2015-2019
State Health Improvement Plan

Obesity and Substance Use

OFFICE OF THE STATE PUBLIC HEALTH DIRECTOR
Public Health Division

Slow the increase of obesity

Key Questions

How can we better communicate the magnitude of the health and economic burdens of obesity?

How can we better communicate the need for a comprehensive prevention strategy to address the multiple causes of obesity, particularly those effecting low income and minority communities?

Priority Targets

Measure	Baseline	Current Data	2020 Target	Data Source
Obesity prevalence among 2- to 5-year olds	15.5% (2013)	15.5% (2018)	14.5%	WIC admin. data
Obesity prevalence among youth	11% (11th) 10% (8th) (2013)	14% (11th) 11% (8th) (2017)	10% (11th) 9% (8th)	Oregon Healthy Teens survey
Obesity prevalence among adults	27% (2013)	29% (2017)	25%	BRFSS
Diabetes prevalence among adults	8.1% (2014)	8.6% (2017)	8%	BRFSS

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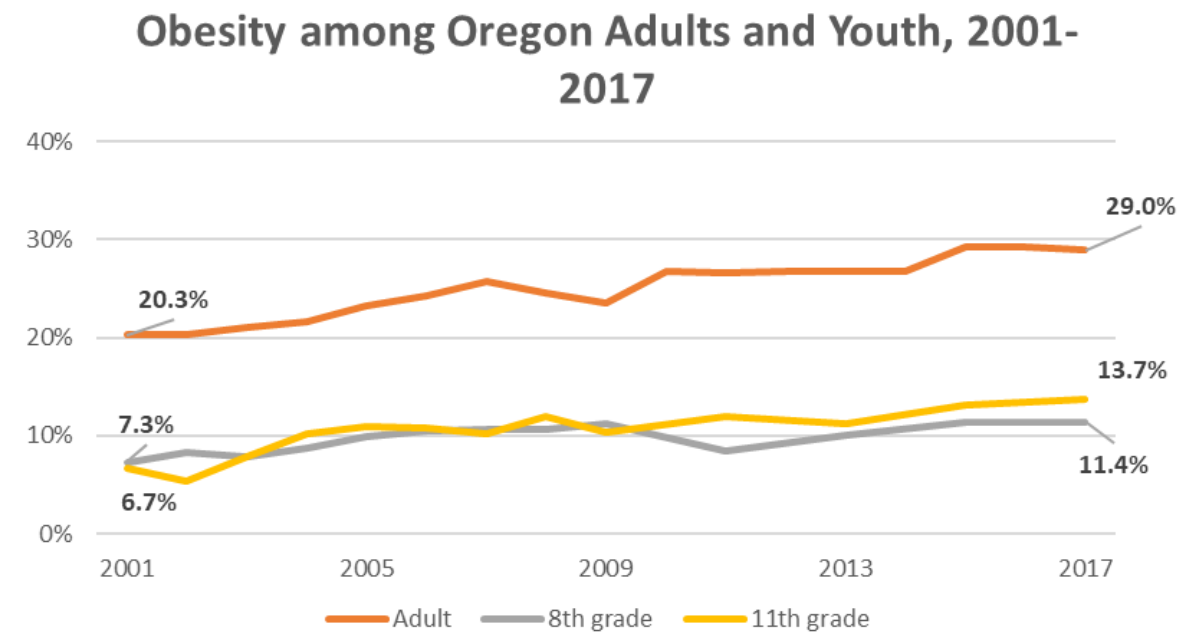
Point #1

Obesity continues to **move in the wrong direction** in Oregon, **particularly in low income and minority communities**



Source: Behavioral Risk Factor Surveillance System (adult data) and the Oregon Healthy Teens survey (youth data)

Point #2

Obesity prevention faces **many significant challenges**

- Multiple causes
- Inequities
- Strong headwinds

Currently there is **no public health capacity or funding** to comprehensively address the problem of obesity

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Point #3

We continue to take small steps forward (Worksite Wellness Executive Order, nutrition standards, etc.), **but…**

Big shifts are needed in order to reverse the tide of obesity

Reducing sugary drink consumption is the most effective strategy and starting point

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Key Questions

How can we better communicate the magnitude of the health and economic burdens of obesity?

How can we better communicate the need for a comprehensive prevention strategy to address the multiple causes of obesity, particularly those effecting low income and minority communities?

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Reduce harms association with alcohol and substance use

Key Questions

- What **health equity issues** do you see associated with alcohol and other substance use?
- How can we continue to develop **shared ownership** of this issue across the behavioral health, public health and primary care sectors – both on the state and local levels?
- To address the magnitude of health and economic burdens of alcohol-related harms, how do we **broaden the conversation** beyond prevention of Substance Use Disorders (SUD) and addiction to the prevention of alcohol misuse (excessive drinking) and related harms?

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Priority Targets

Measure	Baseline	Current Data	2020 Target	Data Source
Prescription opioid mortality death rate	4.0 per 100,000 (2013)	6.6 per 100,000 (2017)	3.0 per 100,000	Death certificates
Alcohol-related motor vehicle deaths	110 (2014)	149 (2017)	98	ODOT
Binge drinking prevalence among adults	17.4% (2014)	18.1% (2017)	16.10%	BRFSS
Heavy drinking prevalence among adults	7.7% (2014)	7.8% (2017)	6.6%	BRFSS
Binge drinking prevalence among youth	5.6% (8th) 17.7% (11th) (2013)	4.6% (8th) 14.1% (11th) (2017)	4.3% (8th) 13.2%(11th)	OHT

Point #1

- **Prescription drug monitoring program use has dramatically increased**
  - > 26,000 registered users
  - 93% of highest-volume prescribers are registered

- Overdose **deaths from prescription opioids are down 45%** since 2006
  - **Overdoses from illicit drugs are increasing**
  - Fentanyl: one death in 2014, 49 in 2017

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Point #2

Overall, alcohol-related deaths **remain higher than targets** in Oregon

Youth trends for binge drinking **continue to decrease**

However, adult heavy and binge drinking **are still a problem**

Disparities exist most notably in Native American populations

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Point #3

Responsibility and accountability for reducing alcohol and other substance misuse and abuse is complex and are not clearly aligned across state or local sectors.

Big shifts are still needed in order to reverse the harms caused by alcohol and other substances.

Increasing the price of alcohol and maintaining state control are the most effective strategies to reduce excessive drinking, especially among groups experiencing alcohol related disparities.

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Feedback & Discussion

- How can we develop a **collective responsibility** of this issue across the behavioral health, public health and primary care sectors – both on the state and local levels?

- How do we **broaden the conversation** beyond prevention of Substance Use Disorders (SUD) and addiction to include the prevention of excessive drinking from a public health perspective?

- What **health equity issues** do you see associated with alcohol and other substance use?

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