

UIC Obesity Research Roundtable

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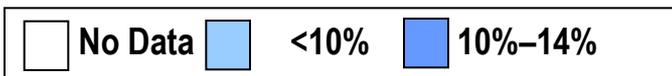
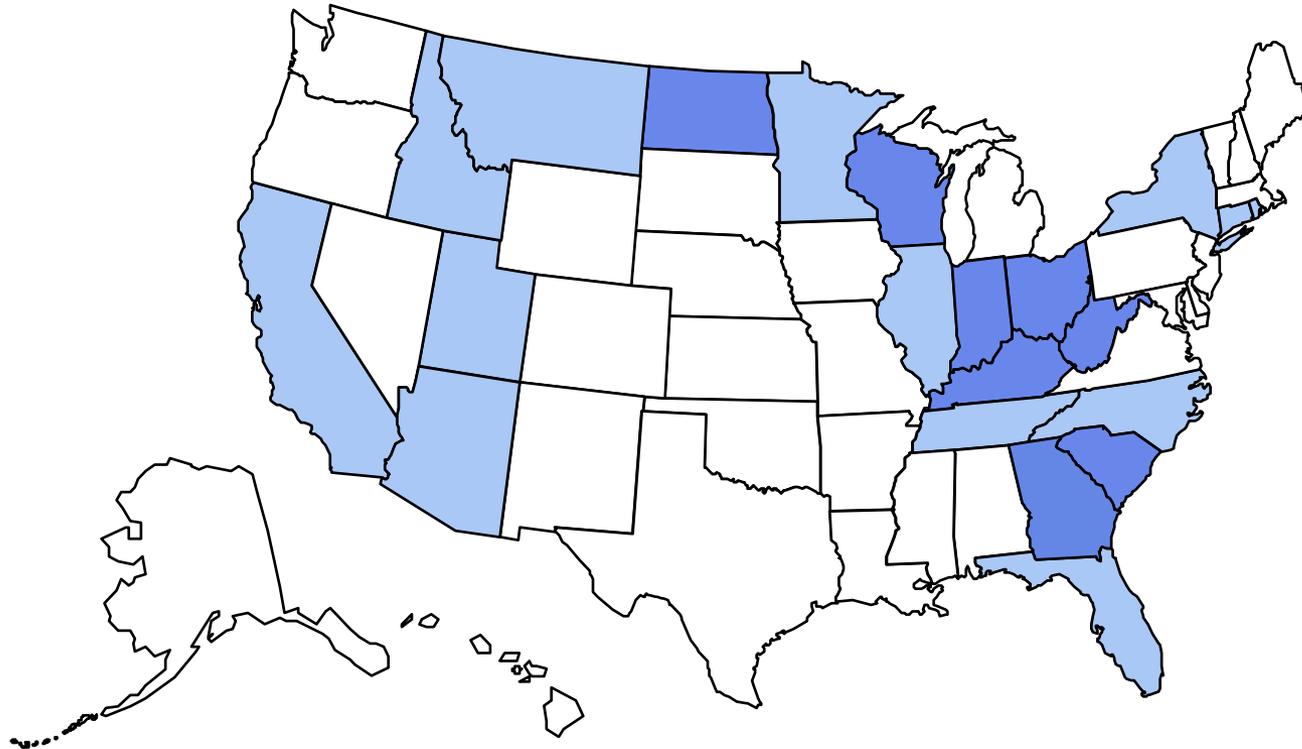
Why Obesity?

- Rapid rise in rates of overweight, obesity, and morbidly obese
 - Adults (20-74):
 - 1976-1980: 15% obese
 - 2003-2004: 32.9% obese
 - Children:
 - 2-5: from 5% to 13.9%
 - 6-11: from 6.5% to 18.8%
 - 12-19: from 5% to 17.4%

