

# Health Behaviors: Adult Weight Status

## Key Findings

*In 2021, 69% of Wood County adults were overweight or obese based on Body Mass Index (BMI). Nearly one-quarter (23%) of adults did not participate in any physical activity in the past week, including 6% who were unable to exercise.*

## Adult Weight Status

- More than two-thirds (69%) of Wood County adults were either overweight (32%) or obese (37%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- Nearly half (47%) of adults were trying to lose weight; 34% were trying to maintain their current weight or keep from gaining weight; and 2% were trying to gain weight. Seventeen percent (17%) of Wood County adults were not doing anything to lose or gain weight.
- Wood County adults did the following to lose weight or keep from gaining weight: drank more water (52%); exercised (49%); ate less food, fewer calories, or foods low in fat (47%); ate a low-carb diet (15%); took diet pills, powders or liquids without a doctor's advice (6%); health coaching (3%); went without eating 24 or more hours (2%); used a weight loss program (2%); bariatric surgery (2%); smoked cigarettes (1%); took prescribed medications (1%); and took laxatives (<1%).

**Approximately 35,379 Wood County adults were obese.**

## Physical Activity

- In Wood County, 50% of adults engaged in some type of physical activity or exercise for at least 30 minutes on 3 or more days per week. More than one-fourth (29%) of adults exercised 5 or more days per week. Twenty-three percent (23%) of adults did not participate in any physical activity in the past week, including 6% who were unable to exercise.
- The CDC recommends that adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week. *(Source: U.S. Department of Health and Human Services, 2018 Physical Activity Guidelines for Americans).*
- Wood County adults spent the most time doing the following physical activities in the past year: walking (76%), cycling (31%), running/jogging (23%), using exercise machines (21%), strength training (19%), engaging in occupational exercise (14%), swimming (14%), using exercise videos (11%), taking group exercise classes (8%), playing active video games (5%), other activities (12%).
- Reasons for not exercising included the following: time (29%); laziness (23%); weather (21%); too tired (20%); pain or discomfort (17%); did not like to exercise (17%); could not afford a gym membership (4%); no exercise partner (4%); poorly maintained/no sidewalks (4%); did not know what activities to do (3%); lack of opportunities for those with physical impairments or challenges (2%); transportation (2%); doctor advised them not to exercise (2%); no child care (1%); no gym available (1%); and no walking paths, biking trails or parks (<1%).
- Wood County adults spent an average of 2.9 hours watching TV, 2.3 hours on their cell phone, 1.4 hours on the computer, and 0.4 hours playing video games on an average day of the week.
- Wood County adults reported visiting the parks, bike trails, and walking paths in their community at the following frequencies: very often (22%), somewhat often (20%), not very often (35%), and not at all (20%). Three percent (3%) reported there were no parks, bike trails, or walking paths in their community.

