

# Reversing the Dramatic, 30-year Rise in Obesity and Type 2 Diabetes

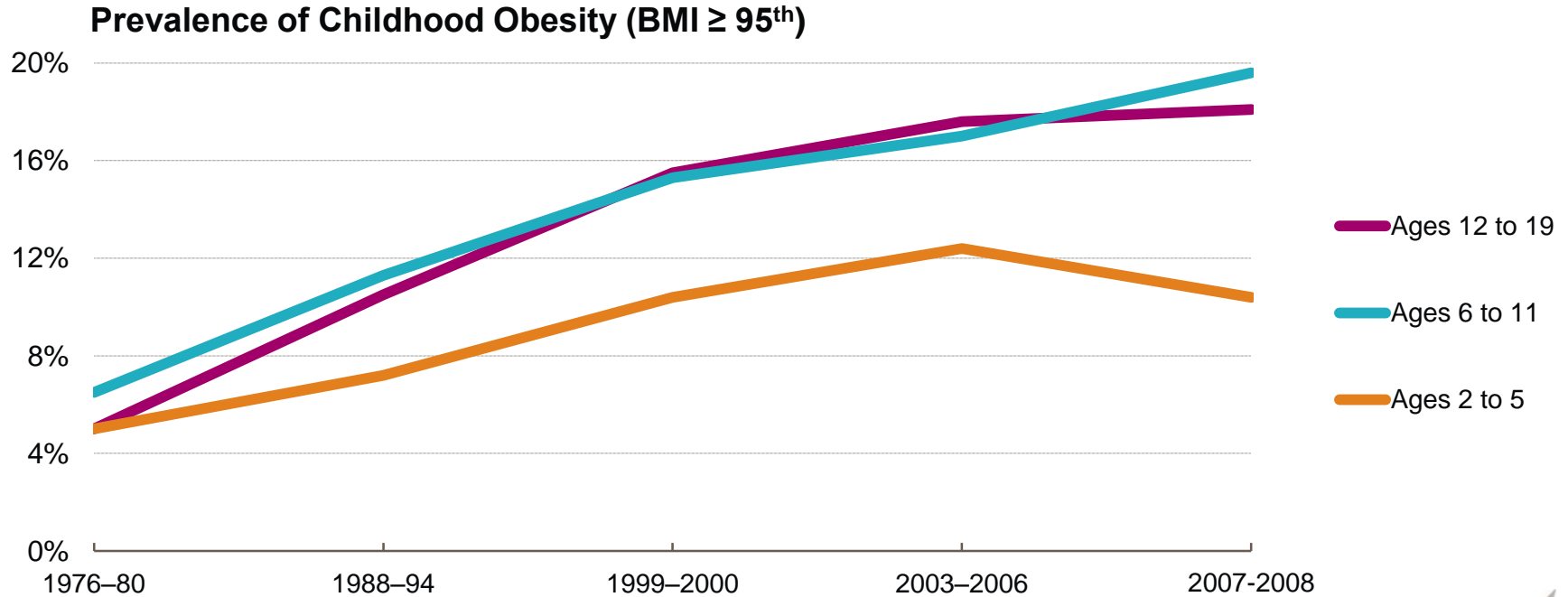
Evidence of Prevention at the Population Level and Promising New Directions