Obesity Trends* Among U.S. Adults

BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

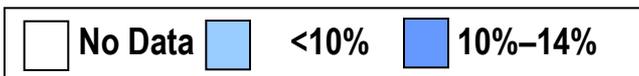
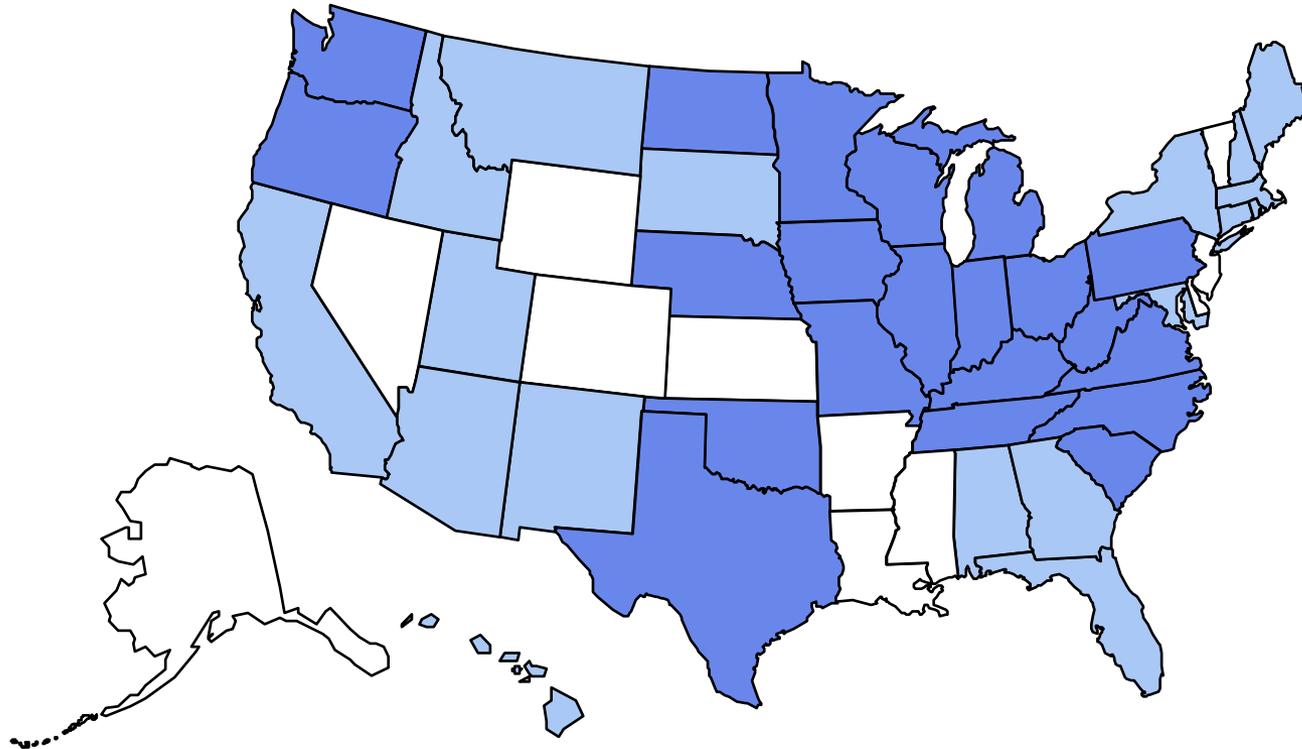


