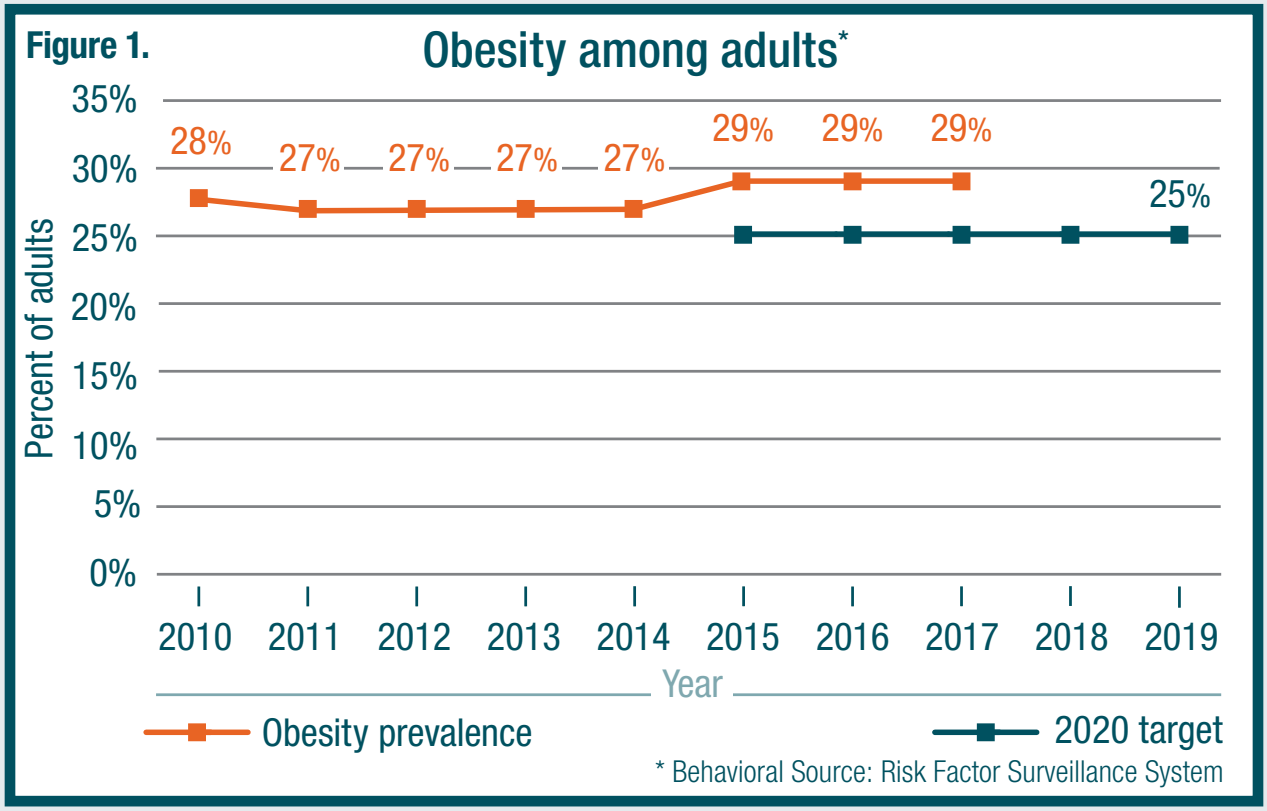
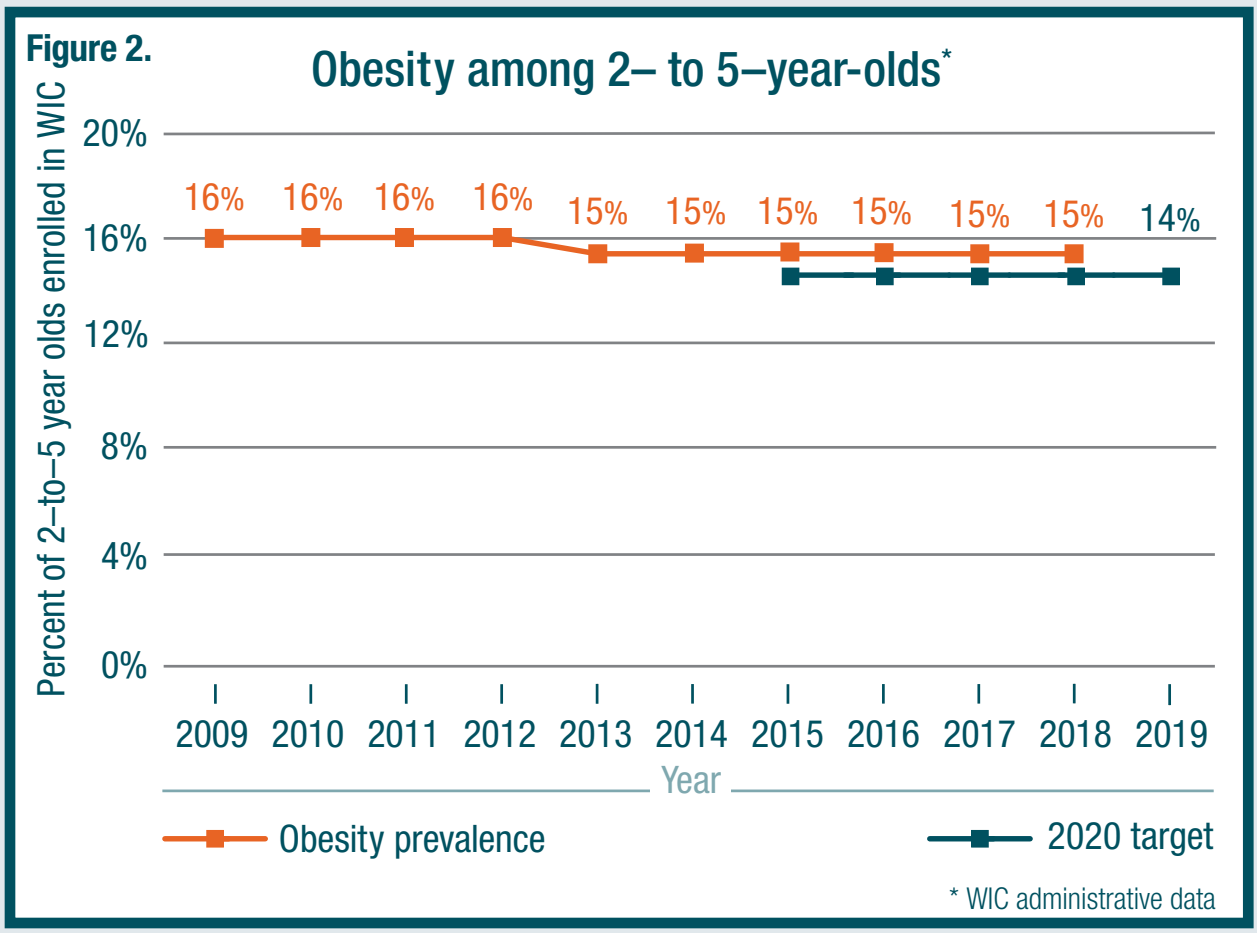
2018 Fact Sheet: Prevent and reduce obesity

