

## **Appendix B**

### **West Virginia Healthy People 2010 Nutrition and Overweight Objectives**

#### **FLAGSHIP OBJECTIVE**

**OBJECTIVE 19.1.** Reduce the proportion of people aged 18 and older who are obese.

19.1a. Reduce to 37% the proportion of people who are obese as defined by the Metropolitan Life Insurance tables as being at least 20% over ideal body weight. (Baseline: 43.0% in 1998)

19.1b. Reduce to 20% the proportion of people who are obese as defined by having a body mass index (BMI) of 30 or greater. (Baseline: 23.9% in 1998)

Data Source: West Virginia Bureau for Public Health (WVBPH), Office of Epidemiology and Health Promotion (OEHP), BRFSS

**OBJECTIVE 19.2.** Increase to 35% the proportion of people aged 18 and older who consume at least five servings of vegetables and fruits per day. (Baseline: 18.7% in 1998)

Data Source: WVBPH, OEHP, BRFSS

**OBJECTIVE 19.3.** Increase to at least 60% the proportion of people aged 18 and older who meet dietary recommendations for calcium as defined by the Institute of Medicine's Dietary Reference Intakes for Calcium, Phosphorus, Magnesium and Fluoride. (Baseline: 35.0% in 1998)

Data Source: Statewide Diet and Physical Activity Survey, West Virginia University (WVU) Department of Community Medicine, Division of Exercise Physiology

**OBJECTIVE 19.4.** Increase to 75% the proportion of people aged 18 and older who consume less than 10% of total calories from saturated fat. (Baseline: 45.0% in 1998)

Data Source: Statewide Diet and Physical Activity Survey, WVU Department of Community Medicine, Division of Exercise Physiology.

**OBJECTIVE 19.5.** Decrease food insecurity among WV households by 5% from baseline. (Baseline: 9% in 1998 from USDA; data available in 2001 from BRFSS)

Data Sources: USDA Prevalence of Food Insecurity and Hunger (per state) Survey; WVBPH, OEHP, BRFSS

**OBJECTIVE 19.6.** Increase the proportion of adolescents who consume breakfast daily by 5% from baseline. (Baseline data available in 2001)

Data Source: Youth Statewide Diet and Physical Activity Survey, WVU Department of Community Medicine, Division of Exercise Physiology.

**OBJECTIVE 19.7.** Increase the proportion of adolescents who consume at least five servings of fruits and vegetables per day by 5% from baseline. (Baseline: 20.4% in 1999 from Youth Risk Behavior Survey [YRBS]; data available in 2001 from Youth State Diet and Physical Activity Survey)

Data Source: WV Department of Education (WVDOE), Office of Healthy Schools, YRBS; WVU Department of Community Medicine, Division of Exercise Physiology

**OBJECTIVE 19.8.** Increase the proportion of adolescents who meet dietary recommendations for calcium by 5% from baseline. (Baseline data available in 2001)

Data Source: Youth Statewide Diet and Physical Activity Survey, WVU Department of Community Medicine and Division of Exercise Physiology

**OBJECTIVE 19.9.** Increase the proportion of adolescents who consume less than 10% total calories from saturated fat by 5% from baseline. (Baseline data available in 2001)

Data Source: Youth Statewide Diet and Physical Activity Survey, WVU Department of Community Medicine, Division of Exercise Physiology

**OBJECTIVE 19.10.** Reduce the proportion of children and adolescents who are overweight or obese by 5% from baseline. Overweight or obese is defined as equal to or above the gender- and age-specific 95<sup>th</sup> percentile of BMI from the revised NCHS/CDC growth charts. (Baseline: 23% in 1998 from the CARDIAC PROJECT; data available in 2001 from the Youth Statewide Diet and Physical Activity Survey, WVU)

Data Sources: Dr. Bill Neal's CARDIAC PROJECT, WVU School of Medicine; Youth Statewide Diet and Physical Activity Survey, WVU Department of Community Medicine, Division of Exercise Physiology

**OBJECTIVE 19.11.** At a minimum, maintain current standards for Nutrition Education in schools (Grades K-12).

Data Source: WV Department of Education, Instructional Goals and Objectives

### **The West Virginia Healthy People 2010 Physical Activity Objectives**

#### **FLAGSHIP OBJECTIVE**

**OBJECTIVE 22.1.** Reduce to 37% the proportion of people aged 18 and older who engage in no leisure-time physical activity. (Baseline: 43.7% in 1998)

Data Source: West Virginia Bureau for Public Health (WVBPH), Office of Epidemiology and Health Promotion (OEHP), Behavioral Risk Factor Surveillance System (BRFSS)

**OBJECTIVE 22.2.** Increase to at least 17% the proportion of people aged 18 and older who engage regularly, preferably daily, in sustained physical activity for at least 30 minutes per day. (Baseline: 13.5% in 1998)

Data Source: WVBPH, OEHP, BRFSS

**OBJECTIVE 22.3.** (Developmental) Increase the proportion of WV's public and private elementary, middle/junior high, and senior high schools that provide daily lifetime fitness enhancing activities, including quality daily physical education (K-12) and recess (K-5), for all students during school hours. (Baseline data available in 2002)

Data Source: WV Department Of Education (WVDOE), Office of Healthy Schools (OHS), SHEP Survey

**OBJECTIVE 22.4.** Increase to 30% the proportion of adolescents who engaged in moderate physical activity for at least 30 minutes on five or more of the previous seven days. (Baseline: 25.4% in 1999)

Data Source: WVDOE, OHS, West Virginia Youth Risk Behavior Survey

**OBJECTIVE 22.5.** (Developmental) Increase the proportion of WV's public elementary, middle/junior high, and senior high schools that provide access to their outdoor and indoor physical activity spaces and facilities for young people and adults outside of normal school hours (i.e., before and after the school day, on weekends, and during summer and other vacations). (Baseline data available in 2002)

Data Source: WVDOE, OHS, SHEP Survey

**OBJECTIVE 22.6.** (Developmental) Increase the proportion of respondents who report using available community facilities (sidewalks, school tracks, walking trails, roads, malls, recreation areas, etc.) to achieve regular physical activity. (Baseline data available in 2002)

Data Source: WVBPH, OEHP, BRFSS

**OBJECTIVE 22.7.** Increase to 60% the proportion of respondents who reported receiving advice and/or counseling from their primary and/or allied health care providers regarding their physical activity practices. (Baseline: 52.3% [provisional] in 1999)

Data Source: WVBPH, OEHP, BRFSS, West Virginia Office of Healthy Schools. WV School Nurse Needs Assessment results. Charleston, WV: Department of Education, 1996-97, 1998-99.