Source: CDC Behavioral Risk Factor Surveillance System

Obesity Trends* Among U.S. Adults

BRFSS, 1989

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

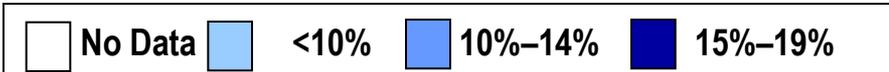
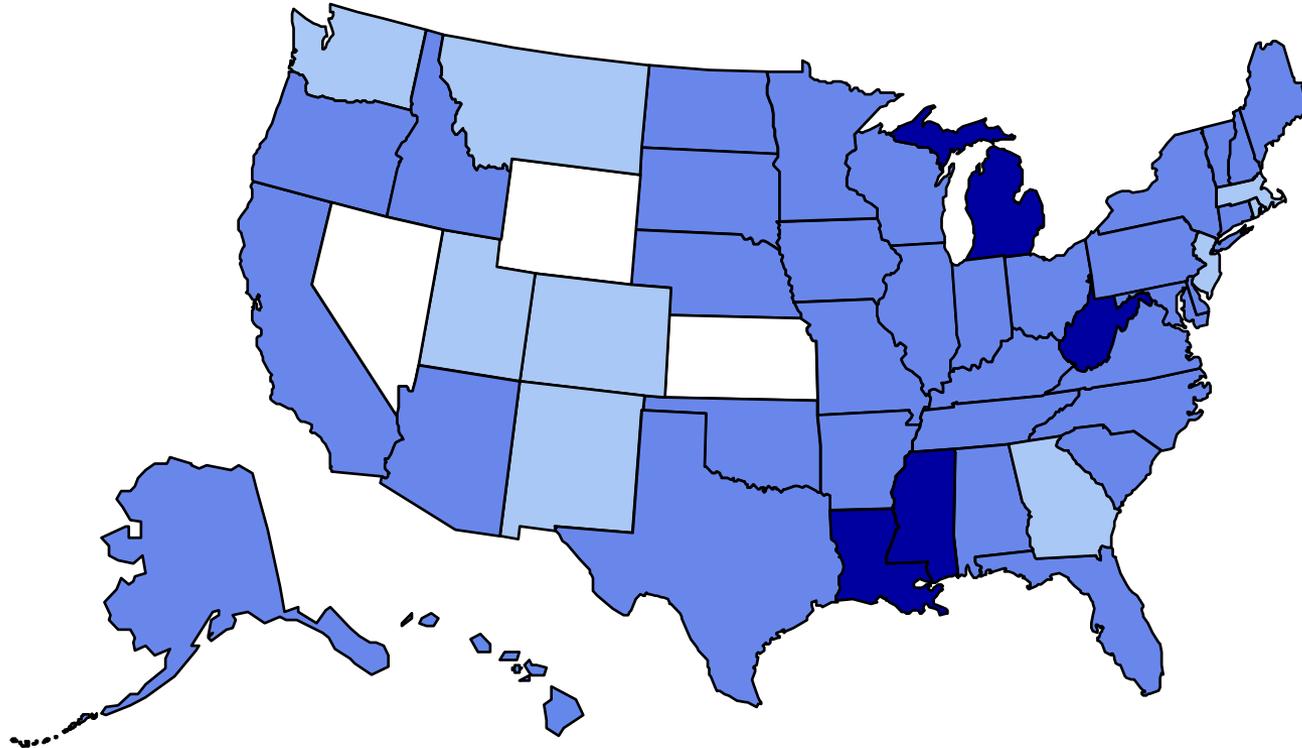


Source: CDC Behavioral Risk Factor Surveillance System

Obesity Trends* Among U.S. Adults

BRFSS, 1991

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

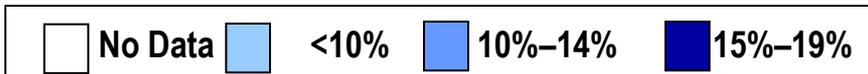
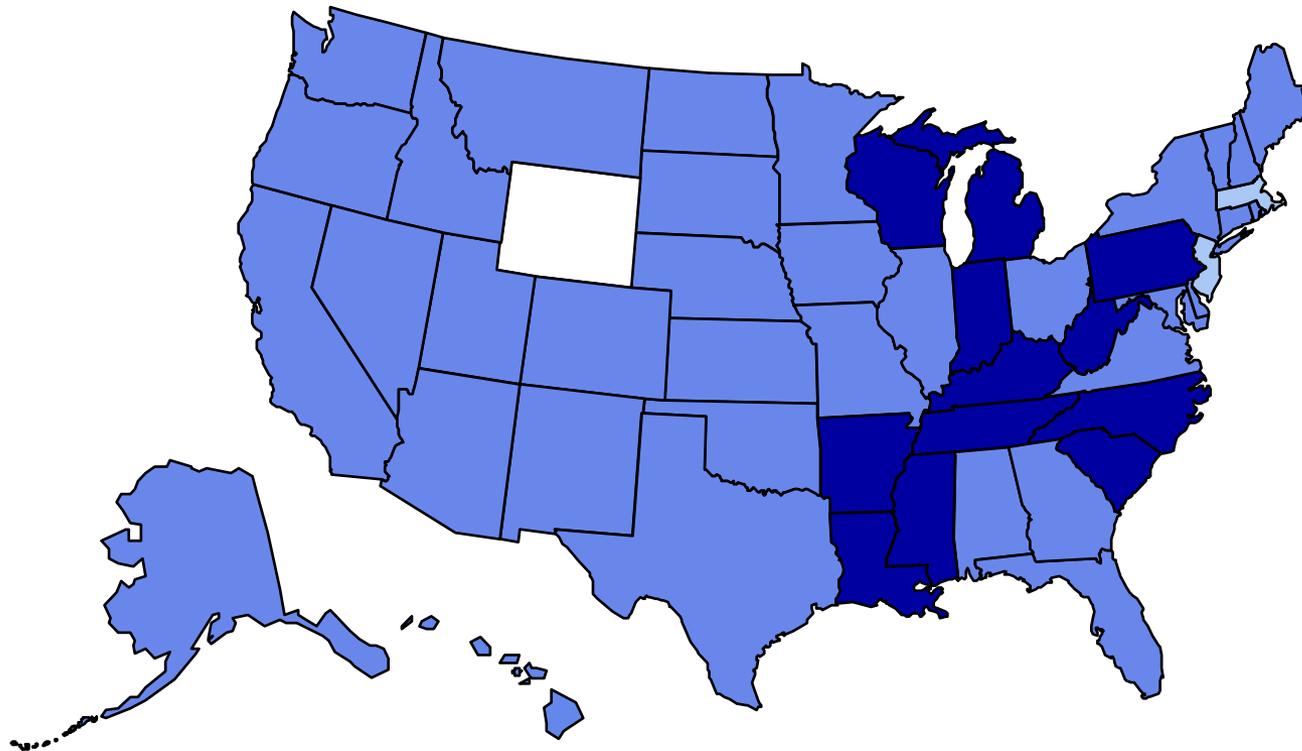


