

2003-04 SESSION
COMMITTEE HEARING
RECORDS

Committee Name:

Senate Committee on
Health, Children,
Families, Aging and
Long Term Care
(SC-HCFALTC)

Sample:

Record of Comm. Proceedings ... RCP

- 03hrAC-EdR_RCP_pt01a
- 03hrAC-EdR_RCP_pt01b
- 03hrAC-EdR_RCP_pt02

➤ Appointments ... Appt

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➤ Clearinghouse Rules ... CRule

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➤ Committee Hearings ... CH

➤ **

➤ Committee Reports ... CR

➤ **

➤ Executive Sessions ... ES

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➤ Hearing Records ... HR

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➤ Miscellaneous ... Misc

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➤ Record of Comm. Proceedings ... RCP

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Senate Joint Resolution 65

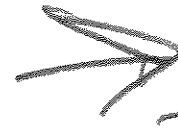
Relating to focusing attention on healthy lifestyles in Wisconsin in 2004.

- SJR 65 states that the Legislature encourages persons in the legislature and in executive branch agencies to focus attention in 2004 on problems associated with being overweight or obese, to work with individuals, groups and communities to educate them about the problems and costs and to encourage healthy lifestyles to combat these problems.
- Senator Lazich will testify.
- DHFS will likely testify as well.

)
40%

Behavior

1.5 B

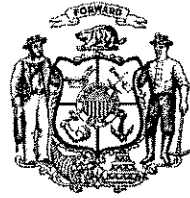


medicare

medicaid

— Pkts. Schools employees

med.



Mary Lazich

Wisconsin State Senator
Senate District 28

Senate Committees on Health, Children, Families, Aging
and Long Term Care
Testimony for Senate Joint Resolution 65 on Healthy Lifestyles
February 25, 2004

Thank you Chairperson Roessler for holding a hearing on Senate Joint Resolution (SJR) 65. In 2001, the United States Surgeon General declared obesity a major health epidemic. The United States Center for Disease Control reports that the percentage of persons that are overweight has nearly doubled over the past decade. Unfortunately, the medical costs and severe medical conditions associated with obesity are staggering.

The January 2004 Journal on Obesity Research estimates that annual medical expenses in Wisconsin attributable to obesity are \$1.5 billion. A Wisconsin Department of Health and Family Services report states that obesity and physical inactivity are the leading causes of morbidity and mortality throughout the United States. Obesity is not just associated with adults. Women Infants and Children (WIC) data from 2001 shows that overweight children and adolescents are increasing. 13 percent of Wisconsin children aged zero to five years old are overweight and 15.3 percent of children two to five years of age are at risk of becoming overweight. It is astounding that many children five years of age and younger are overweight.



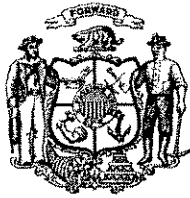
Obesity is a growing and critical health problem with severe consequences for citizens of Wisconsin. As Legislators, we must raise awareness about the obesity health epidemic and encourage the citizens of Wisconsin to lead healthier lifestyles. Senate Joint Resolution 65 is a small step in educating Wisconsin citizens about the severe health problems and escalating medical costs associated with obesity.

The goal of raising awareness about obesity is to help citizens of Wisconsin feel better while lowering medical expenses. A healthier Wisconsin will save the state taxpayers large sums of money spent on escalating medical expenses due to obesity. As I stated earlier, it is estimated that Wisconsin spends \$1.5 billion dollars each year on obesity related illnesses. If the costs for obesity were not so high, the state might not be facing a Medical assistance crisis.

Fortunately, obesity is a disease that can be prevented by education, awareness, and commitment to living healthier lifestyles. The Wisconsin legislature, the Department of Health and Family Services, the Department of Public Instruction, state medical professionals, and the general public need to take a more pro-active approach to this obesity epidemic.

Again, I thank you Senator Roessler, committee members, and legislators that signed onto Senate Joint Resolution 65. The time to act on Senate Joint Resolution 65 is now. Thank you for your time and consideration.