October 17, 2016

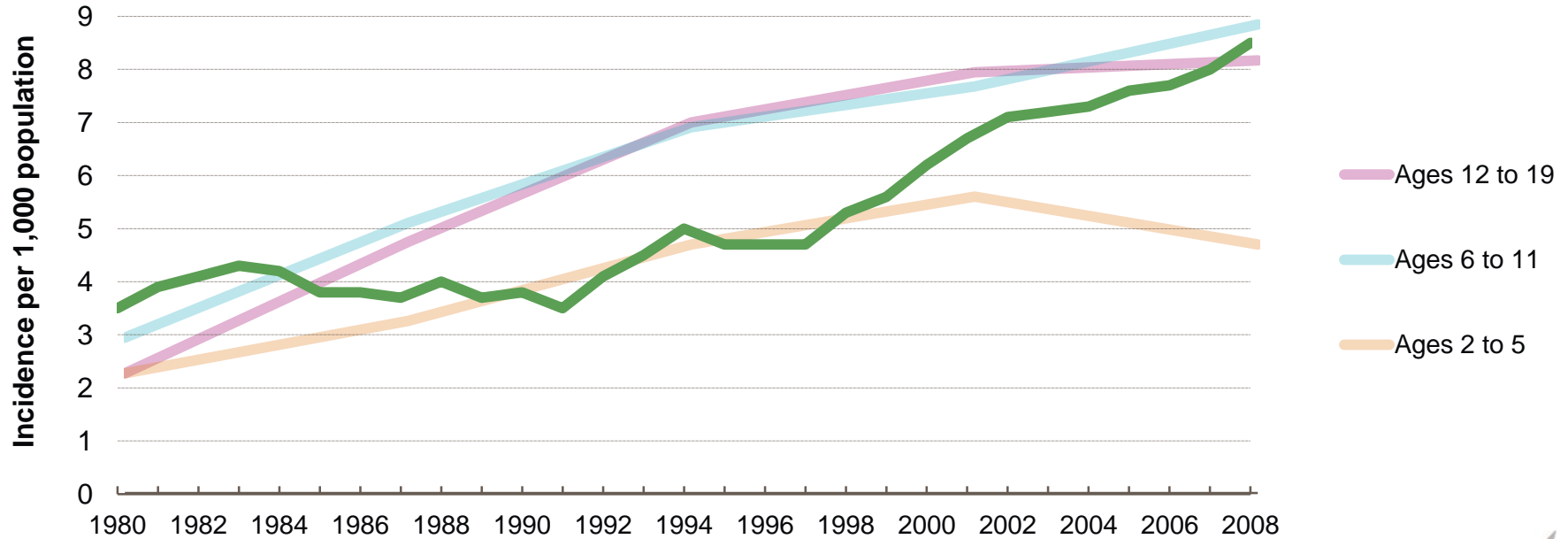
Risa Lavizzo-Mourey, MD, MBA



# The Rise of Childhood Obesity, 1980-2008



# The Rise of Adult Diabetes, 1980-2008



# Then vs. Now: Getting to School



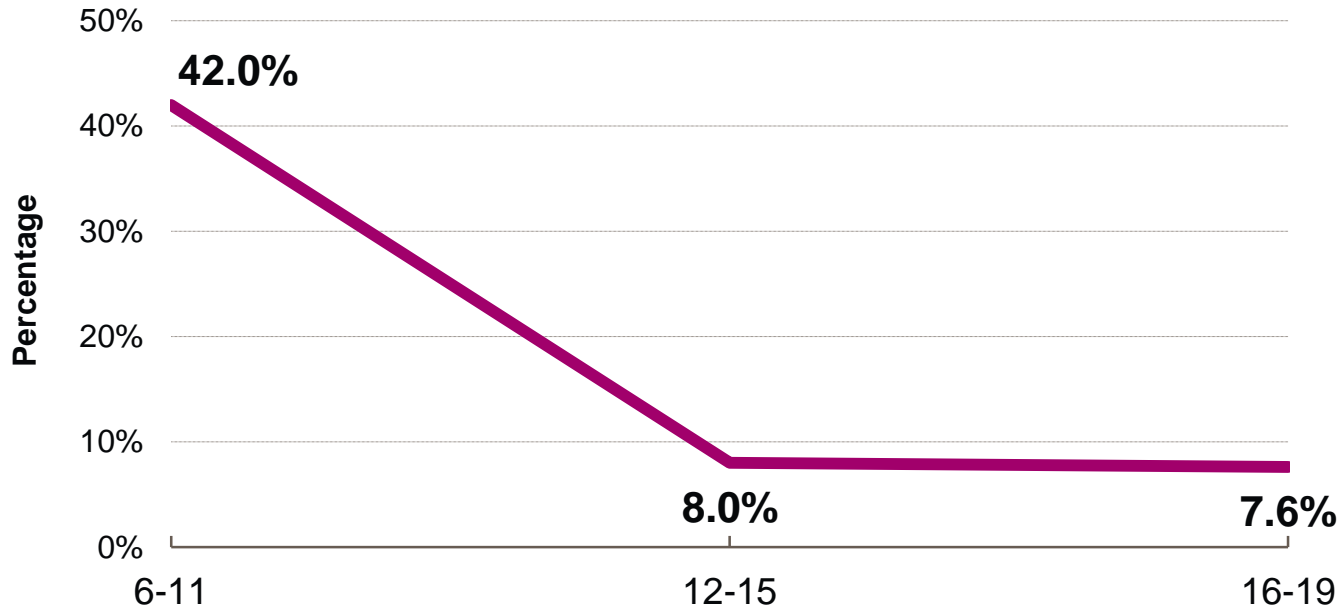