Source: CDC Behavioral Risk Factor Surveillance System

Obesity Trends* Among U.S. Adults

BRFSS, 1993

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

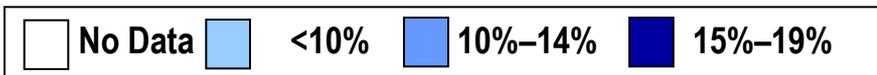
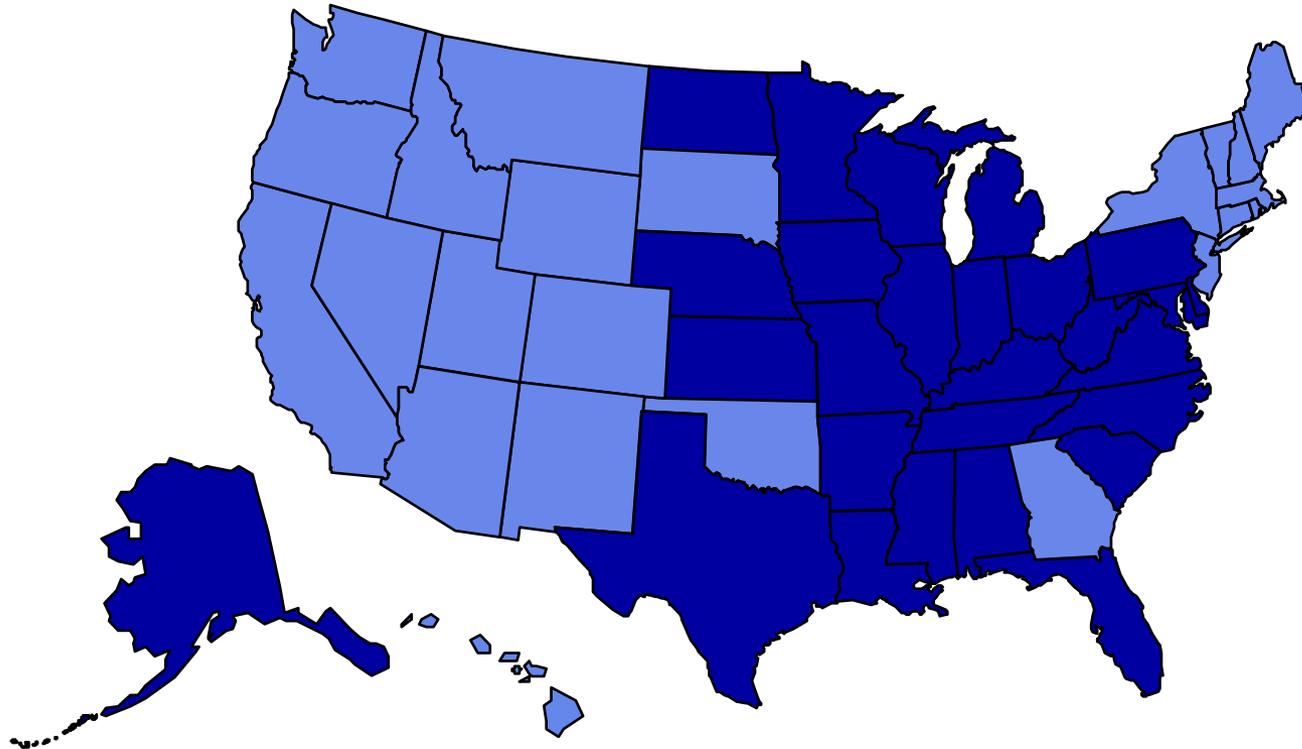


