# Obesity

**Impact Score**

0 30 30

A weight that is higher than what is considered to be healthy, determined by a Body Mass Index (BMI) of ≥ 30 (calculated using height and weight)

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| Health Impacts Increased risk of:   * Stroke * Heart disease * Diabetes * Certain types of cancer * Poor mental health * Arthritis   139 deaths per 100,000 persons, annually  Source: CDC | Comparison Obesity, Marion Co. vs. other locations, 2015-2016    Source: Big Cities Health Coalition |
| Treatment  * Exercise * Increase access and consumption of nutritious foods | Trend Marion Co. Obesity, 2011-2016  \\hah2k8clufs01\S_Drive\EPI\Data Requests\DR3769 CHA Obesity Infographic\DR3769 Trend for Obesity Fact Sheet.png  Source: BRFSS |

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| Risk Factors | | | |
| Behavior  * inadequate exercise: < 150 minutes of moderate exercise and 2 days of strength training * unhealthy diet: lacking fruits, vegetables, whole grains, and lean protein, and drinking water   Source: RWJF | | Environment  * Lacking a safe environment for walking/biking * Friends and family members who are not active and do not eat healthy foods   Source: RWJF | |
| Equity | | | |
| Obesity by Gender Males reported a higher rate of obesity compared to females in Marion County. | Obesity by Gender, Marion Co. 2016    Source: BRFSS | | |
| Obesity by Race/Ethnicity, Marion Co. 2016    Source: BRFSS | | | Obesity by Race/Ethnicity Non-Hispanic African Americans reported a higher rate of obesity compared to their non-Hispanic White and Hispanic counterparts in Marion County. |