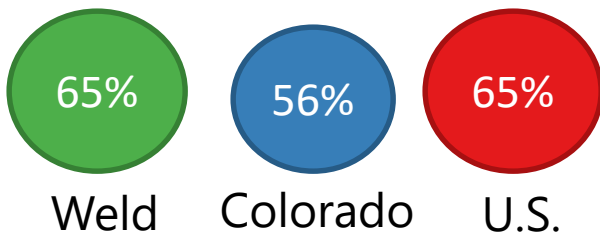


# Overweight & Obesity

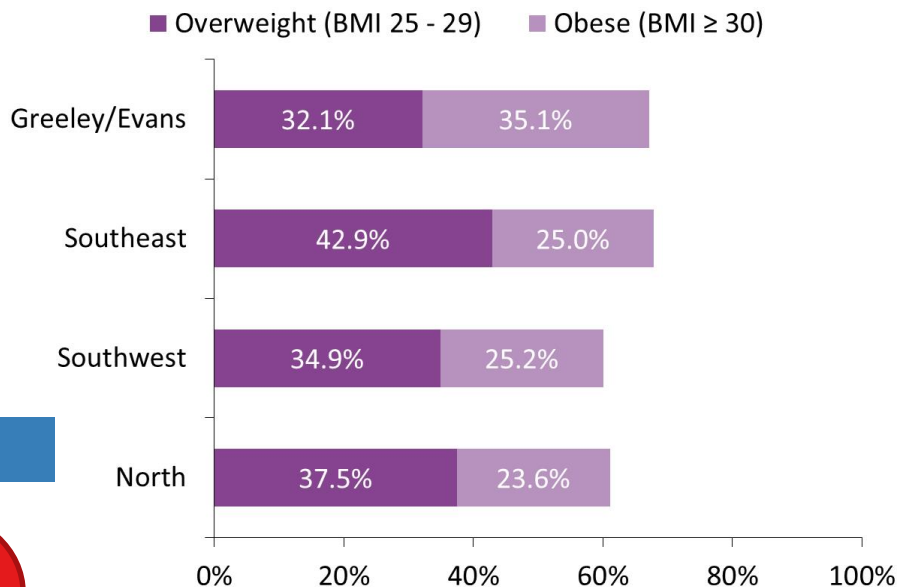
## Key Findings

- Countywide, 65% of residents were overweight or obese whereas 68% of residents in the Southeast region of the county (highest rate) were overweight or obese and 60% of residents in the Southwest region (lowest rate) were overweight or obese.
- The percentage of Weld County overweight or obese residents was similar to the 2013 U.S. rate (65%) but higher than the 2013 statewide rate (56%).