Source: CDC Behavioral Risk Factor Surveillance System

Obesity Trends* Among U.S. Adults

BRFSS, 1995

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

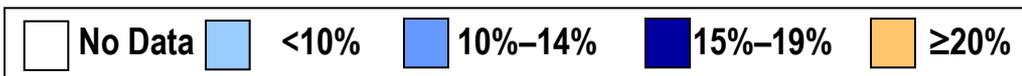
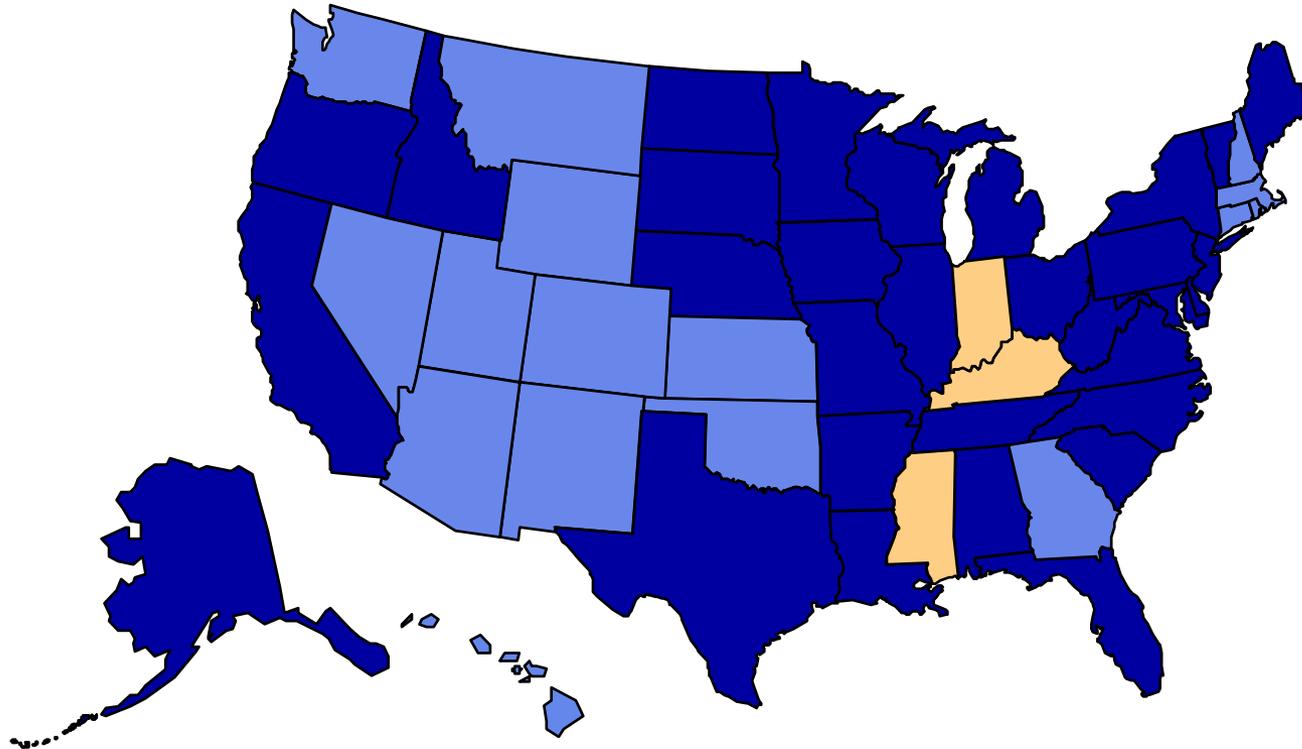


