



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

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## ADPH observes National Nutrition Month with satellite conference on obesity and overweight

### FOR IMMEDIATE RELEASE

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The health risk factors of obesity and overweight in Alabamians will be the focus of a combined satellite conference and webcast March 17 from 2-3 p.m. central time.

Excessive weight and obesity are major risk factors for cardiovascular diseases, the No. 1 cause of death worldwide. In 2009, the Centers for Disease Control and Prevention reported that Alabama has the second highest rate of adult obesity in the nation at 31.2 percent and the sixth highest rate of overweight youths (ages 10-17) at 36.1 percent. With excessive weight and obesity on the rise, it is important to take control of heart health.

The CDC has six target areas for weight loss and improved health, which are:

1. Increase physical activity.
2. Increase consumption of fruits and vegetables.
3. Decrease consumption of sugar-sweetened beverages.
4. Increase breastfeeding initiation and duration.
5. Decrease consumption of high energy-dense foods.
6. Decrease television viewing.

Strategies to work toward are:

- Providing access to healthy foods and to places to be active.
- Strengthening obesity prevention and control programs in preschools, child care centers, work sites, and other community settings.

“By educating families, communities and individuals on increasing physical activity and changing decisions to better eating habits, the Alabama Department of Public Health works together with groups such as the Alabama Cooperative Extension offices to help Alabama citizens make healthy lifestyle changes,” said State Health Officer Dr. Donald Williamson.

The Alabama Department of Public Health Office of Minority Health, the Division of Nutrition and Physical Activity, and Alabama County Cooperative Extension offices of Montgomery and

Autauga counties are partnering in this combined satellite and webcast. This is the sixth satellite conference/webcast program in a series on Alabama health disparities.

To find out more about the free satellite and webcast conference, go to the Alabama Public Health Training Network at [www.adph.org/alphntn/](http://www.adph.org/alphntn/) and click on "[Satellite Conference and Webcast Schedule](#)" to view program information.

For more information on the National Partnership for Action to End Health Disparities, visit the Federal Office of Minority Health at <http://www.omhrc.gov/> or for additional information visit the State of Alabama Office of Minority Health Web site at [www.adph.org/minorityhealth/](http://www.adph.org/minorityhealth/)