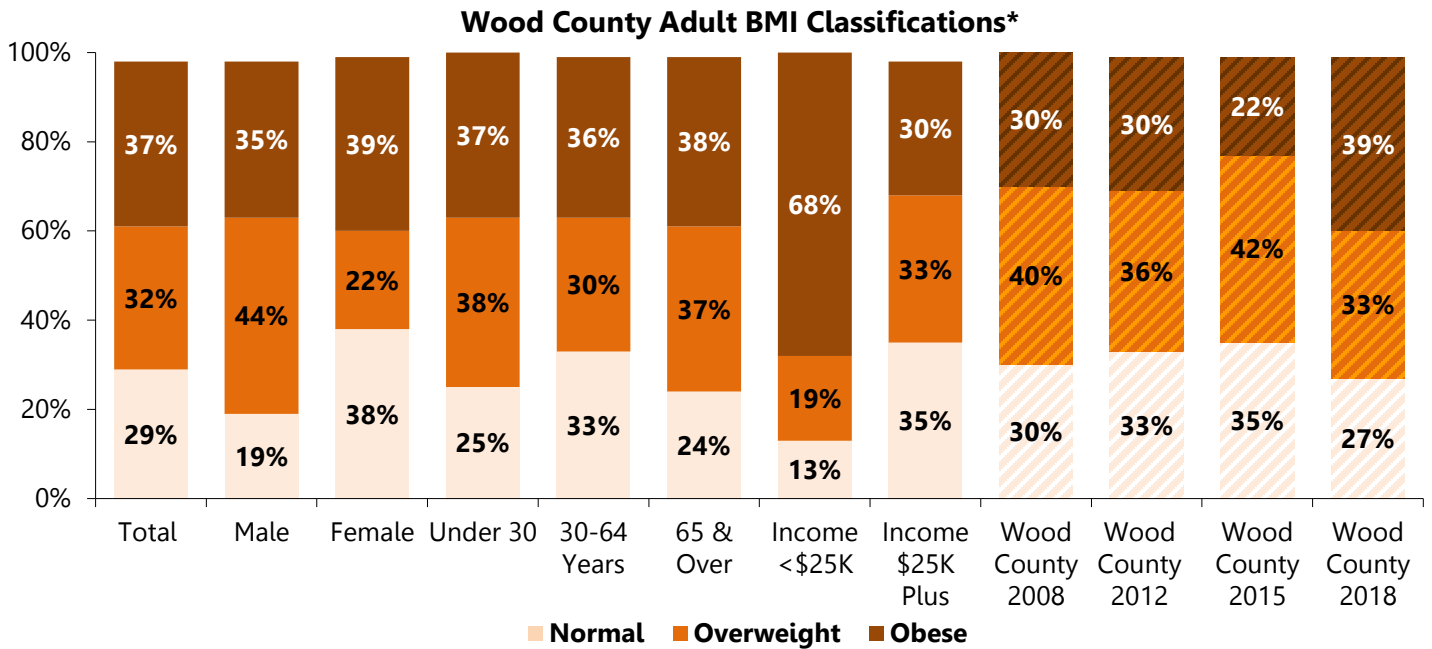
- Nearly two-thirds (65%) of adults reported the parks, bike trails, and walking paths in Wood County were easily accessible by walking or biking and one-fourth (25%) of adults reported they were not easily accessible by walking or biking. One percent (1%) of adults in Wood County reported that there were no parks, trails, or paths available in their community.

**Nutrition**

- In 2021, 35% of Wood County adults ate 1-to-2 servings of fruits and vegetables per day. Thirty-eight percent (38%) ate 3-to-4 servings per day, and 24% ate 5 or more servings per day. Three percent (3%) of adults ate no servings of fruits and vegetables per day.
- Four percent (4%) of adults ate 5 or more servings of fruit per day. Fourteen percent (14%) ate 3-to-4 servings of fruit per day, and 67% ate 1-to-2 servings per day. Fifteen percent (15%) of adults did not eat any fruit.
- Four percent (4%) of Wood County adults ate 5 or more servings of vegetables per day. Seventeen percent (17%) ate 3-to-4 servings of vegetables per day, and 72% ate 1-to-2 servings per day. Seven percent (7%) of adults did not eat any vegetables.
- The American Cancer Society recommends that adults eat at least 2½ cups of vegetables and at least 1½ cups of fruit each day to reduce the risk of cancer and to maintain good health (Source: American Cancer Society, 2020).
- Five percent (5%) of adults consumed 5 or more servings of sugar-sweetened beverages per day. Nine percent (9%) drank 3-to-4 servings per day, 36% consumed 1-to-2 servings per day, and 50% consumed 0 servings per day.
- Seven percent (7%) of adults consumed 5 or more servings of caffeinated beverages per day. One-fourth (25%) consumed 3-to-4 servings per day, 53% consumed 1-to-2 servings of per day, and 15% drank 0 servings per day.
- Wood County adults reported the following reasons they chose the types of food they ate: taste/enjoyment (73%), ease of preparation/time (60%), healthiness of food (54%), cost (46%), food they were used to (46%), what their family prefers (45%), nutritional content (33%), availability (31%), calorie content (29%), if it is organic (12%), artificial sweetener content (7%), if it is genetically modified (6%), other food sensitivities (4%), if it is lactose free (4%), if it is gluten free (3%), limitations due to dental issues (3%), health care provider’s advice (2%), and other reasons (7%).
- Wood County adults reported the following barriers in consuming fruits and vegetables: too expensive (11%), did not like the taste (8%), did not know how to prepare (6%), not enough variety (4%), no access (<1%), and other reasons (4%). Eighty-one percent (81%) reported no barriers to consuming fruits and vegetables.

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
<b>Obese</b>	30%	30%	22%	39%	37%	35%	32%
<b>Overweight</b>	40%	36%	42%	33%	32%	35%	35%

The following graph shows the percentage of Wood County adults who were overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 29% of all Wood County adults were classified as normal weight; 32% were overweight, and 37% were obese.