Source: CDC Behavioral Risk Factor Surveillance System

Obesity Trends* Among U.S. Adults

BRFSS, 1997

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

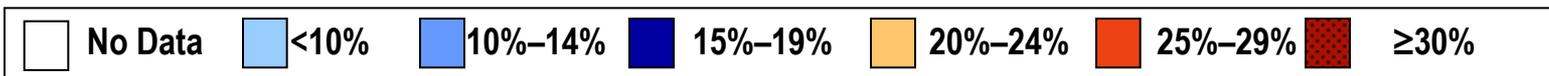
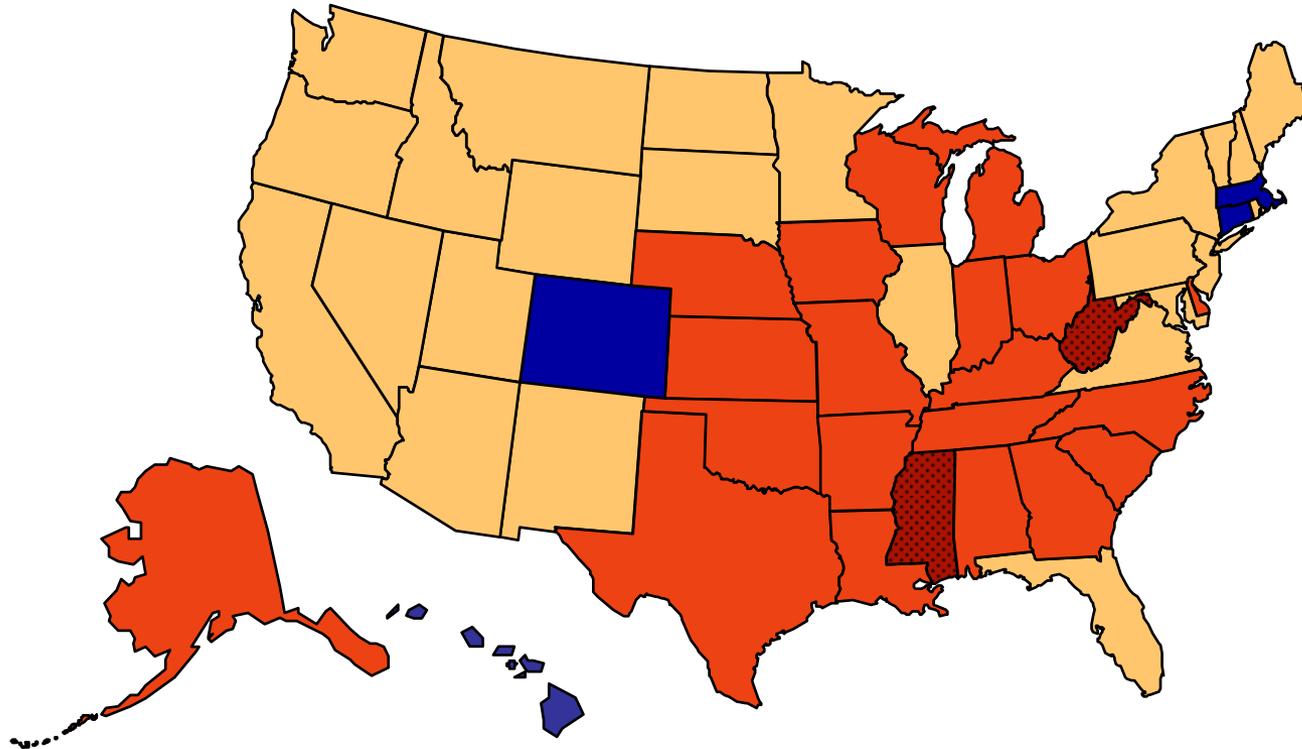


Source: CDC Behavioral Risk Factor Surveillance System

Obesity Trends* Among U.S. Adults

BRFSS, 2006

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Source: CDC Behavioral Risk Factor Surveillance System

Why Obesity?

