

Nutrition

Unhealthy eating, along with physical inactivity, is one of the most important risk factors for chronic disease in the United States. A study in 2000 estimated that 400,000 deaths annually could be attributed to poor diet and physical inactivity. Unhealthy eating, combined with physical inactivity, contributes to the development of obesity and chronic diseases, such as heart disease, stroke, type 2 diabetes, high blood pressure, osteoporosis and certain cancers. Since the late 1970's, the prevalence of overweight and obesity in the United States has nearly doubled in adults, more than doubled in children and more than tripled in adolescents.



Key facts about nutrition

Overweight and obesity has increased in adults and children. Among infants enrolled in WIC, breastfeeding initiation is high, but only one-fourth of infants are still breastfed at 12 months. Only about one-fifth of Dakota County students ate five or more fruits or vegetables the previous day. Milk consumption has decreased or remained stable in adolescents and sweetened beverage intake has dropped after an increase. More people have inadequate access to food.

Overweight and obesity

- About 34 percent of Dakota County adults are considered overweight (but not obese) and about 26 percent are considered obese. The obesity rate does not differ significantly from Minnesota or the U.S., but is higher than the Healthy People 2010 goal for obesity in adults (15 percent).
- Among children ages 2-5 enrolled in Dakota County WIC in 2010, 12.5 percent had a body mass index (BMI) greater than or equal to the 95th percentile for their age. This is similar to the rate for WIC enrollees in the state but higher than the Healthy People 2010 goal (five percent).
- The percent of Dakota County students who were trying to lose or control weight decreased from 2004 to 2010 (by 21 percentage points for 9th graders to 59 percent in 2010, and by 14 percentage points for 12th graders to 62 percent in 2010).

Infant nutrition

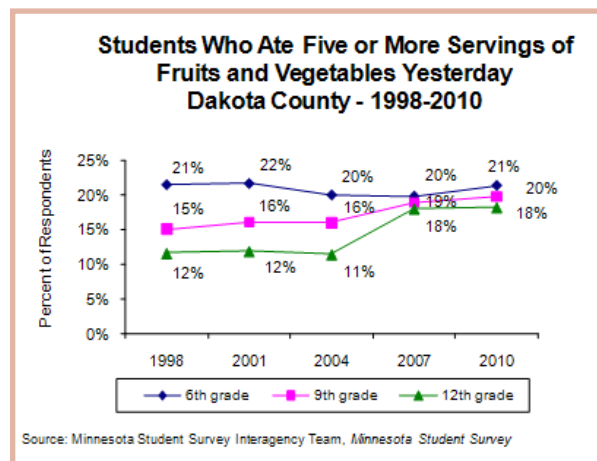
- Eighty percent of Dakota County infant enrollees in the WIC program who were born during 2010 were ever breastfed, higher than the state (74 percent) and the Healthy People 2010 goal (75 percent). The percent increased from 2005 to 2009 and dropped slightly from 2009 to 2010.
- Only 31 percent of those who turned six months in 2010 were still breastfed, similar to the state and below the Healthy People 2010 goal of 50 percent. The percent fluctuated from 2007 to 2010.
- Only 25 percent of those who turned 12 months in 2010 were still breastfed, above the state WIC enrollees (19 percent) and equal to the Healthy People 2010 goal of 25 percent. The percent generally increased from 2000 to 2010.

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Fruit and vegetables

- In 2010, 41 percent of Dakota County adults reported eating five or more fruits and vegetables the previous day. Adults in six metro counties (Anoka, Carver, Dakota, Ramsey, Scott and Washington) were below this percent overall (38 percent).
- The percent of Dakota County students who ate five or more servings of fruits or vegetables the previous day increased for all grades except 6th grade, from 1998 to 2010. However, only about one-fifth of Dakota County students in all grades ate five or more servings of fruits or vegetables the previous day (2010: 21 percent of 6th graders, 20 percent of 9th graders and 18 percent of 12th graders).



Milk and other beverages

- In Dakota County, the percent of students who drank three or more glasses of milk the previous day decreased for 6th graders from 2001 to 2010 and remained relatively steady for 9th and 12th graders (2010: 35 percent for 6th graders, 32 percent for 9th graders, and 24 percent for 12th graders).
- Males reported more milk consumption than females in all grades, and the percentage decreased by three percentage points for 6th grade females and remained stable for 9th and 12th grade females from 2004 to 2010.
- The percent of Dakota County students who drank one or more glasses of pop or soda the previous day decreased in all grades from 2001 to 2010 to roughly half of students (2010: 46 percent of 6th graders, 50 percent of 9th and 12th graders).
- While the consumption of pop has decreased, the percent of Dakota County students who drank one or more sports drinks the previous day increased steadily until 2007. It dropped for all grades from 2007 to 2010 (2010: 33 percent for 6th graders, 32 percent for 9th graders, and 30 percent for 12th graders).

Inadequate access to food (food insecurity)

- Nationally, in 2009, about 15 percent of households were "food insecure" (did not have access to enough food at all times for a healthy, active lifestyle) for at least part of the year. This percentage was relatively consistent from 2005 to 2007, increased in 2008 and was stable from 2008 to 2009.
- In Dakota County, the number of individuals served by food shelves generally increased from 20,499 in 2000 to 72,870 in 2008. The average monthly number of households receiving food support from the county steadily increased from 2001 to 2009, with a 28.5 percent increase from 2008 to 2009.
- In Dakota County, the number of WIC recipients increased by 72 percent from 2001 to 2009 (from 7,398 to 12,747).
- During the 2010-11 school year, 25 percent of students in Dakota County public and charter schools received free or reduced-price lunches. Although this is lower than the state as a whole (37 percent), this percent increased steadily from 12 percent in the 2002-03 school year.

About this Community Health Profile

For more information about the Dakota County Community Health Assessment and Action Planning (CHAAP) process, contact: Melanie Countryman, Epidemiologist (melanie.countryman@co.dakota.mn.us or 651-554-6131).

For more information:

- Growing Healthy Kids in Dakota County www.DakotaCounty.us/PublicHealth
- Minnesota Department of Health www.health.state.mn.us/nutrition
- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov/nutrition/index.html
- U.S. Department of Agriculture (USDA) www.usda.gov



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www.DakotaCounty.us/PublicHealth

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