

Farm to Table  
**Fast Food**  
Physical Activity  
School Gardens  
Glucose  
Lifestyle  
BMI  
Children  
Parks and Trails

Heart Disease  
Active Classrooms  
Physical Education  
Safe Routes to School

Cost of Medical Care



# Obesity

Active Transportation  
Healthy Living  
Adults  
Smart Snacks  
Portion Control  
Diabetes  
School Breakfast Programs  
Hypertension  
Processed Foods  
Mental Health  
Active Recess  
Teens  
Body Fat  
Weight  
Sedentary  
Safe places to exercise  
Chronic Disease  
Access to healthy foods

# Community Health Priority: Obesity

## Community Health Importance and Impact

The overall health and well-being of a community rely heavily on proper nutrition and adequate physical activity. Healthful diets and body weights are directly related to health status. Good nutrition is important to overall physical and developmental growth. Additionally, physical activity can improve the health and quality of life of all ages, regardless of the presence of a chronic disease or disability.

Proper nutrition and physical activity have great community benefits. Healthy diets rich in fruits and vegetables have been shown to reduce many health conditions, including: overweight and obesity, heart disease, high blood pressure, dyslipidemia, type II diabetes, oral disease, and some cancers. Furthermore, physical activity can lower the risk of: early death, coronary heart disease, stroke, high blood pressure, type 2 diabetes, breast and colon cancer, falls, and depression.

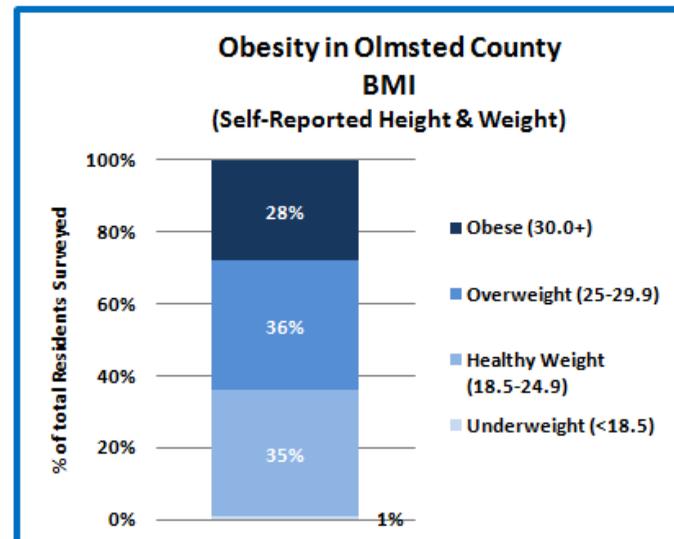
Unfortunately, many people do not meet the guidelines for physical activity or fruit and vegetable consumption; and these people are at an increased risk for obesity. Furthermore, obesity is associated with many additional health-related problems. These problems range from diabetes, heart disease, hypertension, premature mortality to mental health issues. Obesity increases the overall cost of health care placed on society.

Many factors are associated with overeating and inadequate exercise that results in obesity. Factors may include lack of knowledge of caloric intake, lack of access to healthy foods, eating for psycho-social reasons, overfeeding by parents, or lack of safe places to exercise. There are many future health and life risks, implications, and consequences associated with consuming an unhealthy diet, which includes those without adequate fruits and vegetables.

## Obesity in Olmsted County

Local obesity data is primarily from the community telephone survey to help inform the Community Health Needs Assessment. Information gathered from that survey indicates that 45% of survey respondents *believe* they are currently overweight. This figure rises considerably when looking at self-reported height and weight measurements (BMI calculations) – **64%** of Olmsted County adults are overweight, with **28%** being obese.

Obesity is a problem throughout all communities. However, among adults, the prevalence is highest for middle-aged people and for non-Hispanic black and Mexican American women. The association of income with obesity varies by age, gender, and race/ethnicity. Limited sub-population breakdown is available for Olmsted County; however, the 2013 Community Health Needs Assessment Survey shows the highest obesity disparity between Hispanic (47.1%) and non-Hispanic (26.8%) individuals, which is consistent with national trends.



# Community Health Priority: Obesity

## Goal

- Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights
- Improve health, fitness, and quality of life through daily physical activity

## Outcome Objective

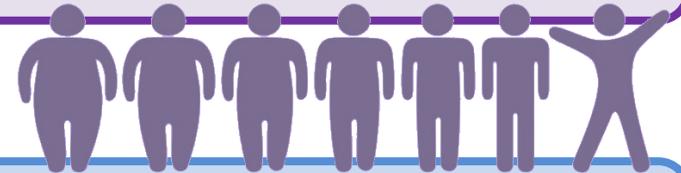
- By 2020, reduce the percentage of Olmsted County adults who are obese from 28.0% to 26.0%
- By 2020, reduce the percentage of Olmsted County adolescents who are obese from 7.4% to 7.0%
- By 2020, reduce the percentage of Olmsted County adults who are overweight from 64.0% to 60.0%

## Community Strengths

Bicycle Master Plan  
Bicycle Pedestrian Advisory Council  
Community Education  
Complete Streets Policy  
Farmers Market  
Farm to Table  
Healthy Concessions  
Healthy Food Alliance of SE MN  
Healthy Living Rochester Coalition – Mayo Clinic  
OCPHS Statewide Health Improvement Plan  
Rochester Area Family Y  
We Bike Rochester  
Worksite Wellness

## Strategy 1: Promote a culture of healthy eating

- By 2018, increase the percentage of Olmsted County adults who meet the recommended guidelines for fruit and vegetable consumption from 50.0% to 55.0%
- By 2018, increase the percentage of Olmsted County adolescents who meet the recommended guidelines for fruit and vegetable consumption from 21.1% to 25.0%



## Strategy 2: Promote a culture of physical activity

- By 2018, increase the percentage of Olmsted County adults who meet the recommended guidelines for moderate physical activity from 48.0% to 55.0%
- By 2018, increase the percentage of Olmsted County adolescents who meet the recommended guidelines for moderate physical activity from 48.2% to 55.0%