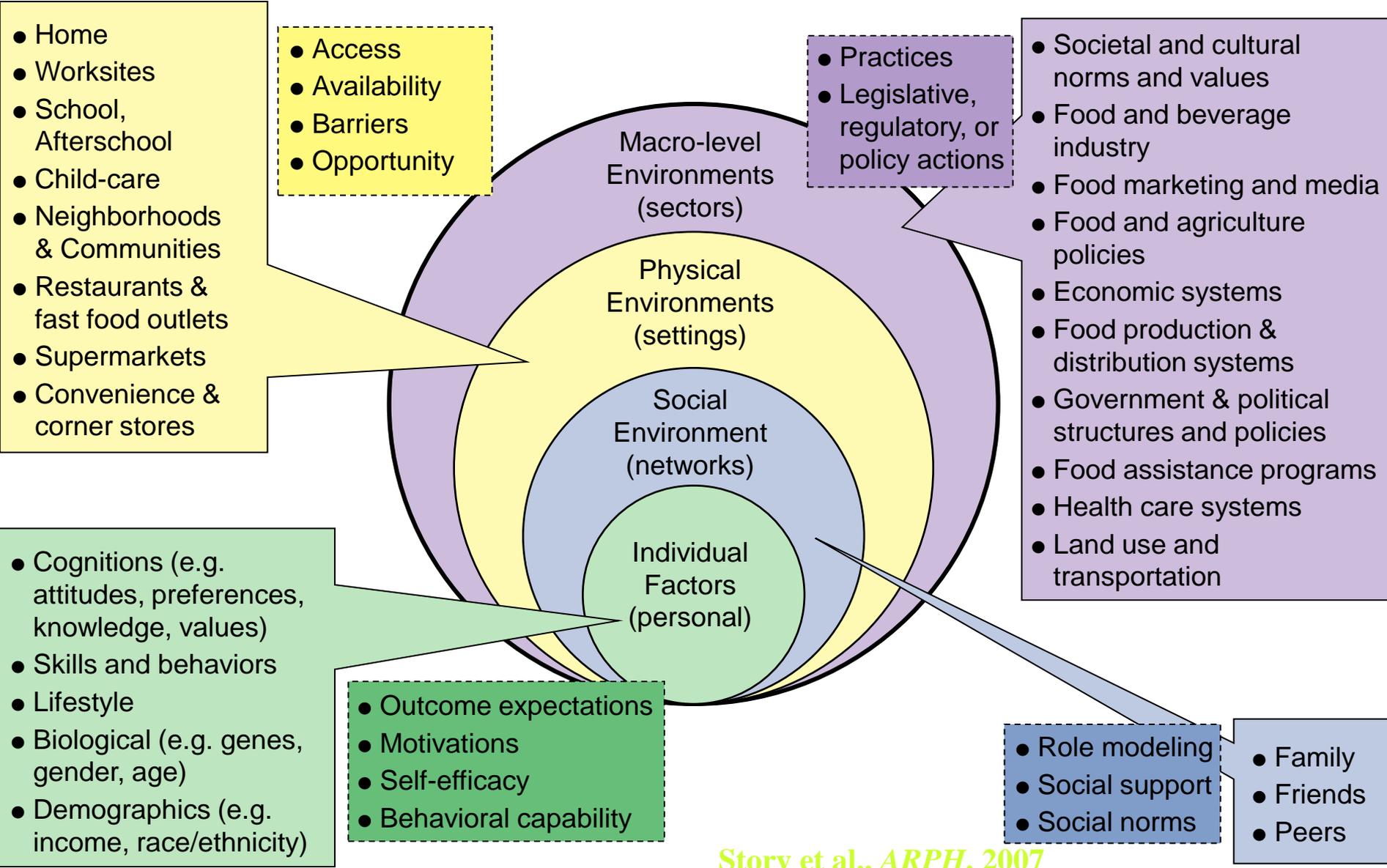
- Death and disease caused by obesity
 - Hypertension
 - Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
 - Type 2 diabetes
 - Coronary heart disease, stroke
 - Gallbladder disease
 - Osteoarthritis
 - Sleep apnea and respiratory problems
 - Some cancers (endometrial, breast, and colon)
- Second leading cause of premature mortality
- Significant health care and other economic costs

Why Obesity?

