



Healthier Together

Pierce County

St. Croix County

OBESITY/OVERWEIGHT BY THE NUMBERS

JULY 2018

◆ There are **33,186** adults and **8,715** children in Pierce County¹

◆ **35.6%** of adults 18+ report being overweight²

◆ **30%** of adults 20+ report being obese³

◆ Student population (9th-12th) trying to lose weight⁴:

Male: **29.6%** Female: **61.8%**

◆ **21%** of adults 20+ report no leisure time physical activity³

◆ **76.4%** of adults 18 and older report inadequate fruit and vegetable consumption⁸

◆ **10%** of the population is food insecure⁶

◆ **29.4%** of respondents reported obesity as an important health concern⁷

◆ There are **66,350** adults and **22,353** children in St. Croix County¹

◆ **30.7%** of adults 18+ report being overweight²

◆ **27%** of adults 20+ report being obese³

◆ Student population (9th-12th) trying to lose weight⁴:

Male: **28.1%** Female: **58.7%**

◆ **21%** of adults 20+ report no leisure time physical activity³

◆ **78.8%** of adults 18+ report inadequate fruit and vegetable consumption⁸

◆ **7.8%** of the population is food insecure⁶

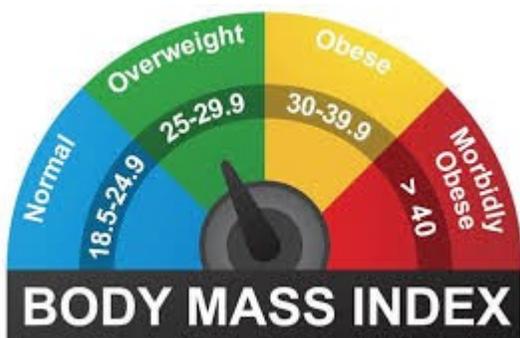
◆ **38.4%** of respondents reported obesity as an important health concern⁷

Overweight and Obese

Overweight is defined as a Body Mass Index (BMI) between 25 and 29.9. Obese is a BMI over 30. Obesity can occur from a combination of factors including behavior and genetics.

Behaviors include diet, physical activity, inactivity, and medication use. Societal factors include our food and physical activity environment, education, and food marketing and promotion.

Obesity is associated with poor mental health, reduced quality of life, and is the leading causes of death in the U.S. Obesity can lead to diabetes, heart disease, stroke, and some types of cancer. Obesity and it's related health problems have a significant impact on the US health care system.⁵





Leisure Time Physical Activity

Leisure time physical activity includes participation in any physical activity or exercise including things like running, gardening, biking, or walking, outside of ones regular daily activities. Regular activity has enormous benefits including reduced risk of obesity and diabetes. It also lowers blood pressure and cholesterol levels decreasing risk of heart attack and stroke.⁹

Fruit and Vegetable Consumption

Adults over the age of 18 should consume between 3 1/2 and 5 cups of fruits and vegetables each day. A diet consisting of an assortment of fruits and vegetables may reduce risk of many chronic health conditions including obesity, heart disease, high blood pressure, diabetes, and some cancers.

Fruits and vegetables provide nutrients vital for health and maintenance of your body including potassium, dietary fiber, and folic acid. Fruits and vegetables can be fresh, frozen, or canned as long as they are unsweetened, low in sodium and packed in 100% juice¹⁰.



Food Insecurity

Food insecurity is having limited or uncertain access to adequate food. Food insecurity can lead to adverse health conditions including, obesity, diabetes, heart problems, and physical and emotional.

Research shows an association between food insecurity and delayed development in young children; risk of chronic illnesses like asthma and anemia; and behavioral problems like hyperactivity, anxiety and aggression in school-age children.⁶

¹United States Census Bureau

²Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System

³County Health Rankings, 2018

⁴Center for Disease Control and Prevention, 2016 Youth Risk Behavior Survey

⁵Centers for Disease Control and Prevention

⁶Feeding America

⁷2015 Healthier Together Pierce and St. Croix Counties Community Health Survey

⁸US News Healthiest Communities

⁹Harvard Health Publishing, Harvard Medical School

¹⁰USDA, choosemyplate.gov