# 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 ImpactsIncreased risk of:* Stroke
* Heart disease
* Diabetes
* Certain types of cancer
* Poor mental health
* Arthritis

139 deaths per 100,000 persons, annuallySource: CDC | ComparisonObesity, Marion Co. vs. other locations, 2015-2016Source: Big Cities Health Coalition  |
| Treatment* Exercise
* Increase access and consumption of nutritious foods
 | TrendMarion Co. Obesity, 2011-2016\\hah2k8clufs01\S_Drive\EPI\Data Requests\DR3769 CHA Obesity Infographic\DR3769 Trend for Obesity Fact Sheet.pngSource: 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 GenderMales reported a higher rate of obesity compared to females in Marion County. | Obesity by Gender, Marion Co. 2016Source: BRFSS |
| Obesity by Race/Ethnicity, Marion Co. 2016Source: BRFSS | Obesity by Race/EthnicityNon-Hispanic African Americans reported a higher rate of obesity compared to their non-Hispanic White and Hispanic counterparts in Marion County. |