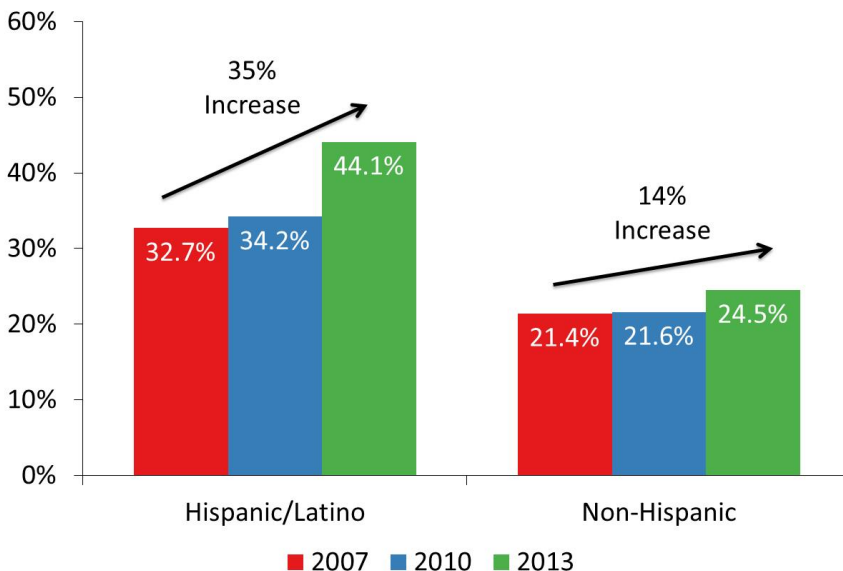
### Percent Overweight or Obese



### Body Weight Status By Region, 2013



### Body Mass Index ≥ 30 by Race/Ethnicity



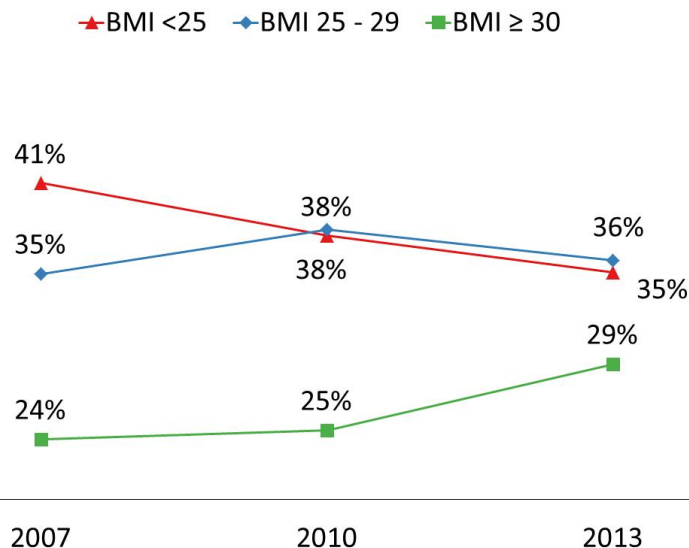
- Obesity affects some groups more than others. About four out of ten (44%) Hispanic and Latino residents were obese compared to about two out of ten (25%) non-Hispanic or Latino residents.
- Statewide in 2013, about 31% of Hispanics were obese. Nationwide, about 32% of Hispanics were obese.
- Since 2007, the obesity rate for Weld County Hispanic and Latinos increased by 35%. The obesity rate for non-Hispanic or Latino residents increased by 14% between 2007 and 2013.

# Weld County 2013 Community Health Survey

## Key Findings

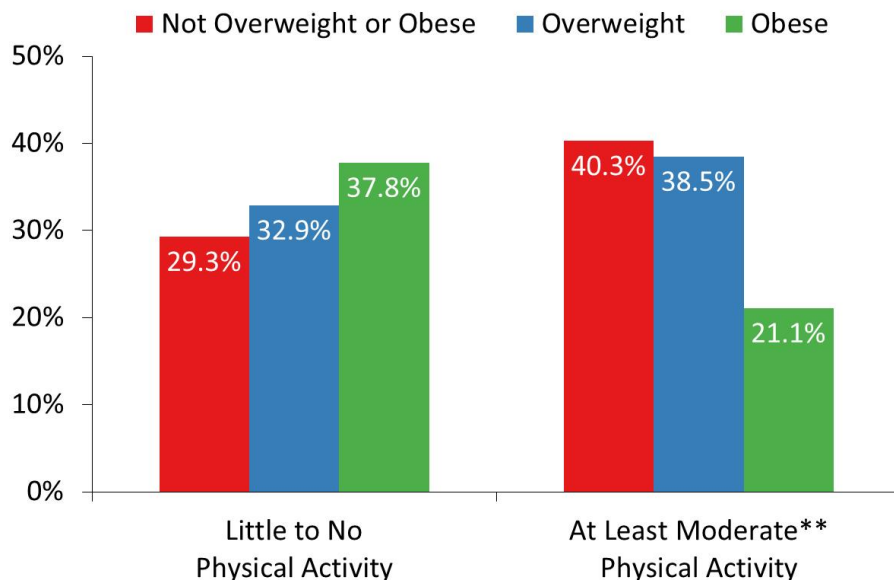
- Since 2007, more people have become overweight or obese in Weld County. The percentage of residents with a body mass index less than 25 (not overweight or obese) declined to 36% in 2013 from 41% in 2007.
- The percentage of residents with a body mass index equal to or greater than 30 (obese category) increased from 24% in 2007 to 29% in 2013.
- Among low income residents ( $\leq 185\%$  FPL\*), the obesity rate was 39.4% compared to 26.3% for residents who were not low income ( $> 185\%$  FPL).

### Body Mass Index (BMI) Trends, 2007 - 2013



\*185% Federal Poverty Level (185% FPL) in 2012 was \$20,665 for single person, \$7,326 for each additional person, and \$42,643 for a family of four is a definition of low income.