2/25/04
Public
Hearing



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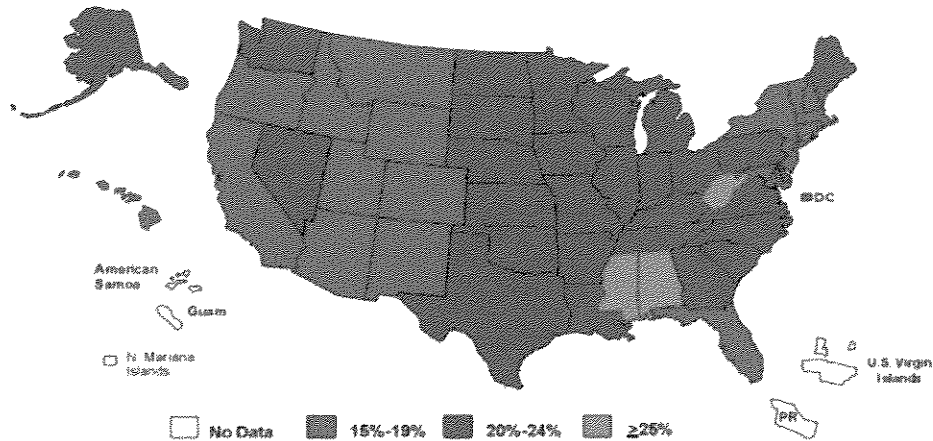
Again, I thank you Senator Roessler, committee members, and legislators that signed onto Senate Joint Resolution 65. The time to act on Senate Joint Resolution 65 is now. Thank you for your time and consideration.

DATE: February 25, 2004
TO: Members of the Senate Committee on Health, Children, Families, Aging and Long Term Care
FROM: Jeff Ranous
Wisconsin Advocacy Director
(262) 271-4908
RE: Support of LRB-4040 (SJR65)

epi-demic: affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time

Merriam-Webster's Collegiate Dictionary, Eleventh Edition

Obesity Among U.S. Adults BRFSS, 2002



As the above map all too clearly illustrates, obesity **IS** a health epidemic in our country. Nearly 131 million, or 65%, of all adults in the United States are considered overweight with nearly 62 million, or 31%, being obese. Unfortunately, this epidemic is not isolated to the adult population. Over 15% of our nation's children are overweight.

The human, and financial, toll of obesity is staggering. Obesity is a known risk factor for heart disease; stroke; high blood pressure; diabetes; gallbladder disease; arthritis; breathing problems; and some forms of cancer. There are some estimates suggesting that 70% of all cases of cardiovascular disease are obesity related. This is particularly disturbing given that the total cost of heart disease and stroke in the United States was estimated to be \$351 billion in 2003, including health care expenditures and lost productivity from death and disability.

With an estimated 300,000 adults in the United States dying each year from obesity related causes, this epidemic cost our country \$117 billion in 2000, or 9% of the nation's total health care costs. These are truly astounding numbers which warrant that immediate attention be given to this critical issue.

The American Heart Association urges you to support LRB-4040 and is hopeful that quick passage of this resolution will increase the awareness of the obesity epidemic and lead to further policy dialogue and action in Wisconsin. Thank you in advance for your consideration and please feel free to contact us if you have any questions or would like additional information.

***Obesity and Physical Inactivity in Wisconsin
Highlights***

***Bureau of Chronic Disease Prevention and Health Promotion
Bureau of Family and Community Health
Division of Public Health
Wisconsin Department of Health and Family Services***



Making a difference.

In Wisconsin and the United States, obesity has risen at an epidemic rate during the past 20 years. One of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%.

Factors Which Contribute to Increase in Obesity

- Less exercise and more sedentary lifestyles.
- Lack of infrastructure to support physically active lifestyle at work, school and in communities.
- Increased access and marketing of fast food and soft drinks in our schools, unhealthy food served at school breakfast and lunch.
- Larger food portions at home and outside.
- Increased access to high calorie, high fat content food.

Defining Overweight and Obesity among Adults

Overweight refers to increased body weight in relation to height, when compared to some standard of acceptable or desirable weight.

Obesity is defined as an excessively high amount of body fat or adipose tissue in relation to lean body mass.

Desirable weight standards are classified using a mathematical formula known as

Body Mass Index (BMI).

