

# Addressing Physical Activity and Obesity Among Racial and Ethnic Communities in KY

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Torrie T. Harris, Dr.P.H., M.P.H.  
Director, Office of Health Equity  
Kentucky Department for Public Health



# Office of Health Equity

- Established in Fall 2008
- Funded by the U.S. DHHS, Office of Minority Health
- Addresses health disparities among:
  - Racial and ethnic minorities
  - Rural or geographically isolated populations
  - Low-income/underserved populations

# Introspection

**“[The most important factors contributing to health disparities affecting African Americans and Latinos are] stress, dirty air, diet and exercise. If there are no genetic differences between people, then there must be something environmental.”**

— Garnet Coleman, Texas State House Representative

# Demographics

- In KY, racial and ethnic minorities account for 14% of the overall population.
- 73.7% of African Americans are overweight or obese.
- 48.7% of Hispanics/Latinos are overweight or obese.
- In 2008, African Americans had the highest rate of obesity and overweight 73.7% than non-Hispanic whites 64.7% and Hispanics 48.7%.

# Demographics

- African Americans are more likely to die from heart disease 261.1/ 100,000 than non-Hispanic whites 235.1/100,000.
- African Americans and Hispanic are 2-6 times more likely to have diabetes than non-Hispanic whites.
- Among people younger than 20, American Indians aged 10-19 have the highest prevalence of type 2 Diabetes

# Improvement

- From 2001-2005, regular physical activity increased among racial and ethnic minority populations:
- 15% by non-Hispanic, black women;
- 12.4% by non-Hispanic, black men;
- 11.6% by Hispanic women

Centers for Disease Control and Prevention. (2007) Prevalence of Regular Physical Activity Among Adults-United States, 2001 and 2005. *Morbidity and Mortality Weekly Report*. Vol 56:1209-1212.

# Social Determinants

- Gordon-Larsen et.al determined that the inequality of the built environment (e.g. parks, access to recreation) underlies physical activity and obesity health disparities.
- Lack of access to healthy foods in communities.
- Socioeconomic Status

# Community Comments

- *“Clean, safe, and accessible parks enables everyone to participate in physical activity because it is free.” –Focus Group Participant*
- *“Having parks so they’re not playing out in the streets, going to get hit by cars and parking lots like she said. Get them somewhere to play.”-Focus Group Participant*
- *“ It gives, it just eases a lot of that stress and tension that you have and a lot of, I think we’re all, I don’t care who we are or where we live; we want our child to be healthy and we want the best for our children”-Focus Group Participant*

# Health Equity

- Promoting Health Equity Projects
- REACH by the CDC
- Community Guide for Prevention
- Local Health Dept. Partnerships
- Social Support for Physical Activity
- Community Gardens
- Park Clean-Up
- Health Education
- Health Policy

# Contact Information

- Torrie T. Harris, Dr.P.H., M.P.H.  
Director, Office of Health Equity  
Kentucky Dept. for Public Health  
502-564-3527 ext 4027  
[Torrie.Harris@uky.edu](mailto:Torrie.Harris@uky.edu)