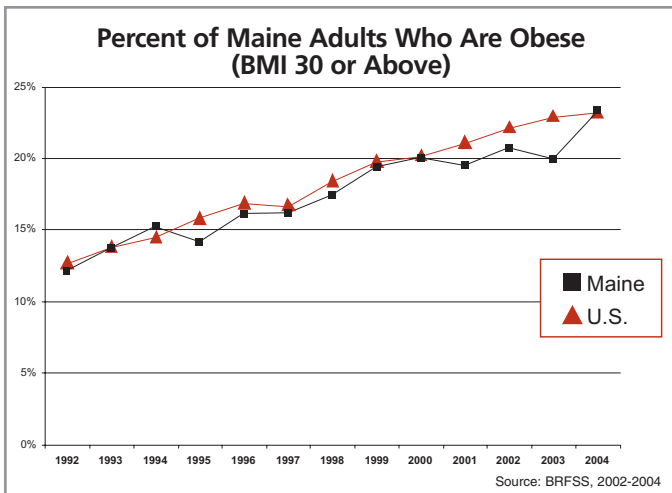


# The Burden of Overweight and Obesity in Maine

Obesity is arguably one of the most serious public health threats in the United States today. The percentage of overweight or obese people in Maine and throughout the United States has increased steadily over the past several decades.

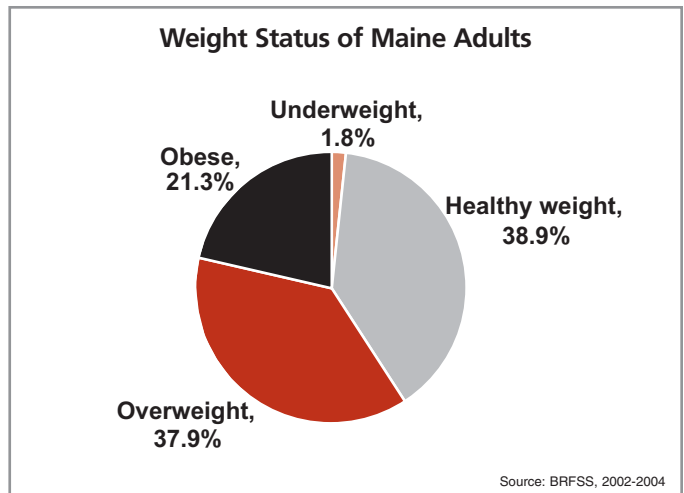
## The percentage of adults who are obese is rising steadily in Maine and in the U.S. <sup>1</sup>

- The prevalence of obesity in Maine has nearly doubled since 1992.

