

## A Local Profile • Wood County

Obesity is a major public health concern for Ohio's youth, with 13% identified as obese according to the 2013 Youth Risk Behavior Survey (YRBS). However, it is not just a state level issue, Wood County is very much itself part of this epidemic. According to the 2012 Wood County Health Assessment, 16% of Wood County's youth were identified as obese. Another 10% were identified as overweight compared to the 8% at the state level.

Figure 1.

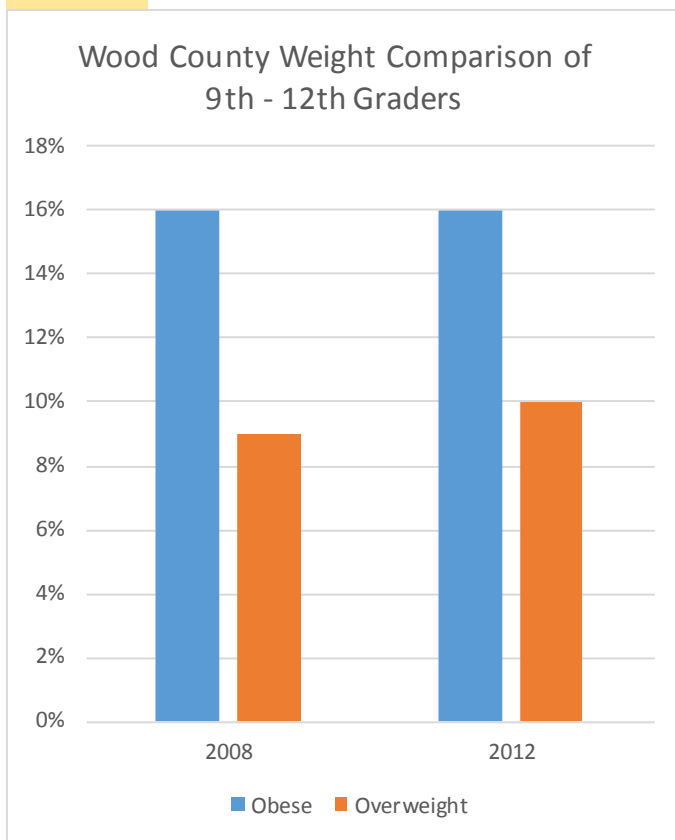
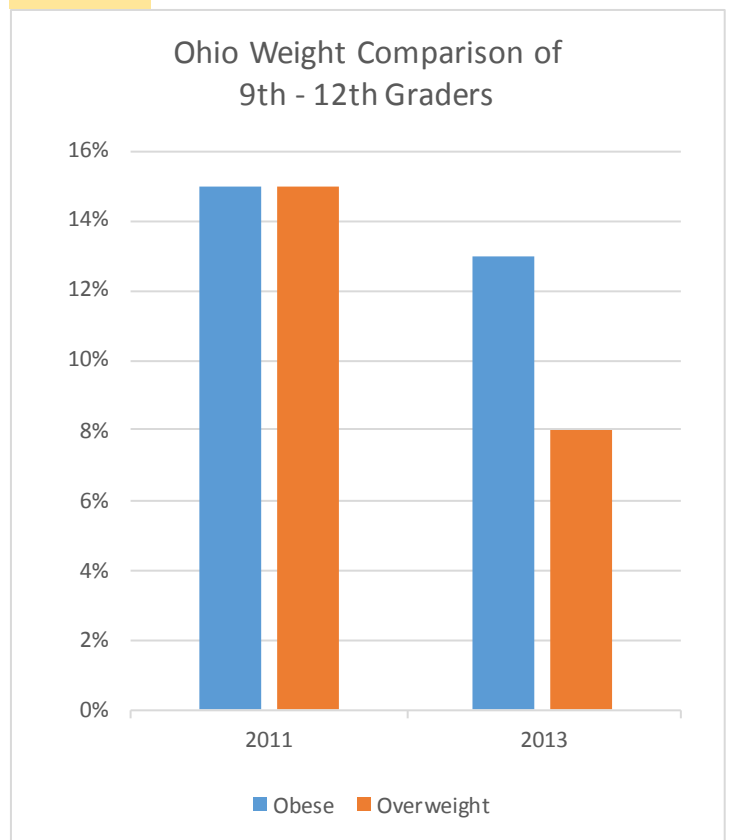


Figure 2.



Obesity among Wood County's youth has remained the same from 2008 to 2012, and are above the state and national averages (Figure 1 & 2).

Obesity can have harmful effects on the body and increase the likelihood for developing the following medical conditions:

- ◆ Cardiovascular disease
- ◆ High blood pressure
- ◆ High cholesterol
- ◆ Type 2 diabetes
- ◆ Sleep apnea
- ◆ Asthma
- ◆ Certain cancers
- ◆ Joint problems
- ◆ Social and psychological problems

# Factors Leading to Obesity in Wood County

## Physical Activity:

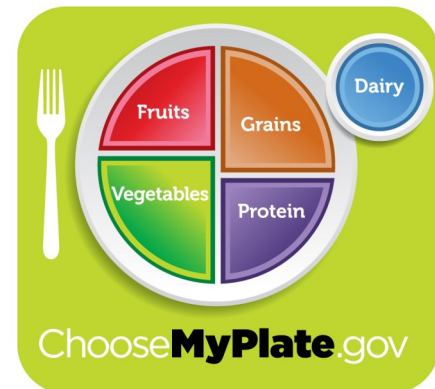
- ◆ 10% of youth did not participate in at least 60 minutes of physical activity on any day in the past week.
- ◆ 49% of youth are physically active at least 60 minutes per day on less than 5 days in the past week.
- ◆ 44% of youth watched TV 3 or more hours per day.

## Nutrition:

- ◆ 82% of youth ate 1 to 4 servings of fruit and vegetables per day, while 17% ate 5 or more servings per day.
- ◆ 98% of youth reported eating dinner, 95% lunch and 72% breakfast.
- ◆ 75% of meals were eaten at home, 3% fast food restaurant, 2% school, and < 1% convenience store.

## Recommended Prevention

- ◆ At least 60 minutes of physical activity daily.
  - \* Moderate to vigorous intensity aerobic physical activity 3 days per week.
  - \* Muscle-strengthening 3 days per week.
  - \* Bone-strengthening 3 days per week.



## Actions Taken

- ◆ Established the Wood County Obesity Task Force in April of 2014.
- ◆ Acquired funding and implanted Veggie U in July of 2013.
- ◆ Acquired funding for Ohio Healthy Programs Project in July of 2014.

### Data Sources:

1. 2012, Wood County Health Assessment. Information is reported for those in grades 9th-12th.
2. 2008, Wood County Health Assessment. Information is reported for those in grades 9th-12th.
3. 2014-2016, Wood County Community Health Improvement Plan
4. 2013, Centers for Disease Control and Prevention, Youth Risk Behavior Assessment (YRBS). Information is reported for those in grades 9th-12th.
5. 2011, Centers for Disease Control and Prevention, Youth Risk Behavior Assessment (YRBS). Information is reported for those in grades 9th-12th.
6. 2013, Centers for Disease Control and Prevention, Youth Physical Activity Guidelines Toolkit. <http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm>
7. 2014, Centers for Disease Control and Prevention, Childhood Obesity Facts. <http://www.cdc.gov/HealthyYouth/obesity/facts.htm>
8. Choose My Plate.gov, My plate Graphic Resource. <http://www.choosemyplate.gov/print-materials-ordering/graphic-resources.html>