BMI stands for **Body Mass Index**. It is a number that shows body weight adjusted for height. BMI can be calculated with simple math using inches and pounds, or meters and kilograms. For adults aged 20 years or older, BMI falls into one of these categories:

Body Mass Index	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal Weight
25.0 – 29.9	Overweight
30 and Above	Obese

Defining Overweight among Children and Adolescents

Overweight: Based on the 2000 CDC growth chart percentiles of greater than or equal to the 95th percentile weight-for-length for children less than 2 years of age and greater than the 95th percentile BMI-for-age for children 2 -19 years of age.

Risk of overweight: Based on the 2000 CDC growth chart percentiles of the 85th to the 95th percentile BMI-for-age for children 2-19 years of age.

Health Effects of Obesity

According to the National Institute of Health, all obese adults (a BMI of 25 or more) are considered at risk for chronic conditions such as diabetes, heart diseases, hypertension, high blood cholesterol etc.

These health risks increase even more as the severity of an individual's obesity increases.

Economic Burden of Obesity in Wisconsin

A recent study by Centers for Disease Control (CDC) estimated the cost related to obesity among adults.

In Wisconsin the total medical expenditure related to obesity among adults is approximately \$1.5 billion.

In Wisconsin the obesity related expenditure costs Medicare \$306 million and costs Medicaid \$320 million.

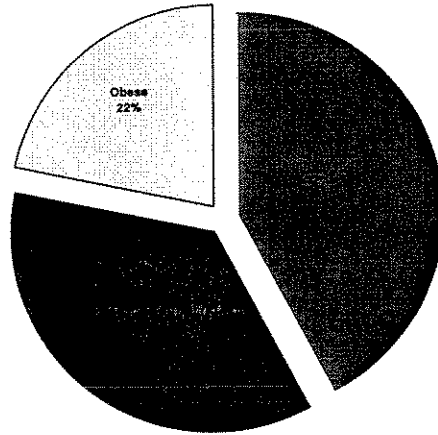
Recommendations

In Wisconsin prevention is the key to halt and reverse the upward trend of the obesity epidemic.

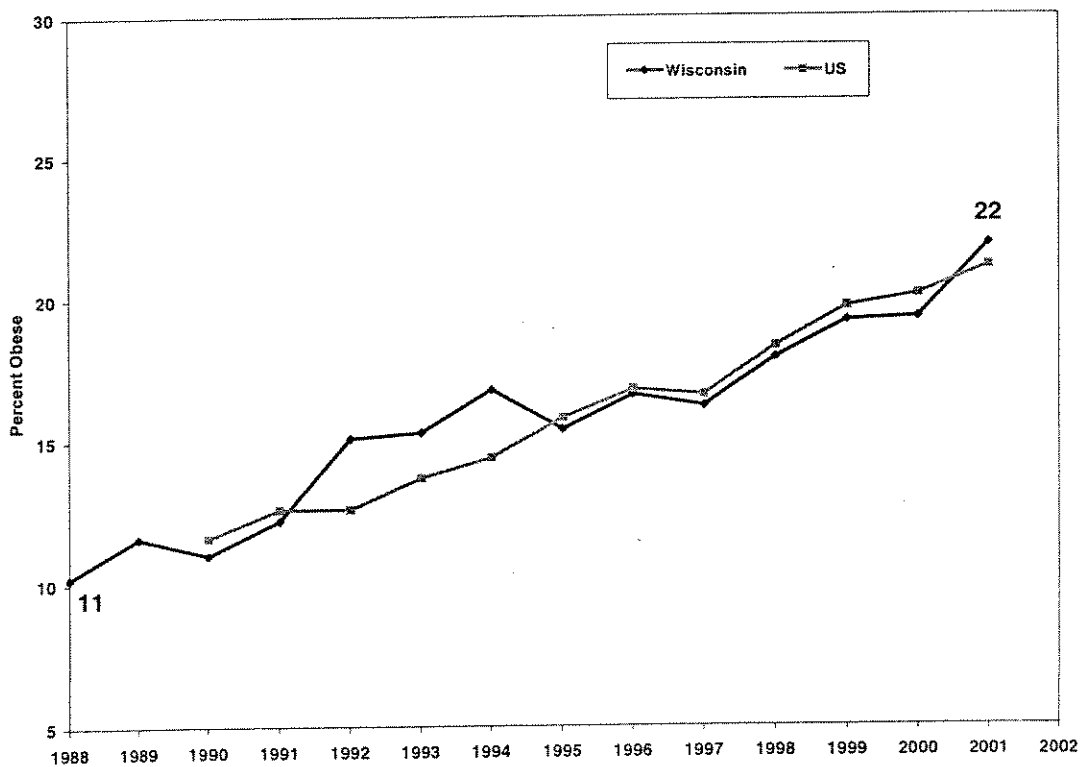
This requires an effective collaboration among government, voluntary, and private sectors, as well as a commitment to action communities across the state to promote physical activity and nutritious diet among Wisconsin children, youth and adults.

