

## PORTION SIZE FACT SHEET

### Obesity and Diabetes Have Reached Crisis Levels

- In 2010, over half of New York City adults (58%) were overweight or obese<sup>1</sup>; among adults, obesity increased from 18% to 23% between 2002 and 2010<sup>2</sup>
- Obesity rates are highest among low-income New Yorkers: in 2010, 29% of New York City adults with the lowest incomes were obese as compared to 14% of adults with the highest incomes.<sup>3</sup>
- 20.7% of New York City's public school children (K-9) are obese; this rate is higher among black (20.9%) and Hispanic (25.6%) children than among white (15.4%) and Asian/Pacific Islander (13.4%) children.<sup>4</sup>
- Childhood obesity leads to serious health consequences, including cardiovascular disease and increased mortality.<sup>5</sup>
- As a result of obesity, today's children have a shorter life expectancy than their parents.<sup>6</sup>
- Adults who are obese are almost twice as likely to develop diabetes as those who are overweight and almost three times as likely as those who are at a healthy weight.<sup>7</sup>
- The prevalence of diagnosed diabetes among adults in New York City is almost 10%; New Yorkers with the lowest incomes are twice as likely to suffer from diabetes as compared to New Yorkers with the highest incomes (14.2% vs. 6.9%).<sup>8</sup>
- Residents of New York City's poorest neighborhoods are more than twice as likely as those in the wealthiest neighborhoods to die from diabetes (27/10,000 vs. 11/100,000)<sup>9</sup>

### Portions Are a Super-Sized Problem

- The trend toward larger portion sizes has occurred in parallel with increases in the prevalence of overweight and obesity.<sup>10</sup>
- Portion sizes in restaurants have grown - beverage portion sizes at McDonald's have increased **457%** since 1955, from 7.0 fluid ounces to 32.0 fluid ounces. During the same period, French fry portion sizes have increased **225%**, from 2.4 ounces to 5.4 ounces, and hamburgers have nearly tripled in size, from 3.7 ounces to over 10 ounces for the largest portions.<sup>11,12</sup>
- Other foods have also grown; bagels have increased by **250%** in the past 20 years, from 140 calories to 350 calories.<sup>13</sup>
- Americans eat out more often than they did 40 years ago, making them more likely to be exposed to large portion sizes at restaurants.<sup>14,15</sup>
- Portion sizes in our homes have grown – the surface area of the average dinner plate has increased **36%** since 1960.<sup>16</sup> The serving sizes of some entrees in the cookbook, *Joy of Cooking*, have increased by as much as **42%** since the first edition in 1931.<sup>17</sup>
- With larger portions come more calories.<sup>18,19</sup>
- Studies show that people given larger portions eat more without realizing it; nor do they have an increased sense of being full:
  - o People eating soup from self-refilling bowls ate **73%** more, although they did not perceive that they had eaten more, nor did they report feeling more full<sup>20</sup>
  - o People given 18 ounces (vs. 12 ounces) of beverage drank **10%** (women) to **26%** (men) more, with no decrease in food eaten at the same meal and no difference in reported "fullness" or thirst.<sup>21</sup>

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- <sup>1</sup> New York City Department of Health and Mental Hygiene, Community Health Survey 2010.
  - <sup>2</sup> New York City Department of Health and Mental Hygiene, Community Health Survey 2010.
  - <sup>3</sup> New York City Department of Health and Mental Hygiene, Community Health Survey 2010.
  - <sup>4</sup> Berger M, et al. Obesity in K-8 students – New York City, 2006-07 to 2010-11 school years. *Morbidity and Mortality Weekly Report* December 16, 2011. 60(49): 1673-78.
  - <sup>5</sup> Han JC, Lawlor DA, Kimm SYS. Childhood obesity. *Lancet* 2010. 375:1737-48.
  - <sup>6</sup> Olshansky SJ, et al. A potential decline in life expectancy in the United States in the 21<sup>st</sup> Century. *New England Journal of Medicine*. 2005. 352(11): 1138-1145.
  - <sup>7</sup> Narayan KM, Boyle JP, Thompson TJ, Gregg EW, Williamson DF. Effect of BMI on lifetime risk for diabetes in the U.S. *Diabetes Care*. 2007. 30(6):1562-1566.
  - <sup>8</sup> New York City Department of Health and Mental Hygiene, Community Health Survey 2009.
  - <sup>9</sup> Raufman J, Berger M, Olson C., Kerker B. Diabetes among New York City Adults. *NYC Vital Signs* 2009, 8(5); 1-4.
  - <sup>10</sup> Young L, Nestle M. The contribution of expanding portion sizes to the US obesity epidemic. *American Journal of Public Health* 2002. 92(2):246-249.
  - <sup>11</sup> Young L, Nestle M. Portion sizes and obesity: responses of fast-food companies. *Journal of Public Health Policy* 2007. 28:238-248
  - <sup>12</sup> McDonalds Nutrition Information. Retrieved on January 6, 2012 from: <http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>.
  - <sup>13</sup> Department of Health and Human Services, National Institutes of Health. Retrieved on January 4, 2012 from: <http://hp2010.nhlbi.nih.gov/portion/portion.cgi?action=question&number=1>.
  - <sup>14</sup> Guthrie JF, Lin BH, Frazao E. Role of food prepared away from home in the American diet, 1977-78 versus 1994-96: changes and consequences. *Society for Nutrition Education* 2002; 34:140-150
  - <sup>15</sup> National Restaurant Association (NRA). *Industry at a Glance*. 2005.
  - <sup>16</sup> Wansink B. *Mindless Eating: Why We Eat More Than We Think*. New York, NY: Bantam Dell; 2006.
  - <sup>17</sup> Wansink B, Van Ittersum K. Portion size me: downsizing our consumption norms. *Journal of the American Dietetic Association* 2007. 107(7):1103-06.
  - <sup>18</sup> Young L, Nestle M. The contribution of expanding portion sizes to the US obesity epidemic. *American Journal of Public Health* 2002. 92(2):246-249.
  - <sup>19</sup> Nielsen S, Popkin B. Patterns and trends in food portion sizes, 1977-1998. *Journal of the American Medical Association* 2003. 289(4): 450-453.
  - <sup>20</sup> Wansink B, Painter JE, North J. Bottomless bowls: why visual cues of portion size may influence intake. *Obesity Research* 2005. 13(1): 93-100.
  - <sup>21</sup> Flood J, Roe L, Rolls B. The effect of increased beverage portion size on energy intake at a meal. *Journal of the American Dietetic Association* 2006. 106: 1984-1990