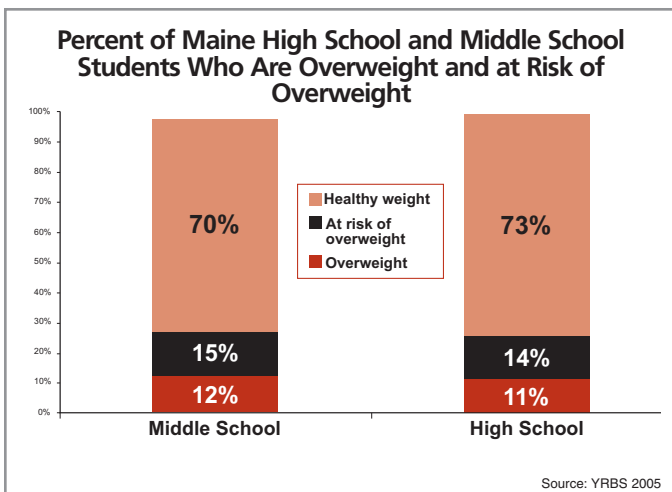


## Over half of adults in Maine are either overweight or obese.

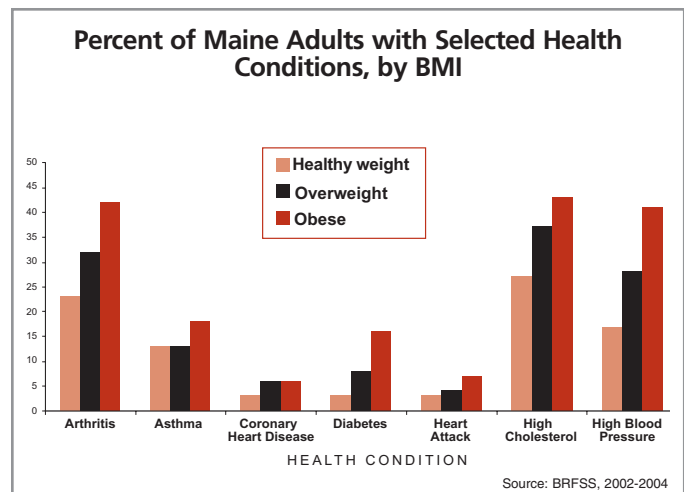
- One in five adults in Maine is obese.
- Obesity is as common among men (22%) as women (21%), but men are more likely than women to be overweight (47% v. 29%).



## One in four middle or high school youth is either at risk for being overweight or overweight. <sup>2</sup>



## Overweight and obesity are related to a wide range of health effects, including diabetes, cardiovascular disease, and osteoarthritis.



<sup>1</sup> BRFSS data are averaged across 2002-2004

<sup>2</sup> Youth Risk Behavior Survey, 2005

- Adults who are obese are twice as likely to report that their health is fair or poor than those who are healthy weight or even overweight.

- Obese adults are **more than 5 times** more likely to be diagnosed with diabetes than adults of a healthy weight.

- The chance of having high cholesterol or high blood pressure increases dramatically if you are overweight, and again if you are obese.

- Arthritis is almost twice as common among obese adults than those at a healthy weight.

- Heart disease, stroke and diabetes, all linked to obesity, are the 2<sup>nd</sup>, 3<sup>rd</sup> and 7<sup>th</sup> leading causes of death in Maine.



**Healthy Maine Partnerships**

**Physical Activity and Nutrition Program**

Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention

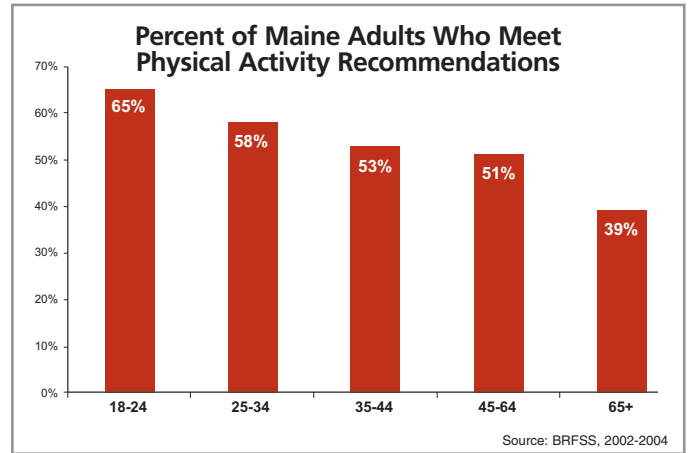
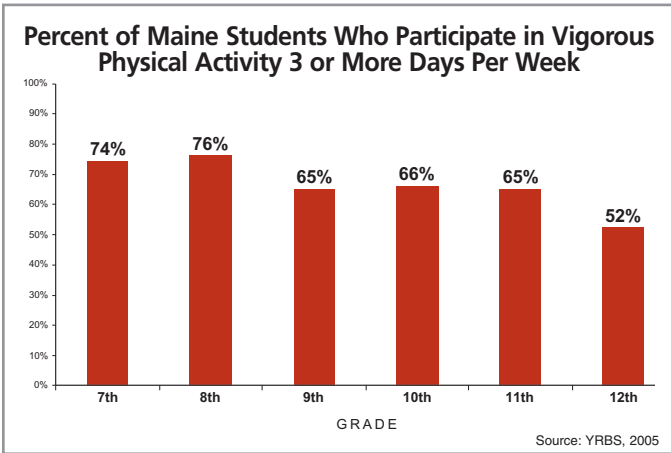
[www.healthymainepartnerships.org/panp](http://www.healthymainepartnerships.org/panp)