Obesity among Wisconsin Adults

- In Wisconsin, one in five (22%) or approximately 907,000 adults are obese and more than half (58%) are overweight.

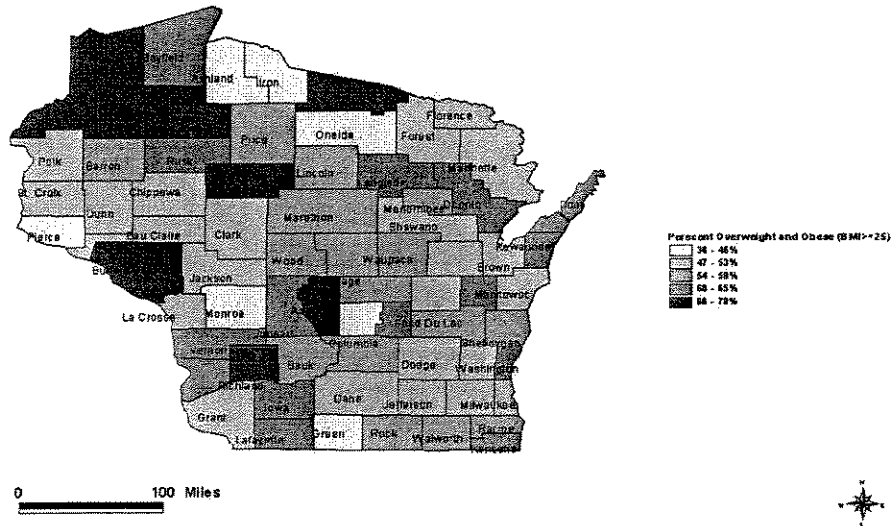


- Obesity rates among adult Wisconsinites have doubled over the past decade, from 11% in 1990 to 22% in 2002. Obesity has increased among both men and women, across all racial/ethnic groups, and across all age groups.

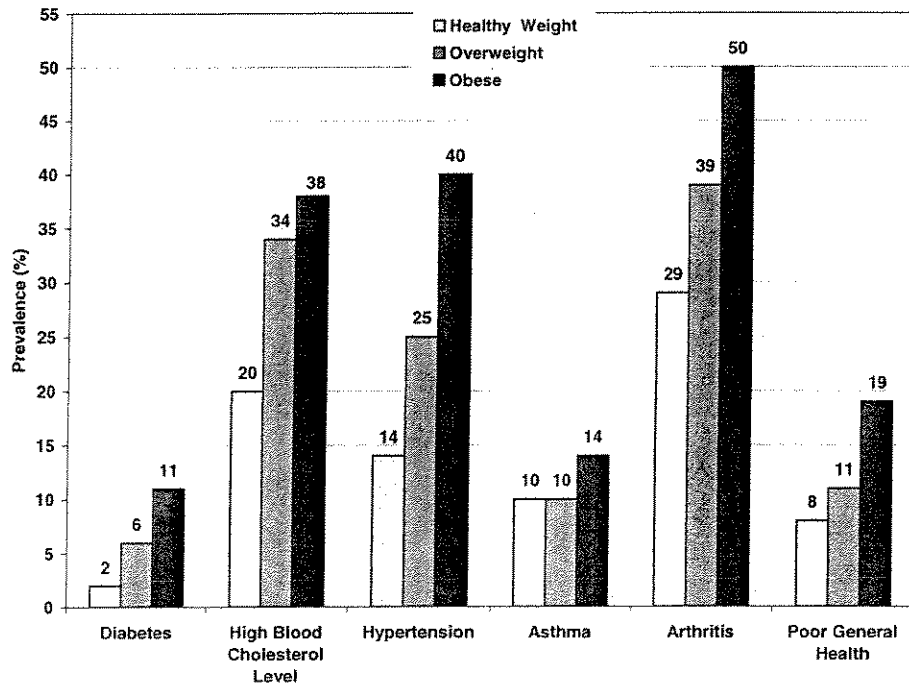


- In Wisconsin overweight and obesity has increased in all 72 counties and among all population subgroups.

