

Turning Obesity
Around!

2010 Southern Obesity Summit



Highway to Health

Southern States Reach Obesity Crisis Levels

The Centers for Disease Control and Prevention's latest data indicates Southern States as the most obese in the nation. These rankings showed all but one Southern state being in the top ten states with the highest rates of obesity, each having more than 25% of adults as obese.

The CDC's *Behavioral Risk Factor Surveillance System* ranked Mississippi as the fattest state for the third year in a row, joined by West Virginia and Louisiana as second and third fattest states. For these southern communities and the others whose obese populations continue to increase, obesity awareness and prevention, particularly among children, must take begin immediately.

Regional Strategies Prove Effective

While national strategies will have an impact on obesity prevention efforts in the South, it is essential to provide intervention strategies and policy options which build on existing and promising practices at both the regional and community levels. The Southern Obesity Summit in 2008 proved that there are no other vehicles to assemble regional stakeholders to share and develop sustainable community solutions.

The annual Southern Obesity Summit serves as the primary vehicle for identifying, collecting, and disseminating the evidence-based and emerging practices within the obesity prevention field in the South and ultimately strengthening our capacity to respond to the obesity challenge.

Participating states include Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, Missouri, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia and New Mexico.

Participants will engage in real-time information exchange and networking among State Teams in the process of creating a Southern Strategy to address obesity. The Summit celebrates and publicizes effective and emerging childhood obesity prevention and reduction practices in the region. Participants also have opportunities to present their State Team successes over the previous year.