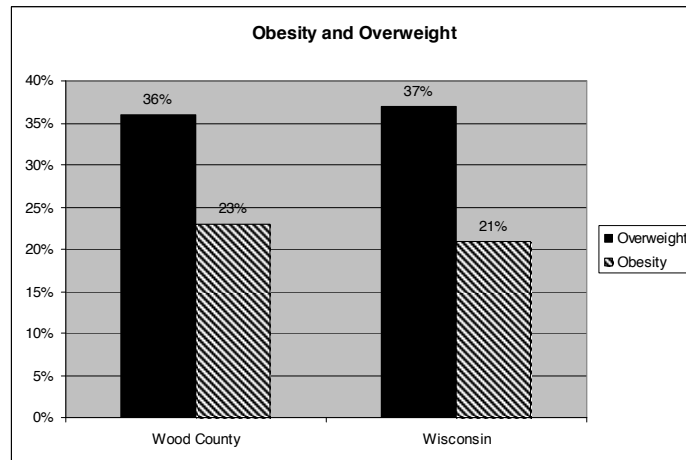


## Obesity and Lack of Physical Activity: Unhealthy Cultural Trends



### Key Facts

- A federal initiative, Healthy People 2010, set a goal of reducing population occurrence of overweight and obesity to 15%.
- Nationally, 64 % of adults and 15% of children are currently overweight or obese.
- In 2002, 20% of Wisconsin adult residents reported not having a leisure time physical activity.
- In 2002, 76.9% of Wood County adults reported consumption of less than five fruits or vegetables a day.

### Why is this Information Important?

Overweight, obesity and lack of physical activity are common health problems in America today. Carrying excess weight can result in health conditions such as hypertension, dyslipidemia, osteoarthritis, type 2 diabetes, stroke and cardiovascular disease.

### Determining Obesity

Calculating a person's body mass index is a main factor to determine obesity. The formula is: weight (in pounds), times 705, divided by height (in inches), divided by height (in inches) again. From this calculation, females with an index greater than 27.3 and males with an index greater than 27.8 are considered overweight.

### Preventing and Overcoming Obesity

Recognizing the problem is important for individuals, families, health care providers, schools and other community partners since they all play a role in promoting good health. Lifestyle changes can reduce body weight and health conditions through modifications such as increasing physical activity and making diet improvements.

*Sources: Center for Disease Control; Wisconsin Department of Health and Family Services*