1969



2009



# Activity Levels Decline with Age

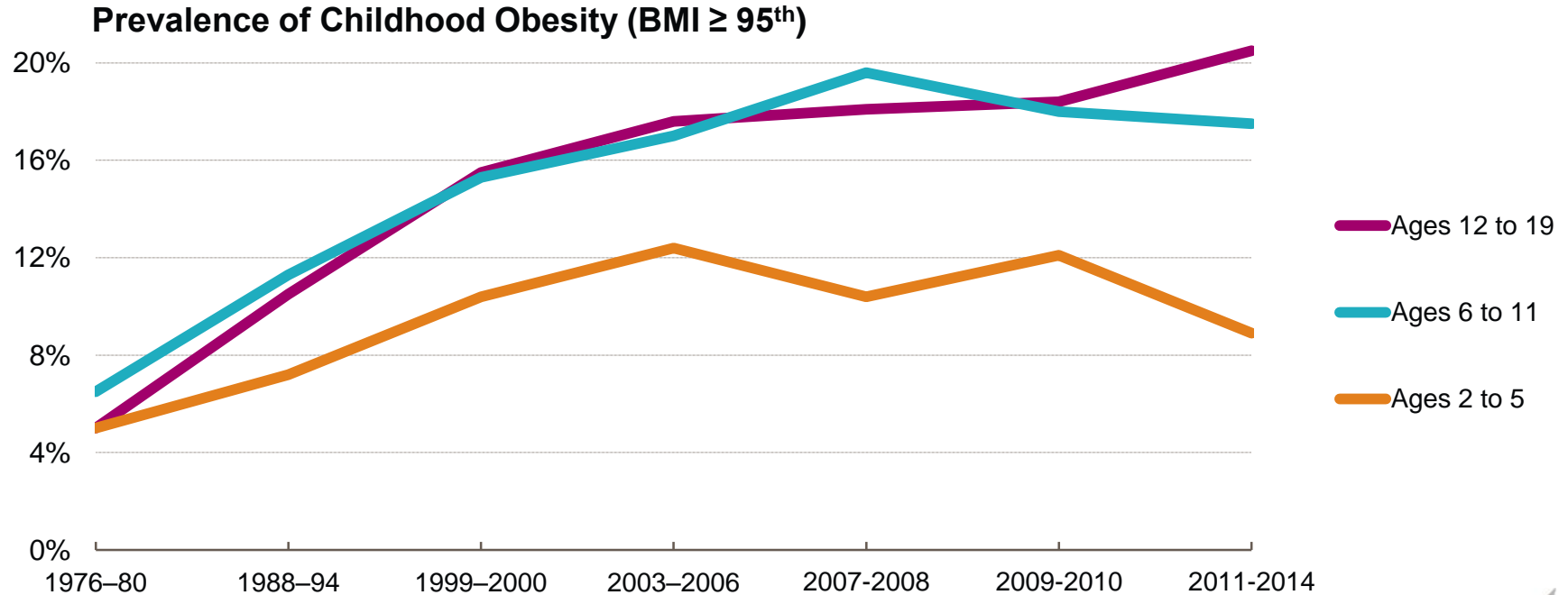


Percentage of Children & Adolescents Engaging in 60 Minutes or More of Moderate to Vigorous Physical Activity (MVPA) Five or More Days a Week

