



For Immediate Release

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NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS COMMENT ON “F AS IN FAT” REPORT

ATLANTA (Aug. 19, 2008) – The National Association of Chronic Disease Directors (NACDD) called attention to the need to develop local and national policies to prevent obesity, commenting on the 2008 “F as in Fat” report by Trust for America’s Health.

“Developing national, state and local obesity prevention policies present one of our greatest opportunities to prevent and reduce one of the primary causes of chronic disease,” said David Hoffman, chair, Legislative and Policy Committee, NACDD. “It is now clear that a future without significant investment in prevention will include devastating health and economic consequences.”

Adult obesity rates increased in 37 states in the past year, according to the fifth annual *F as in Fat: How Obesity Policies Are Failing in America, 2008* report from the Trust for America’s Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). Rates rose for a second consecutive year in 24 states and for a third consecutive year in 19 states. No state saw a decrease. Though many promising policies have emerged to promote physical activity and good nutrition in communities, the report concludes that they are not being adopted or implemented at levels needed to turn around this health crisis.

The *F as in Fat* report finds that rates of type 2 diabetes, a disease typically associated with obesity, grew in 26 states last year. Four states now have diabetes rates that are above 10 percent, and all 10 states with the highest rates of diabetes and hypertension are in the South. The report also found a relationship between poverty and obesity levels. Seven of the 10 states with the highest obesity rates are also in the top 10 for highest poverty rates.

NACDD recently published a white paper with recommendations on diet and nutrition for Americans. Among the recommendations, the association suggests exploring options for food labeling education and information in multiple languages.

About NACDD

The National Association of Chronic Disease Directors is a national public health association, founded in 1988, to link the chronic disease program directors of each state and U.S. territory to provide a national forum for chronic disease prevention and control efforts. NACDD provides state-based leadership and expertise for chronic disease prevention and control at the state and national level. Further information about NACDD is available at www.chronicdisease.org.

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