# The Maine Physical Activity and Nutrition (PAN) Plan 2005–2010

## How we plan to address the problem of overweight and obesity

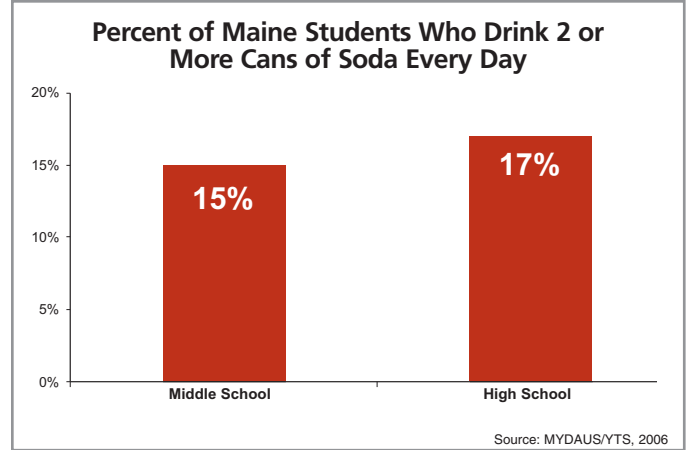
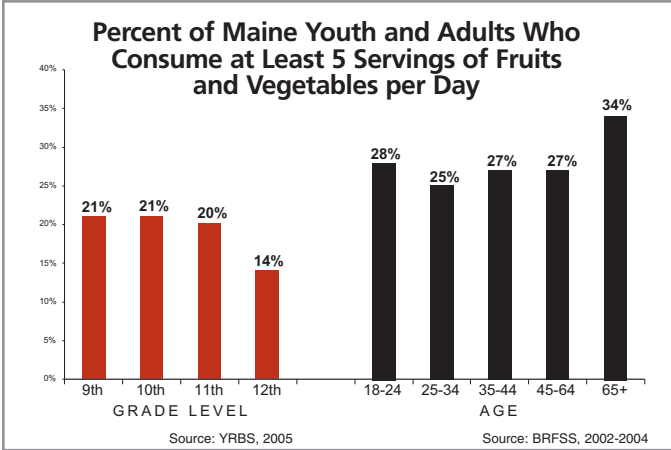
The Maine PAN Plan's goal is to increase the proportion of Maine people who are at a healthy weight and reduce the health risks associated with overweight and obesity, especially among groups that are at a high risk for health effects. We are working to accomplish this goal in a number of ways. Below are highlights of 5 focus areas of the plan and key objectives.

**Physical Activity:** Increase youth participation in vigorous physical activity that promotes cardio-respiratory fitness and adult participation in physical activity.



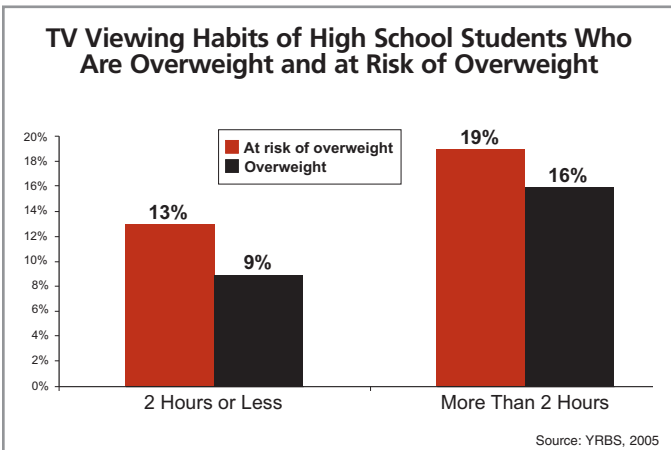
### Fruit and Vegetable Consumption

- Increase the percentage of teens and adults who consume 5 or more servings of fruit and vegetables every day.



### Television Time

- Increase the proportion of youth who watch TV two hours or less a day.



### Breastfeeding

- Increase the percentage of mothers who breastfeed their babies at 6 months.

