

Washington

State Nutrition, Physical Activity, and Obesity Profile



2016

National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity



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Many American communities lack environments that could support healthy diets and regular physical activity. Healthy dietary and physical activity practices can lower the risk for heart disease, type 2 diabetes, and some cancers.^{1,2}

In addition, excess calorie intake and physical inactivity contribute to obesity, which is associated with some of the leading preventable chronic diseases, including heart disease, stroke, type 2 diabetes, and some cancers. Among adults, the medical costs associated with obesity are an estimated \$147 billion.^{1,2,3}

Public health approaches can help make healthy options available, accessible, and affordable. The Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity (DNPAO) supports the nation to establish sustainable programs to improve dietary quality, increase physical activity, and reduce obesity and overweight. DNPAO funds and works with state health departments through a cooperative agreement ([State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health program](#)).

This profile highlights data on dietary quality, physical activity, and obesity in Washington and select activities funded with this cooperative agreement. For more information about CDC's work to support healthy eating and physical activity, please see the [DNPAO website](#).

Population Statistics

Estimated Population of Washington: 7,170,351⁴

Adult Statistics

Dietary Behaviors⁵

- 36.6% of adults reported consuming fruit less than one time daily.
- 18.2% of adults reported consuming vegetables less than one time daily.

Physical Activity⁵

- 56.3% of adults achieved the equivalent of at least 150 minutes of moderate intensity physical activity per week.

Overweight and Obesity⁵

- 36.1% of adults were overweight.
- 27.3% of adults had obesity.

Child Statistics

Breastfeeding⁵

- 93.6% of infants were ever breastfed.
- 61.8% of infants were breastfed for at least 6 months.

Overweight and Obesity⁵

- 17.7% of children aged 2 to 4 years in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) program were overweight.
- 14.3% of children aged 2 to 4 years in WIC had obesity.

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State Activities

Washington worked on the following select activities during the first 2 years of the State Public Health Actions program.

- Provided technical assistance (TA), training, and funding to encourage hospitals to support breastfeeding through a voluntary designation program called Breastfeeding Friendly Washington. The program is planning to be implemented statewide in clinic, worksite, and early care education settings.
- Worked with partners to improve nutrition and physical activity in early learning settings through the following TA and training: free, accredited, online trainings for child care providers, assessment of nutrition and physical activity practices using the 2014 statewide child care survey, and working with retailers to address food distribution issues faced by child care providers.
- Provided TA to partners such as the Department of Commerce, Department of Transportation and the Food System Round Table on best practices in built environment in state level systems and policies.



References

1. US Department of Health and Human Services. National Institutes of Health. Managing Overweight and Obesity in Adults: Systematic Evidence Review from the Obesity Expert Panel, 2013.
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3. Finkelstein, EA, Trogon, JG, Cohen, JW, Dietz, W. Annual medical spending attributable to obesity: Payer- and service-specific estimates. *Health Affairs*. 2009;28(5):w822-w831.
4. US Census Bureau. State and County QuickFacts 2015 website. <http://www.census.gov/quickfacts/chart/PST045215/00>. Accessed February 22, 2016.
5. Centers for Disease Control and Prevention. Nutrition, Physical Activity and Obesity Data, Trends and Maps website. https://nccd.cdc.gov/NPAO_DTM/. Accessed February 22, 2016.