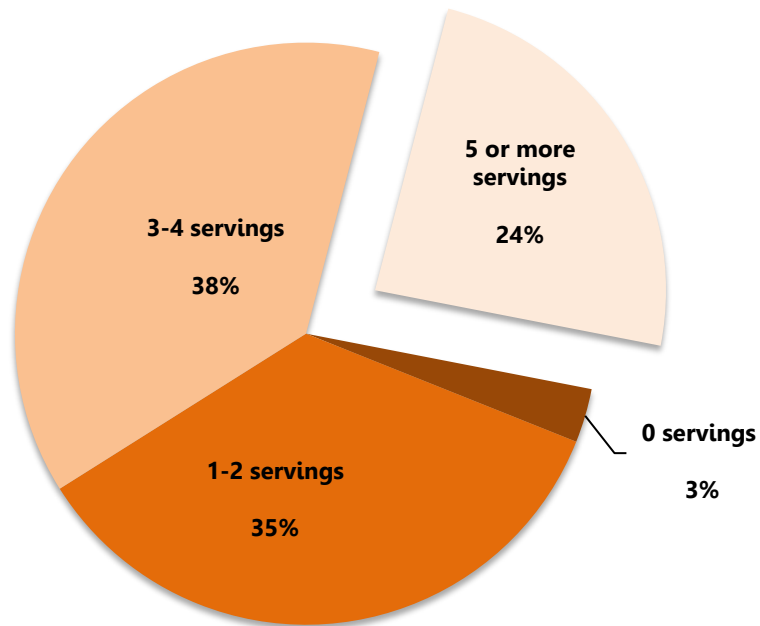


\*Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight

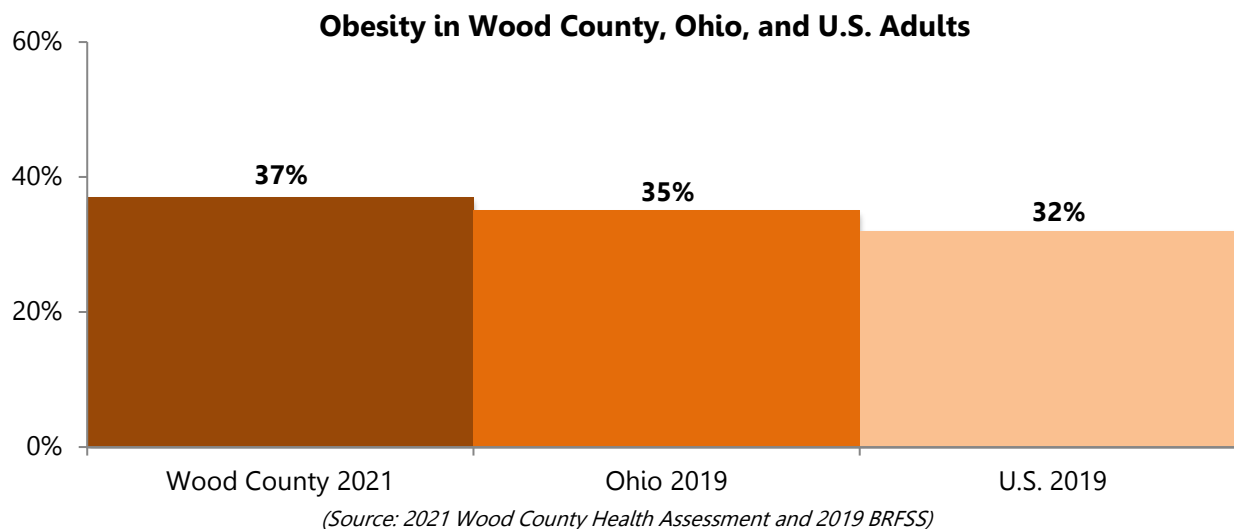
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following pie chart shows the average daily consumption of fruits and/or vegetables of Wood County adults.

### Average Number of Servings of Fruits and Vegetables Per Day for Wood County Adults



The following graph shows the percentage of Wood County adults who were obese compared to Ohio and the U.S.



