

# Getting to Equity in Obesity Prevention

Where are we now? Where do we need to go?

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and

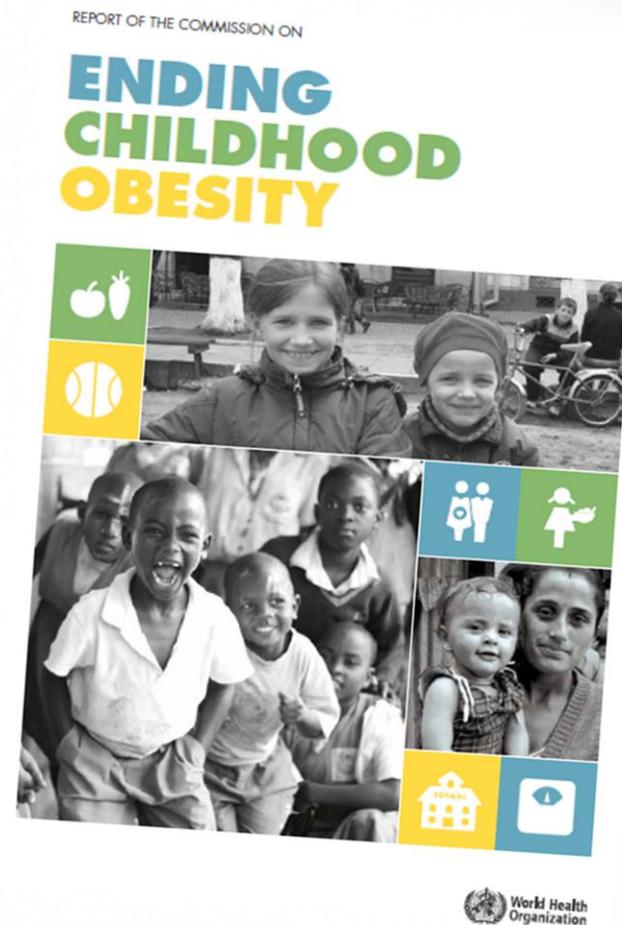
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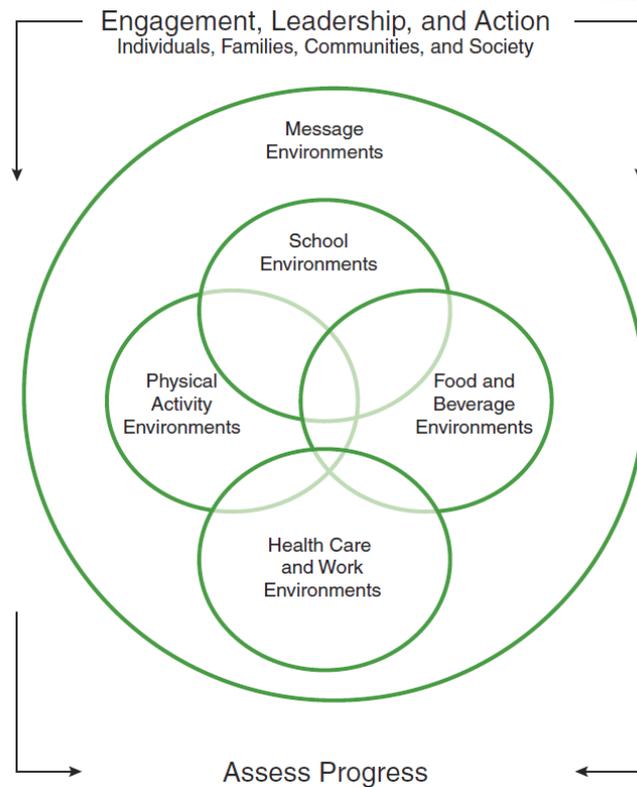
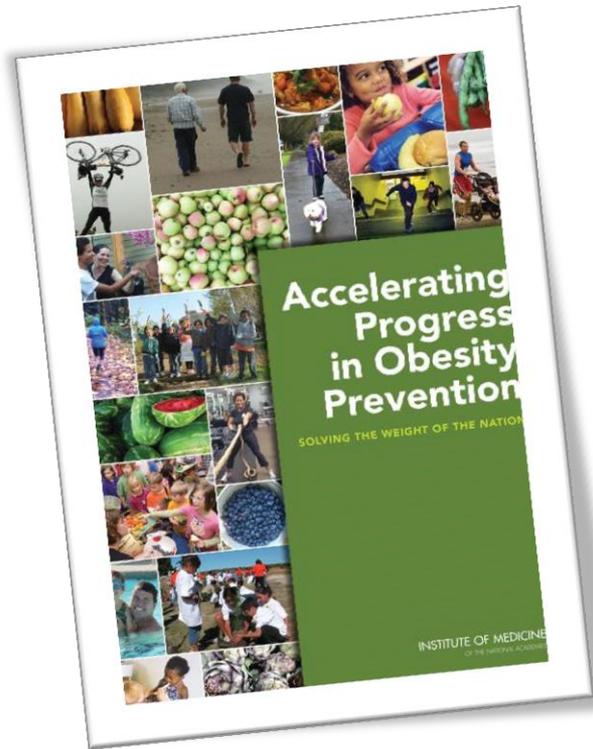


