

Nutrition, Obesity, and Physical Activity in Louisiana

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ABSTRACT

The main goal of this study was to find and understand the link of nutrition, physical activity, and obesity in Louisiana. Majority of the data was collected by the Center for Disease Control (CDC), Americas Health Rankings, and The World Population Review but was also compiled with other scholastic information. Descriptive statistics were used to analyze and interpret all numerical data. The study is still ongoing due to the many factors that can impact obesity but based upon all the data collected and studied it can be concluded that there are links to nutrition, physical activity, and obesity are linked to even bigger health issues. By Louisiana ranking within the top 10 of obesity populations in the nation there is a major cause for concern.

INTRODUCTION

Overweight and obesity is a serious, common, chronic disease of children and adults in the U.S. (CDC, 2022). Studies showed that:

- 71% of American are overweight/obese (Fuhrman, 2018); by 2030, 58% of all adults will be overweight/obese (Hruby & Hu, 2015).
- 40-45% of adults in are obese in Louisiana (CDC, 202)
- overweight/obesity cause depression, anxiety, lack of sleep, hypertension, diabetes, and injury (Franklin et al., 2023)
- Nearly 77% of children live in rural Louisiana re obese.
- Physical activities and eating healthy diet reduce body fat (Du et al. 2022) and increase physical fitness and reduce injuries (Takken et al. 2020)

Purpose of this study is to understand the link between nutrition, physical activity, and obesity in Louisiana through literature reviews.

MATERIALS AND METHODS

The study used data collected by the Center for Disease Control (CDC), Americas Health Rankings, and the World Population Review but was also compiled with other scholastic information. Descriptive statistics were used to analyze and interpret all numerical data.

RESULTS

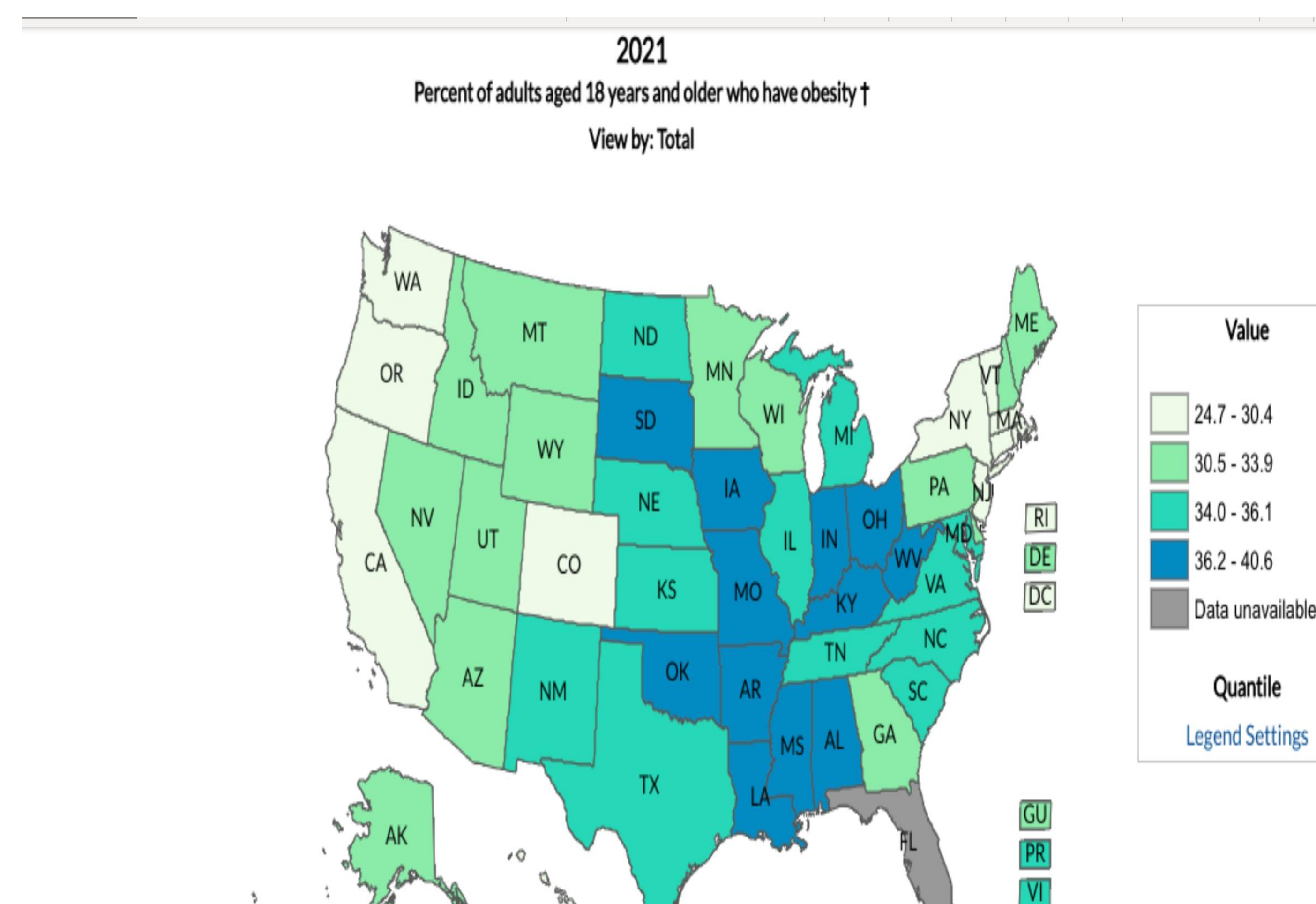


Figure 1:

Obesity in America

Note. This figure shows the percent of obesity among adult in the U.S. Southern states has higher rate of obesity. Nearly 36.2 to 40.6 percent of people in Louisiana are obese.

Source: Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps
 URL: <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>

RESULTS

LOUISIANA OBESITY RATES

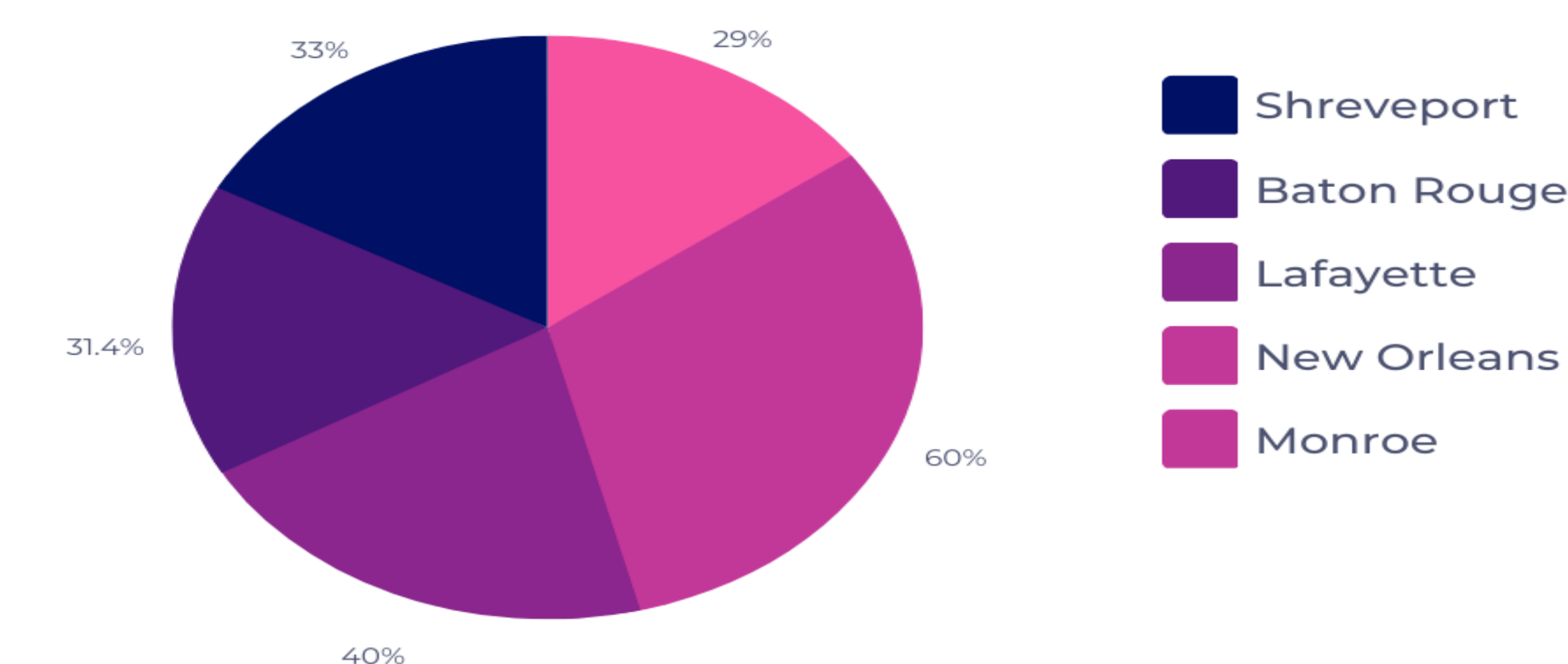


Figure 2

Distribution of obesity in the Louisiana's cities.

Note. The figure shows that Shreveport has the highest percentage of obesity in Louisiana (33%).

Monroe has the lowest rate among the cities (29%).

In addition, we found that the obesity rates in Louisiana continues to go up over the years, from 33.4% in year 2011 to 38.6% in 2021.

CONCLUSIONS

In conclusion, overweight and obesity is a global public health concern, more specifically concern for Louisiana as rates of overweight and obesity is higher than national average. Understanding the causes and its effects in Louisiana is an ongoing battle. Creating a prevention program is essential to overcome this global burden.