This fact sheet is a summary of progress made in year four of the 2015-2019 State Health Improvement Plan (SHIP). Obesity rates remain stagnant. However, achievements within the priority area to prevent and reduce obesity include:

The Oregon Legislature approved an additional $1 million in one-time funds for the Farm Direct Nutrition Program (FDNP) for the 2017-19 biennium. As a result, there was more money available for low income seniors and families in the Women, Infants, and Children (WIC) program to buy fresh fruits and vegetables from local farms.

Oregon was one of two states selected to participate in a National Diabetes Prevention Program (National DPP) Medicaid demonstration project in 2016-2018. Research has shown that people with prediabetes who take part in this program can reduce their risk of developing type 2 diabetes by up to 58 percent. Coordinated care organizations (CCOs) taking part in the demonstration contracted with culturally specific community-based organizations. These organizations deliver the National DPP in communities at high risk for developing diabetes. Lessons learned from this demonstration informed the development of a Medicaid-covered benefit for National DPP. As of January 2019, this benefit is available to all Oregon Health Plan members. The benefit offers an opportunity to develop sustainable reimbursement models and enhance the capacity of organizations and health systems that offer culturally specific National DPP programming in Oregon.





Challenges

The following challenges may affect the ability of the state to meet goals and achieve priority targets by the end of 2019. Oregon still lacks dedicated funding for obesity prevention. Obesity and related chronic diseases such as heart disease, diabetes, stroke and cancer continue to rise. Without funding for an evidence-based comprehensive obesity prevention program, Oregon's capacity to address social and environmental causes that effect obesity is limited. These causes include:

- Limited access to affordable, healthy food
- Safe spaces for walking, biking and recreation, and
- Mass marketing of unhealthy, processed foods and drinks..

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

Oregon Health Authority
PUBLIC HEALTH DIVISION

Program: Policy and Partnerships
https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/NUTRITION/Pages/index.aspx
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