**“In high-income countries, the risks of childhood obesity are greatest in lower socioeconomic groups.**

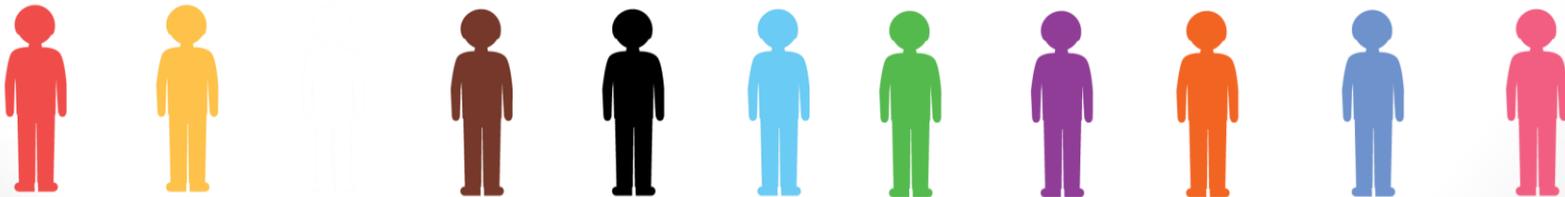
**Although currently the converse is true in most low- and middle income countries, a changing pattern is emerging.**

**Within countries, certain population subgroups, such as migrant and indigenous children are at a particularly high risk of becoming obese...”**





Race/ethnicity; gender; socioeconomic status; residential area; and social, political, and historical contexts that influence the baseline, opportunities, and responses to changes in environments for physical activity and eating



**Source:** Institute of Medicine. Accelerating Progress in Obesity Prevention. Solving the Weight of the Nation. Washington DC. National Academies Press, 2012

# Inequities in Obesity-related Environmental Contexts

| Type of Environment | Food   | Physical Activity  |
|---------------------|--|--|
| Physical            | <ul style="list-style-type: none"> <li>• Fewer quality supermarkets</li> <li>• More fast food restaurants</li> <li>• Targeted marketing of unhealthy foods</li> <li>• Less private transportation</li> </ul> | <ul style="list-style-type: none"> <li>• Availability or condition of parks</li> <li>• Few or low quality recreation centers</li> <li>• Neighborhood safety issues</li> <li>• Limited access to appealing playgrounds</li> </ul> |
| Economic            | <ul style="list-style-type: none"> <li>• Low incomes or unstable employment</li> <li>• Financial sponsorships from food and beverage industry</li> <li>• Cost of supervised child care</li> </ul>            | <ul style="list-style-type: none"> <li>• Staffing and supervision for PE and recess in schools</li> <li>• Cost of fitness facilities</li> <li>• Limited investment in parks/recreational facilities</li> </ul>                   |
| Sociocultural       | <ul style="list-style-type: none"> <li>• Concerns about food insecurity</li> <li>• Body size norms</li> <li>• Prevalent obesity</li> <li>• Women's food-related roles</li> </ul>                             | <ul style="list-style-type: none"> <li>• Attitudes re physical activity and rest</li> <li>• Activity lifestyles</li> <li>• Heavy TV watching</li> <li>• Gender norms about appropriate PA</li> </ul>                             |

Source: Adapted from Kumanyika SK, Whitt-Glover MC, Haire-Joshu D. What works for obesity prevention and treatment in black Americans? Research directions. *Obes Rev.* 2014 Oct;15 Suppl 4:204-12.

# What works to get to equity in obesity solutions?

- ✓ Selecting or designing interventions with awareness of what resources and capacity are required for them to be effective in a given population group
- ✓ Multidisciplinary and multicomponent approaches
- ✓ Whole-community approaches, with community engagement
- ✓ Proportionate universality – applying solutions in relation to need
- ✓ Explicit consideration of equity (intentionality)

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## Sources:

Backholer K et al. Am J Public Health 2014;104 (10):e43-50.

Beauchamp A et al. Obes Rev 2014;15(7):541-54.

Boelsen-Robinson T et al. Obes Rev 2015;16(9):806-16.

Loring B and Robertson, A. World Health Organization European Office. 2014

Olstad DL et al, Obes Rev 2016. Aug 3

# Equity-focused obesity prevention framework