Prevalence of Overweight and Obesity (BMI \geq 25), by County



- In Wisconsin, prevalence of both overweight and obesity is higher among men than women. Wisconsin men have a higher prevalence of obesity (22.8%), compared to women (19.9%).
- Obesity increases the risk for chronic conditions like diabetes, heart diseases, hypertension, high blood cholesterol and many other conditions. Obese adults are more likely to have chronic conditions as compared to those adults with healthy body weight, as shown in this figure.



Nutritional Status of Wisconsin Adults: Fruits and Vegetable Consumption

- Almost three out of four (76%) Wisconsin adults report that they consume less than five servings of fruits and vegetables per day.
- Men are more likely (82%) to eat less than five fruits and vegetables a day compared to women (72%).
- Wisconsin adults with lower household income and less than high school education are most likely to report lowest consumption of five fruits and vegetables a day.

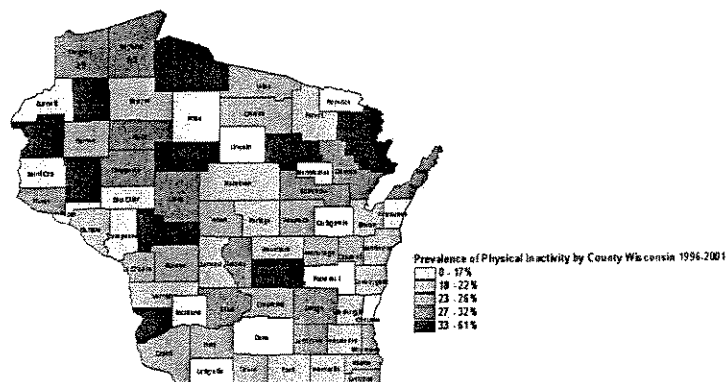
Physical Inactivity among Wisconsin Adults

Physical activity along with a nutritious diet is the key to maintaining energy balance and a healthy weight and reducing the risk of adverse health conditions.

The Surgeon General recommends that all-American adults receive 30 minutes of moderate physical activity on three or more days of the week and that children and adolescents receive 60 minutes of moderate physical activity on three or more days of the week.

- In Wisconsin, physical inactivity or sedentary lifestyle has increased disproportionately over the past decade.
- In Wisconsin, one in four adults are physically inactive (23%). About one in two adults are irregularly active (46%). And only one in three adults are regularly active (31%)
- Prevalence of physical inactivity is highest among Hispanics (41%) followed by African Americans (37%).
- Adults with lower annual household income and less than high school education has the highest prevalence of sedentary lifestyle (35%).
- In Wisconsin physical inactivity is high in all 72 counties

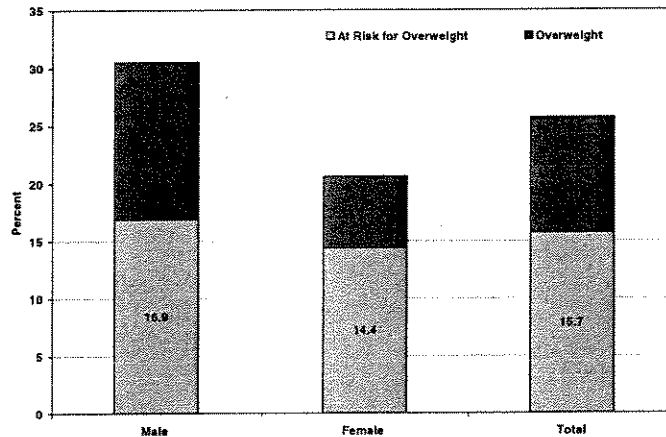
Physical Inactivity Among Wisconsin Adults, by County 1998-2000



0 100 Miles

Weight Status among Wisconsin Adolescents and Youth

- In Wisconsin 26% of youth are either overweight or at risk for overweight.
- Boys are more likely to be overweight (15%) than girls (7.2%), and 16% of both boys and girls are at risk for overweight.



