

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

For Immediate Release:

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Healthy Volusia Report examines obesity in Volusia County

DAYTONA BEACH – The Florida Department of Health in Volusia County has issued a report examining obesity in Volusia County. Obesity is a major concern nationwide and in Florida.

“Only 35 percent of adults are at a healthy weight in our state and community,” said Dr. Bonnie J. Sorensen, director of the Florida Department of Health in Volusia County. “It is important to educate our residents on the factors that contribute to excess weight. This will surely promote healthy decision-making in diets and physical activity.”

Report highlights include:

- Breastfeeding is correlated with healthier weight status for both mother and child. Infants who are breastfed have a reduced risk of being an overweight child, and as the duration of breastfeeding increases, the odds of a child being overweight decreases.
- Children enjoy a healthier weight status than adults in Volusia County. This is consistent with the national trend of lower weight status in younger children.
- Obesity costs Volusia County tax payers 9.3 percent more on average in additional hospitalization charges for obese Type II diabetics than non-obese Type II diabetics.
- The Southwest Quadrant of Volusia County has the highest rate of hospitalizations with obesity as a diagnosis. The same holds true for obesity related chronic illnesses, such as stroke, Type II diabetes and cancer. It also has the greatest percentage of Hispanics in the county.
- Volusia County adults are at greater risk for obesity-related chronic disease. They are more than two times the Healthy People 2020 recommended obesity target and 1.5 times greater than the U.S. obesity rate.

Dr. John Armstrong, State Surgeon General and Secretary for the Florida Department of Health, identifies unhealthy weight as the number one public health threat to Florida’s future. On our current trend, by 2030, almost 60 percent of Floridians will be obese and six out of ten children born today will be obese by the time they complete high school.

The Florida Department of Health launched the *Healthiest Weight* initiative, public-private collaboration, in January 2013 to help Florida’s children and adults make informed choices about healthy eating and active living.

To see the series of Healthy Volusia reports, please visit www.volusiahealth.com.

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