Prevent and Reduce Obesity – 2017 Fact Sheet

This fact sheet summarizes progress made in year three of the 2015–2019 State Health Improvement Plan (SHIP). Obesity rates remain stagnant. However, achievements within the priority area of preventing and reducing obesity include:

- Starting in 2018, coordinated care organizations (CCOs) will be held accountable to a metric for weight assessment, nutrition and physical activity counseling for children and adolescents. This preliminary measure begins conversations between local and state public health authorities and CCOs about strategies to address obesity.

- The Oregon Health Authority and the Department of Human Services adopted a shared lactation policy that guides space needs, scheduling considerations and communication. A strong workplace lactation policy supporting breastfeeding and expressing milk sets an example for other employers and for employees, volunteers, clients, contractors and visitors. Breastfeeding helps protect against childhood obesity.

- Despite a slight uptick in 2017, we continue to see a downward trend in obesity among 2 to 5 year olds in low-income families. However, obesity prevalence in adults has increased slightly over the past three years from low-income families.

![Obesity among adults chart](chart.png)

* Behavioral Source: Risk Factor Surveillance System

OHA 8659 (4/2018)
Challenges

Despite the progress made in 2017, the following challenges may affect the state’s ability to meet goals and achieve priority targets by the end of 2019:

- Many low-income communities lack adequate access to healthy foods. In 2015, 103 of Oregon’s 830 Census tracts had poor access to full service grocery stores. This is an increase from 92 in 2013.

- Oregon lacks funding for a comprehensive, evidence-based obesity prevention program. It will be hard for the state to address this important issue without a consistent funding source.

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