- Among High School students, Blacks were most likely to be overweight (15.4%) followed by Whites (9.3%).
- American Indian students are most likely to be at risk for overweight (19.5%).
- Among Wisconsin youths, female are more likely to make an effort to lose weight (61%) than males (27%).
- Only 12% of high school students report consuming five or more servings of fruits and vegetables a day.
- About 64% of students reported exercising or participating in strenuous physical activity that made sweat and breathe hard for at least 20 minutes on three or more days a week.
-

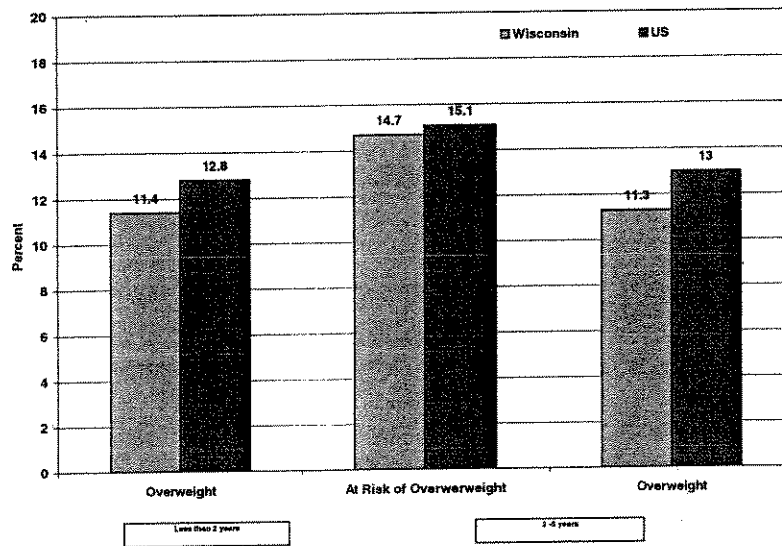
Weight Status among Wisconsin Children (0-5 years)

(Wisconsin Women Infant and Children (WIC) Data)

Overweight (high weight-for-length/BMI-for-age) in children and adolescents has reached epidemic proportions in Wisconsin in recent years. The ongoing Pediatric Nutrition Surveillance (PedNSS) of preschool children demonstrates that,

- Among Wisconsin children aged 0-5 years, 13% are overweight.
- The problem of overweight is disproportionately distributed among various racial and ethnic groups. Prevalence of overweight is highest among American Indian children (23.8%) followed by Hispanic children (19%).

- Between 1990 to 2001, the prevalence of overweight in children aged 2 to 5 has increased from 8% to 13%.
- Overweight has increased among all racial and ethnic groups, with the greatest increase occurring among White children.
- Among Whites, the relative increase in overweight was more than 18% between 1992 and 2001.



For Further Information Contact:

Patti Herrick

Bureau of Family and Community Health
 Division of Public Health
 Department of Health and Family Services
 608 266 8321

Chetna Mehrotra

Bureau of Chronic Disease Prevention and Health Promotion
 Division of Public Health
 Department of Health and Family Services
 608 267 9007

SJR65

- Sen. Lazich

- 48% of H.C. costs due to behaviors + lifestyles -

- Smoking #1

- obesity #2

- Hemick

Patti - DHHS (had 50 min. pres. on state Health plan)

- Supports

- Rec. grant from CDC to improve
nutrition/activity/obesity

- 100 page paper ~~on~~ explaining burden of obesity.

- Obesity is correctable/preventable.

*Correctly
introduced*

2003 SENATE JOINT RESOLUTION 65

February 24, 2004 – Introduced by Senators LAZICH, ROESSLER, ROBSON, ZIEN, DARLING, COGGS, BROWN, KANAVAS, SCHULTZ and LASSA, cosponsored by Representatives GIELOW, UNDERHEIM, MCCORMICK, STONE, HINES, YOUNG, WIECKERT, TOWNSEND, MOLEPSKE, SERATTI and HAHN. Referred to Committee on Health, Children, Families, Aging and Long Term Care.

1 **Relating to:** focusing attention on healthy lifestyles in Wisconsin in 2004.