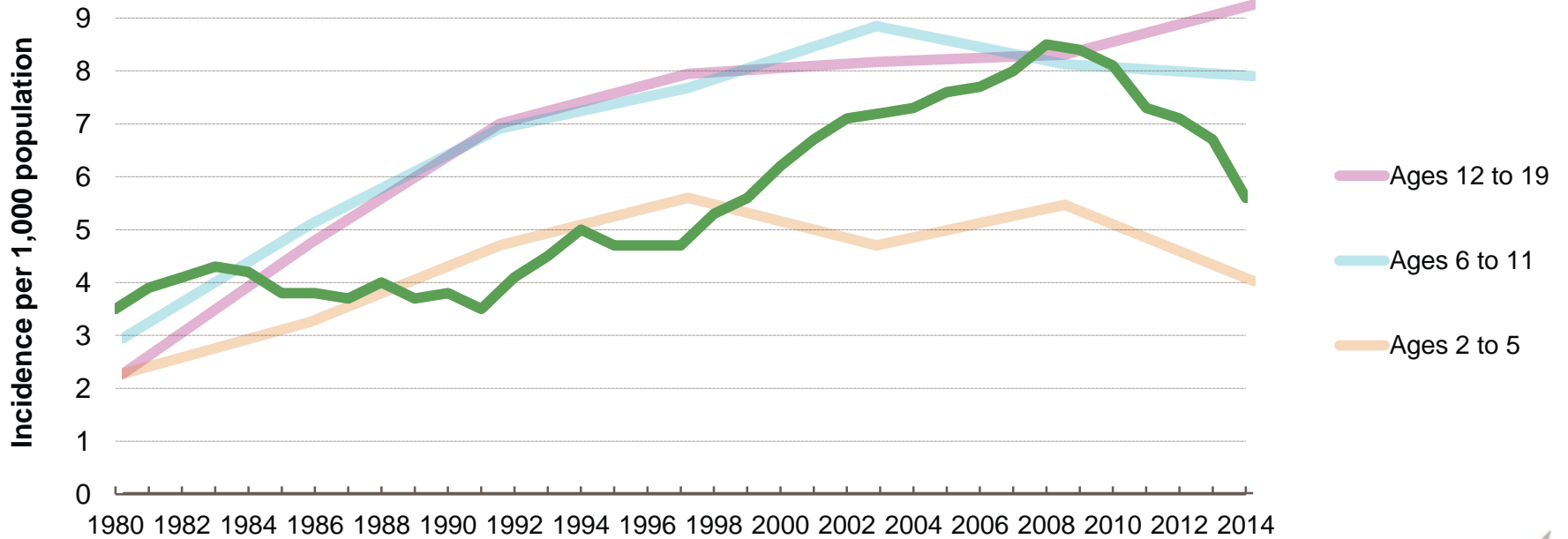
Source: Troiano et al. "Physical Activity in the United States Measured by Accelerometer." *Medicine & Science in Sports & Exercise*, 40(1):181-188, 2008.



