

WEIGHT

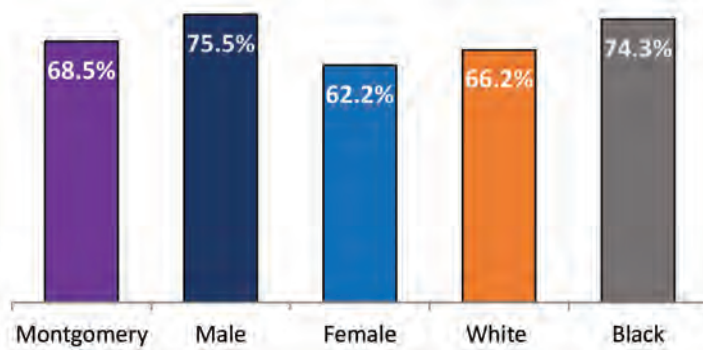


PHI PUBLIC HEALTH IMPORTANCE:

Overweight/obesity is a complex health issue that has become an increasingly common condition among U.S. adults and children. It can be caused by a combination of factors such as individual behaviors and genetics. Risk behaviors can include unhealthy food choices or poor nutrition and physical inactivity. Being overweight or obese is associated with diseases such as diabetes, mental health disorders, heart disease, liver disease, many cancers, and stroke. It can also be linked to a reduced quality of life and shorter life expectancy.



Overweight or Obese Adults by Sex and Race Montgomery County, 2016-2017

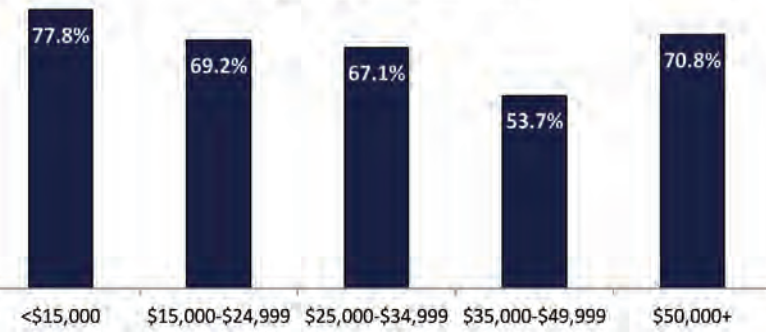


Source: Behavioral Risk Factor Surveillance System (BRFSS)

KEY FINDINGS as self-reported

- ▶ 69% of all adults are overweight or obese.
- ▶ Being overweight or obese is more likely among men than women and among Blacks compared to Whites.

Overweight or Obese Adults by Income Montgomery County, 2016-2017



Source: Behavioral Risk Factor Surveillance System (BRFSS)

KEY FINDING as self-reported

- ▶ More than 75% of adults with an income less than \$15,000 are overweight or obese.

Across the Nation

	Montgomery ¹	Ohio ¹	United States ²	HP 2020 Goal
Obese	33.1%	32.6%	31.6%	30.5%
Overweight or Obese	68.5%	67.1%	66.9%	-

¹Behavioral Risk Factor Surveillance System (BRFSS), 2016-2017
²Behavioral Risk Factor Surveillance System (BRFSS), 2017

Adult Body Mass Index (BMI) Category Montgomery County, 2016-2017



Source: Behavioral Risk Factor Surveillance System (BRFSS)

KEY FINDING as self-reported

- ▶ 30% of adults are at a normal or healthy weight for their height.

SDOH SOCIAL DETERMINANTS OF HEALTH:

Many factors, aside from eating too much and exercising too little, contribute to an unhealthy weight status (overweight and obesity). Community environment plays a key role in the obesity crisis; an area with a lack of healthy food options (a poor food environment) makes it challenging for people to make healthy dietary choices. For example, in an area where the only food options are fast food restaurants and corner stores, people may have no choice but to consume lower quality food. Likewise, people living in an area lacking sidewalks, safe bike trails, or safe parks may find it difficult to make physical activity a part of their routine.

Child* Body Mass Index (BMI) Montgomery County and Surrounding Areas, 2017



Source: Dayton Children's Hospital Community Health Needs Assessment *0-11 years

KEY FINDING as self-reported

- ▶ Over one-third (36%) of children are identified as obese.