2 Whereas, a behavioral risk factor surveillance system study, as reported in the
3 January 2004 edition of the Journal of Obesity Research, estimates that the annual
4 medical expenses in Wisconsin attributable to obesity are \$1,486,000,000; and

5 Whereas, a 2004 weight status and physical activity report by the Department
6 of Health and Family Services found that obesity and physical inactivity are leading
7 causes of morbidity and mortality in Wisconsin and throughout the United States;
8 and

9 Whereas, obesity causes almost as many deaths as, and costs more to treat,
10 than smoking; and

11 Whereas, a 2000 national health and nutrition examination survey estimates
12 that 64 percent of adults in the United States are overweight or obese; and

13 Whereas, about 22 percent of Wisconsin residents are obese and another 38
14 percent are overweight; and

If you have warning signs of heart attack or stroke, call 9-1-1 immediately! New treatments can make a difference if you act fast.

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Greater Midwest Affiliate
2850 Dairy Drive, Suite 300
Madison, WI 53718-6742
Tel 608.221.8866
Fax 608.221.9233
www.americanheart.org

DATE: March 4, 2004
TO: Members of the Wisconsin Senate
FROM: Jeff Ranous
Wisconsin Advocacy Director
(262) 271-4908
RE: **Support of SJR 65**

ep-i-dem-ic: affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time

Merriam-Webster's Collegiate Dictionary, Eleventh Edition

Sadly, **obesity has become a health epidemic** in our country. Nearly 131 million, or 65%, of all adults in the United States are considered overweight with nearly 62 million, or 31%, being obese. Unfortunately, this epidemic is not isolated to the adult population. Over 15% of our nation's children are overweight.

The human, and financial, toll of obesity is staggering. Obesity is a known risk factor for heart disease; stroke; high blood pressure; diabetes; gallbladder disease; arthritis; breathing problems; and some forms of cancer. There are some estimates suggesting that 70% of all cases of cardiovascular disease are obesity related. This is particularly disturbing given that the total cost of heart disease and stroke in the United States was estimated to be \$351 billion in 2003, including health care expenditures and lost productivity from death and disability.

With an estimated 300,000 adults in the United States dying each year from obesity related causes, this epidemic cost our country \$117 billion in 2000, or 9% of the nation's total health care costs. In Wisconsin alone the direct obesity related medical costs are \$1.5 billion a year. These truly astounding numbers certainly warrant that immediate attention be given to this critical issue.

The American Heart Association urges you to support SJR65 and is hopeful that passage of this resolution will increase the awareness of the obesity epidemic and lead to further policy dialogue and action in Wisconsin. Thank you in advance for your consideration and please feel free to contact us if you have any questions or would like additional information.

CORRESPONDENCE/MEMORANDUM

State of Wisconsin

Division of Public Health
Bureau of Family & Community Health
Wisconsin WIC Program and Nutrition Section

MAR 08 2004

TO CR -
JL
STR OS

DATE: March 3, 2004
TO: Senator Roessler
FROM: Patti Herrick, RD, MPA, *Patti Herrick*
Nutrition Director, DHFS, Division of Public Health
SUBJECT: Requested Information

Good afternoon! Thank you again for the opportunity to testify in favor of the Senate Joint Resolution 65 last month. It was very rewarding to see and feel the enthusiasm for this important topic.

During my presentation, I mentioned that the activities in DHFS, DPH are consistent with the State Health Plan, Healthiest Wisconsin 2010, and you asked for some information. The Plan has two nutrition-related priorities: Adequate and Appropriate Nutrition, and Overweight, Obesity and Lack of Physical Activity. Enclosed are these chapters from the Implementation Plan, also available on the web site. While the full documents would make fascinating reading, I have tagged the most appropriate objectives and highlighted some of the more relevant sections. The objectives in the State Health Plan are consistent with subsequent planning, e.g. the new CDC Nutrition and Physical Activity grant in DPH, and other statewide initiatives.

Please let me know if you have any additional questions or concerns (and suggestions), and I hope the "weigh-in" went well today!



STATE OF WISCONSIN
DEPARTMENT OF HEALTH
AND FAMILY SERVICES

PATTI HERRICK, R.D., C.D., M.P.A.

NUTRITION AND WIC DIRECTOR
NUTRITION SECTION
DIVISION OF PUBLIC HEALTH

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