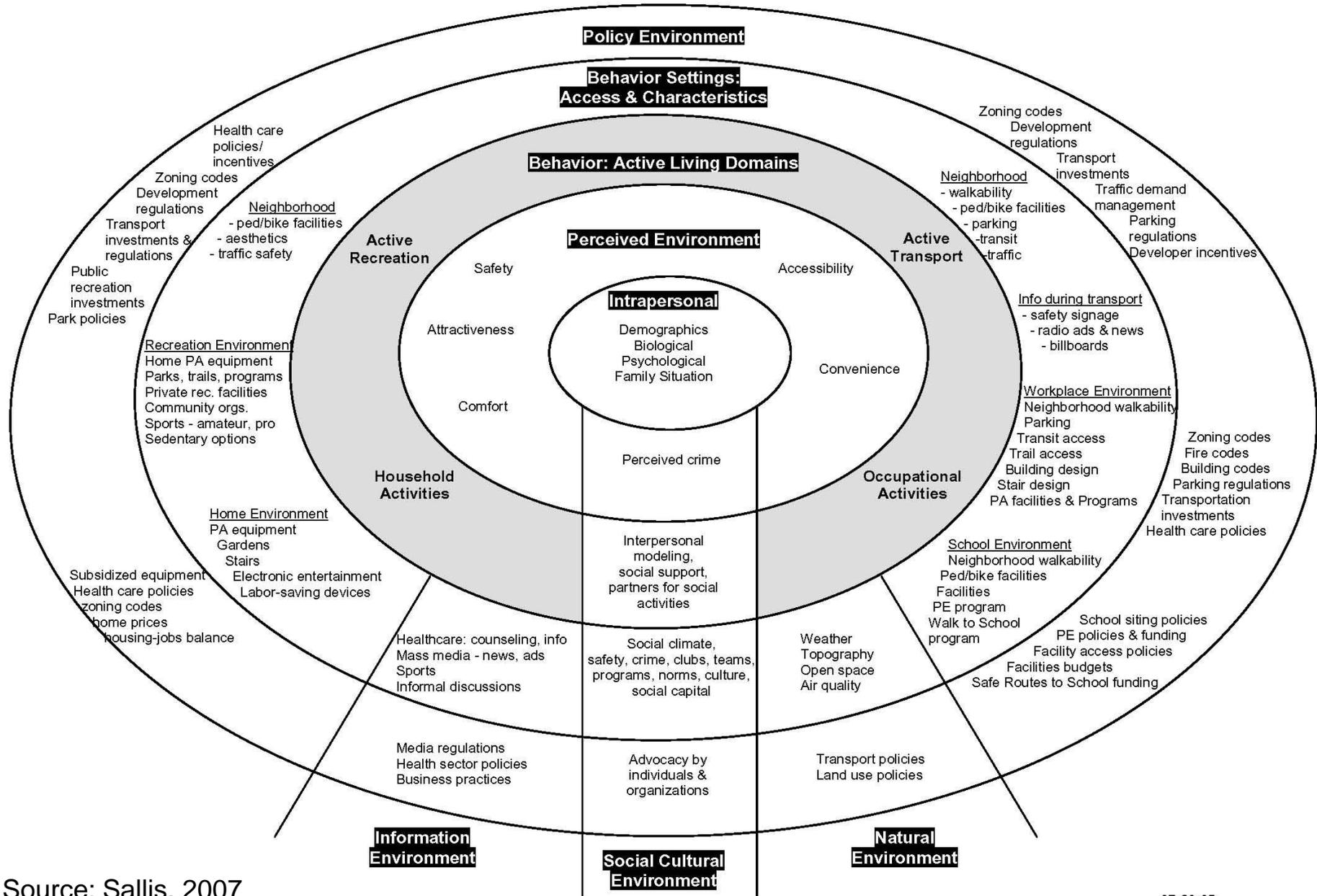
- Overweight and obesity result from an energy imbalance. This involves eating too many calories and not getting enough physical activity.
- Body weight is the result of genes, metabolism, behavior, environment, culture, and socioeconomic status.
- Behavior and environment play a large role causing people to be overweight and obese. These are the greatest areas for prevention and treatment actions.

–CDC, 2008; Adapted from [U.S. Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, 2001](#)

An Ecological Framework Depicting the Multiple Influences on What People Eat



Ecological Model of Four Domains of Active Living



Source: Sallis, 2007

NIH Funding

- Research focused on:
 - Preventing/treating obesity through lifestyle changes
 - Preventing/treating obesity through surgical, pharmacological, or other medical approaches
 - Breaking the link between obesity and associated health conditions
 - Cross-cutting research on health disparities, fostering of multidisciplinary teams, enabling technologies, investigator training, translational research, and outreach activities
- Numerous calls for proposals, program announcements from nearly all Institutes

Source: Strategic Plan for NIH Obesity Research;

www.obesityresearch.nih.gov

RWJF Funding

- Three major research programs:
 - Bridging the Gap
 - UIC's ImpacTeen project; www.impactteen.org
 - Lloyd Johnston, U. of Michigan's Youth, Education and Society project; www.yesresearch.org
 - Healthy Eating Research
 - Mary Story, University of Minnesota
 - www.healthyeatingresearch.org
 - Active Living Research
 - Jim Sallis, San Diego State University
 - www.activelivingresearch.org
 - Part of the Foundation's \$500 million commitment to reducing childhood obesity
 - Focus on the impact of policy and environmental factors

Other Funders

- Numerous other organizations funding research on all aspects of obesity prevention, treatment, etc., including:
 - United States Department of Agriculture
 - Centers for Disease Control and Prevention
 - International Association for the Study of Obesity
 - Gates Foundation
 - Aetna Foundation
 - Gerber Foundation
 - Northwest Health Foundation
 - Medica Foundation
 - American Society for Nutrition
 - Dannon Institute
 - American College of Cardiology
 - and many more.....

Goals for Today and Beyond

- Share information on some of UIC's ongoing research on obesity
 - Presentations from 3 UIC researchers leading significant obesity related projects
- Moderated discussion to:
 - Identify funding opportunities
 - Establish new collaborations
 - Discuss opportunities for UIC to facilitate future obesity-related research
 - Further establish UIC as a leader in research on the prevention and treatment of obesity