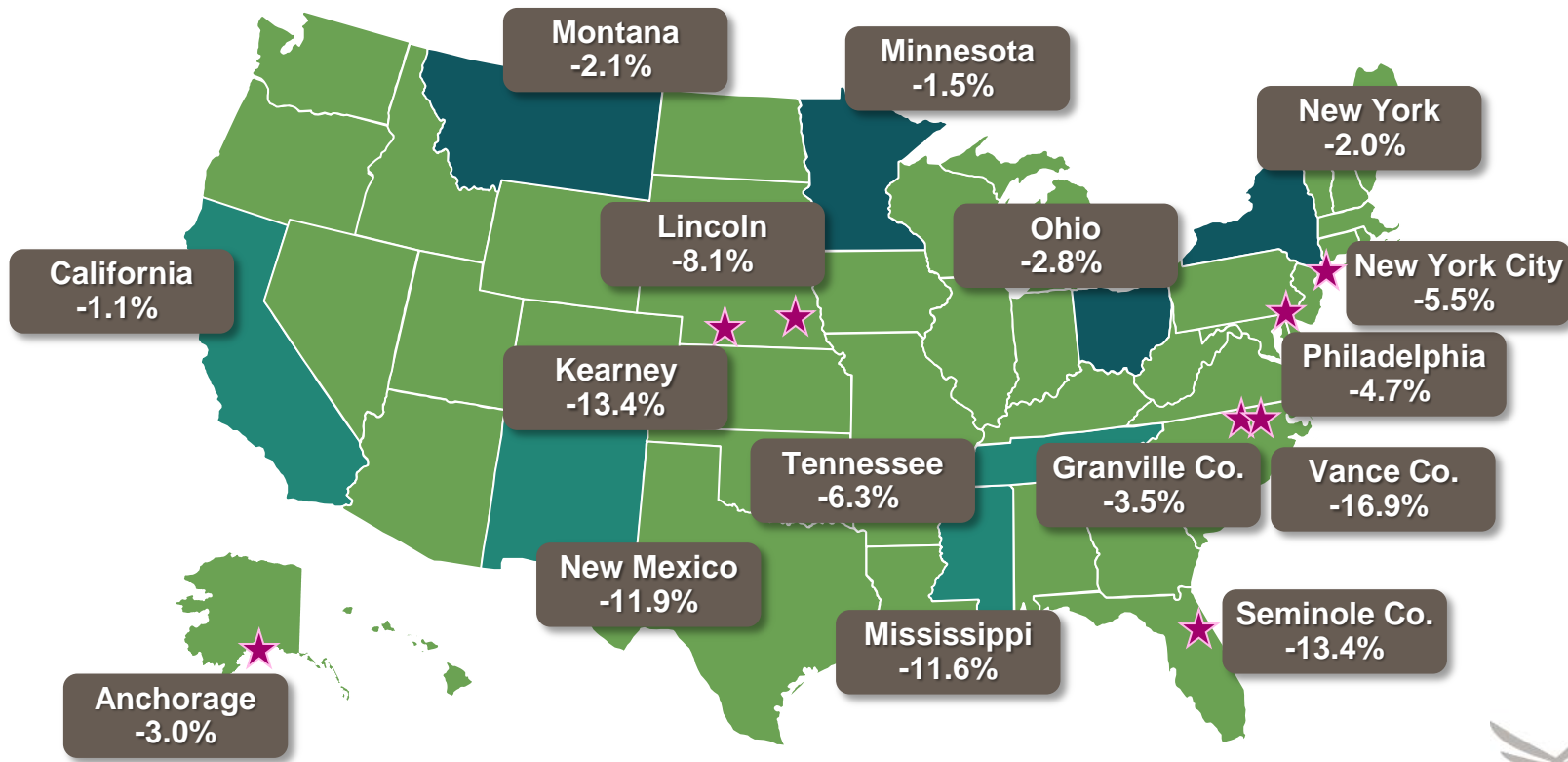
# Turning the Corner on Childhood Obesity? 1980-2014



# Turning the Corner on Diabetes? 1980-2014



# Signs of Progress on Obesity







# A Philadelphia Story: “Get Healthy Philly”

- Unprecedented campaign to improve food access
- Comprehensive school wellness programs
- Planning to make it easier and safer to be physically active
- Parent and youth education and engagement for healthy food and beverage choices