### Body Weight Status by Physical Activity Level



### Questions?

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- Physical inactivity is one risk factor that individuals can change to reduce the risks of overweight and obesity. Physical activity helps people lose and/or maintain weight.
- Countywide, a little over half (50.9%) of residents reported achieving at least moderate levels of physical activity\*\* in a typical week through a combination of activities including walking, bicycling, jogging, or similar activities.
- About two out of ten (21.1%) residents that typically obtained at least moderate levels of physical activity were obese compared to almost four out of ten (37.8%) obese residents among those that did not obtain the recommended amount of physical activity (see chart to left).

\*\* Moderate physical activity adds up to as much as 150 minutes of qualifying activity per week (or less if some activity is more vigorous).

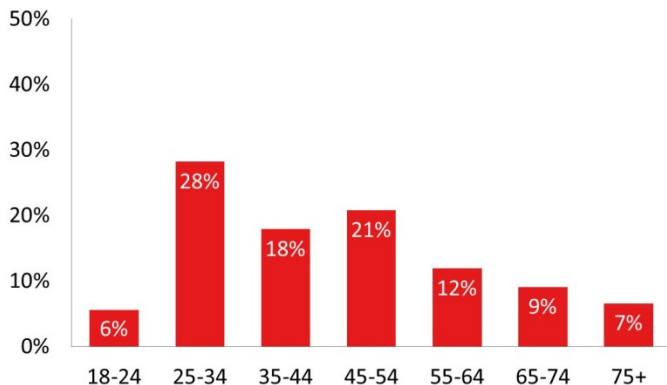


# Weld County 2013 Community Health Survey

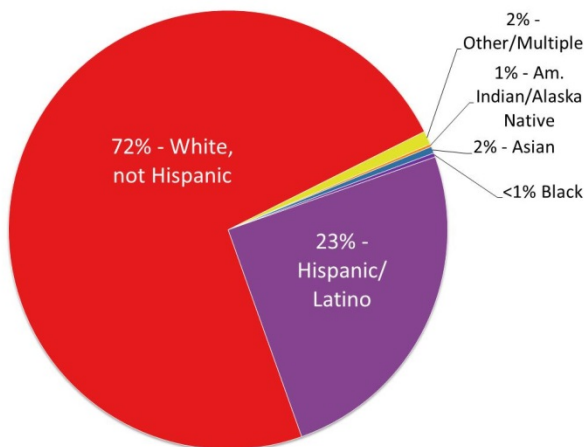
## About the Survey

### Description of Responders

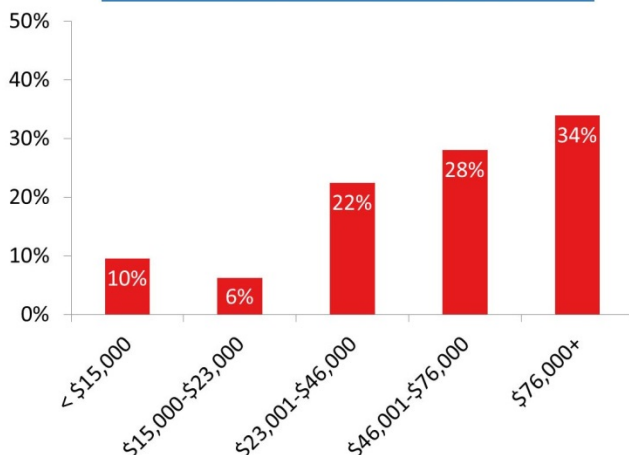
#### Age Groups



#### Race/Ethnicity



#### Household Income



### The Survey Explained

- In order to periodically assess the health status of county residents, between October 15, 2013 and February 14, 2014, Weld County Department of Public Health & Environment contacted 7,502 households by mail requesting an adult to complete the 65-item survey or complete it online.
- Question topics included health, health care access and insurance, health conditions and lifestyle habits, preventive screenings, environmental issues, community concerns and needs, demographics, and the 2013 Flood Disaster.
- Households were selected randomly by first dividing the mailing list into **four regions (see map below)** and two household types (single-family vs. multi-family). The list was certified by the post office but did not contain residents' names.
- After multiple contacts, 2,082 community residents returned usable surveys for a 28 percent response rate. The results are representative of the population within a  $\pm 5.0$  percent margin of error.
- To see the actual survey go to: [www.weldhealth.org](http://www.weldhealth.org)