### BMI Measurements

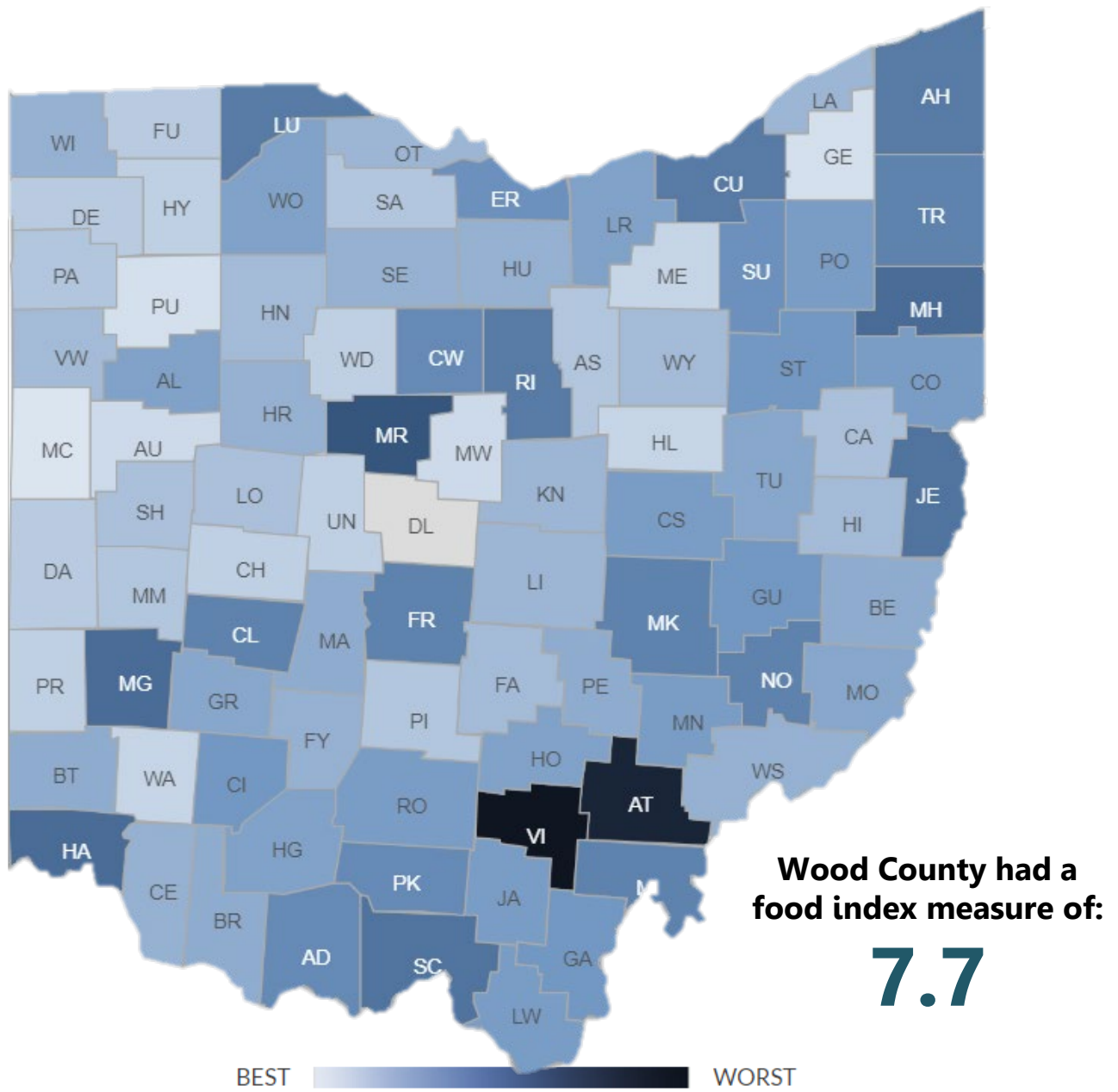
- Body Mass Index (BMI) is a person’s weight in kilograms divided by the square of height in meters.
- A high BMI can be an indicator of high body fat.
- BMI can be used to screen for weight categories that may lead to health problems, but it is not diagnostic of the body fatness or health of any individual.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal or Healthy Weight
25.0 – 29.9	Overweight
30.0 and above	Obese

*Source: CDC, Healthy Weight: About Adult Weight, updated September 17, 2020*

*The Food Environment Index measures the quality of the food environment in a county on a scale from zero to 10 (zero being the worst value in the nation, and 10 being the best). The two variables used to determine the measure are limited access to healthy foods (i.e. the percentage of the population who are low income and do not live close to a grocery store) & food insecurity (i.e. the percentage of the population who did not have access to a reliable source of food during the past year).*

- The food environment index in Wood County is 7.7
- The food environment index in Ohio is 6.8.



*(Source: USDA Food Environment Atlas, as compiled by County Health Rankings 2020)*