Multilevel and Life Course Approaches to Obesity

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My Background

- Came to the Bloomberg School in 2004 as professor and chair of the Department of Population, Family and Reproductive Health
- I love teaching this course because it provides the opportunity to merge my clinical background and academic interests
- Pediatrician by training
- Before coming to Hopkins, my clinical work was in adolescent medicine and in adolescent health
- This course looks at adolescent health within a broader context—the context of a life course perspective
- In this course, we’re aiming to …
  - Give you a framework and an understanding of major developmental issues across the stages of human life
  - Highlight measurement issues and effective interventions and programs
Section A

Multilevel Approaches to Obesity
Definitions

- Overweight: body mass index (BMI) between the 85th and 95th centile on growth charts

- Obesity: BMI over 30

- BMI: \[
  \text{BMI: } \frac{\text{weight in kilograms}}{(\text{height in meters})^2}
\]
Obesity\(^1\) Trends among US Adults (BRFSS\(^2\), 1985)

\(^1\)BMI \(\geq 30\), or ~30 lbs overweight for 5’4” woman
\(^2\)CDC’s Behavioral Risk Factor Surveillance System

Obesity\(^1\) Trends among US Adults (BRFSS\(^2\), 1986)

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Obesity\textsuperscript{1} Trends among US Adults (BRFSS\textsuperscript{2}, 1989)

\begin{itemize}
  \item BMI \geq 30, or \textasciitilde 30 lbs overweight for 5'4'' woman
  \item CDC's Behavioral Risk Factor Surveillance System
\end{itemize}

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Obesity\textsuperscript{1} Trends among US Adults (BRFSS\textsuperscript{2}, 1996)

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Obesity Trends among US Adults (BRFSS, 1997)

1BM ≥30, or ~30 lbs overweight for 5’4” woman
2CDC’s Behavioral Risk Factor Surveillance System
Obesity\(^1\) Trends among US Adults (BRFSS\(^2\), 1998)

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Obesity

Trends among US Adults (BRFSS, 1999)

BMI ≥ 30, or ~30 lbs overweight for 5’4” woman

CDC’s Behavioral Risk Factor Surveillance System

Obesity\(^1\) Trends among US Adults (BRFSS\(^2\), 2000)

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Obesity\textsuperscript{1} Trends among US Adults (BRFSS\textsuperscript{2}, 2002)

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\textsuperscript{2}CDC’s Behavioral Risk Factor Surveillance System
Obesity\textsuperscript{1} Trends among US Adults (BRFSS\textsuperscript{2}, 2003)

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Obesity\textsuperscript{1} Trends among US Adults (BRFSS\textsuperscript{2}, 2004)

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Obesity\(^1\) Trends among US Adults (BRFSS\(^2\), 2005)

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Obesity Trends among US Adults (BRFSS\textsuperscript{2}, 2006)

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Obesity$^1$ Trends among US Adults (BRFSS$^2$, 2007)

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$^2$CDC’s Behavioral Risk Factor Surveillance System
Obesity\textsuperscript{1} Trends among US Adults (BRFSS\textsuperscript{2}, 2008)

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Why?

- What are the factors that contribute to obesity?

- Consider multilevel explanations
  - Individual
  - Family
  - Peer
  - School
  - Community
  - Policy