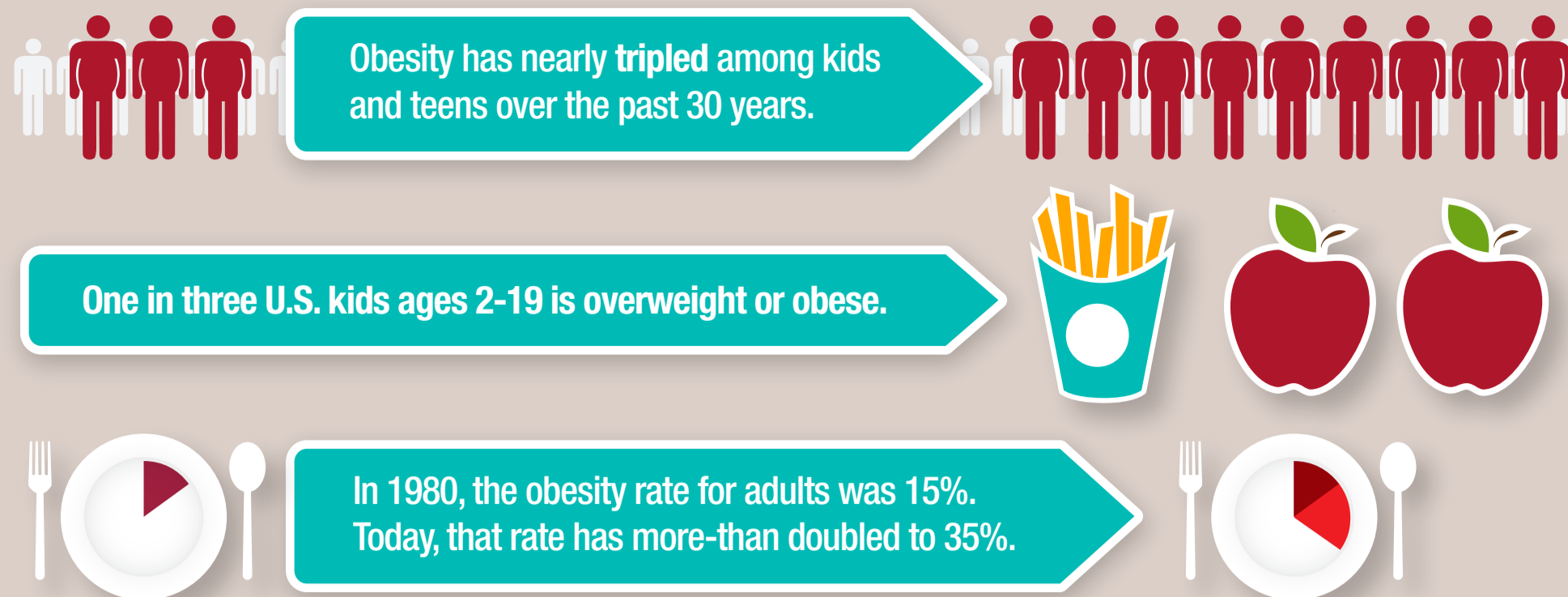


# Public health takes on obesity: A route to better health

## We have a growing problem



## The burdens of obesity

112,000

= The number of obesity-related deaths each year

Children who are obese are **more than twice** as likely to die before age 55 as children with a healthy weight.

**Direct costs =**

**\$152 billion** spent on medical care per year



## There is hope...

**For the first time in recent years, obesity rates have declined**

## Public health is in your community

Public health improves food choices and creates opportunities for physical activity, helping to curb obesity.

*Violence in neighborhoods and fear for safety keeps many kids indoors and decreases opportunities for physical activity.*

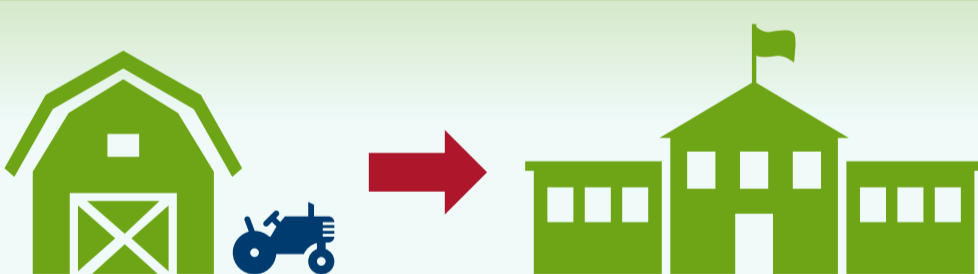


Safe Streets Baltimore helped make streets safer:

56% Reduction in homicides

34% Reduction in nonfatal shootings

## Healthier food options lead to better nutrition



More than **5 million kids** in the U.S. received nutritious food in one year, thanks to farm-to-school programs.



U.S. breastfed infants were **13-22% less likely** to be obese than formula-fed infants.



Kids participating in the Fresh Fruit and Vegetable Program **eat 1/3 cup more** fruits and veggies per day than other kids.

## The built environment provides options for physical activity



Kids who live closer to parks are more active and have much healthier weight later in life than those who live farther away.



Safe Routes to School in California helped increase the number of children walking or biking to school by 15%.



Funded in part by Community Transformation Grants through the Prevention and Public Health Fund.

## To have a healthier nation, we must continue to fund public health programs

Public health funding, including the prevention fund, will be on the chopping block year after year if we don't find a better solution to deficit reduction.



**38%** was cut from the prevention fund in 2013.

To keep winning the fight against obesity, we must continue to fund public health programs.