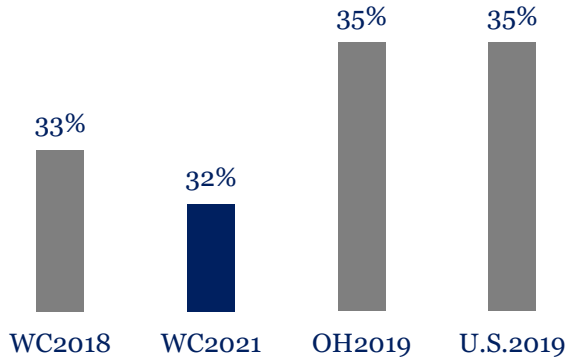
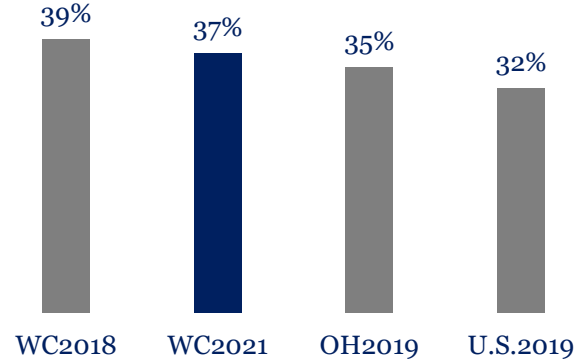


Adult Physical Health

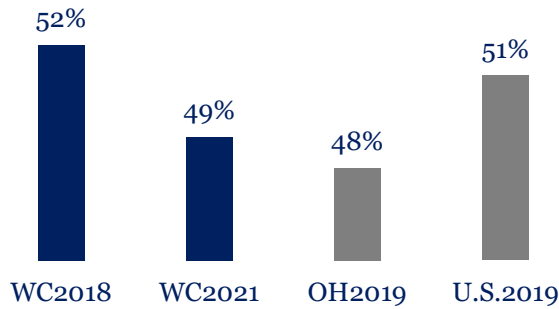
Wood County was 3% less overweight than both Ohio and the U.S. in 2021



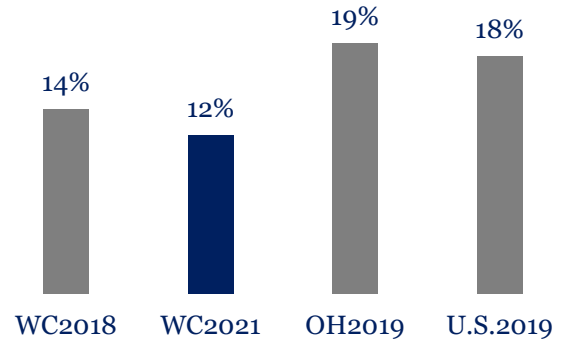
Wood County was more obese than both Ohio and the U.S. as of 2021



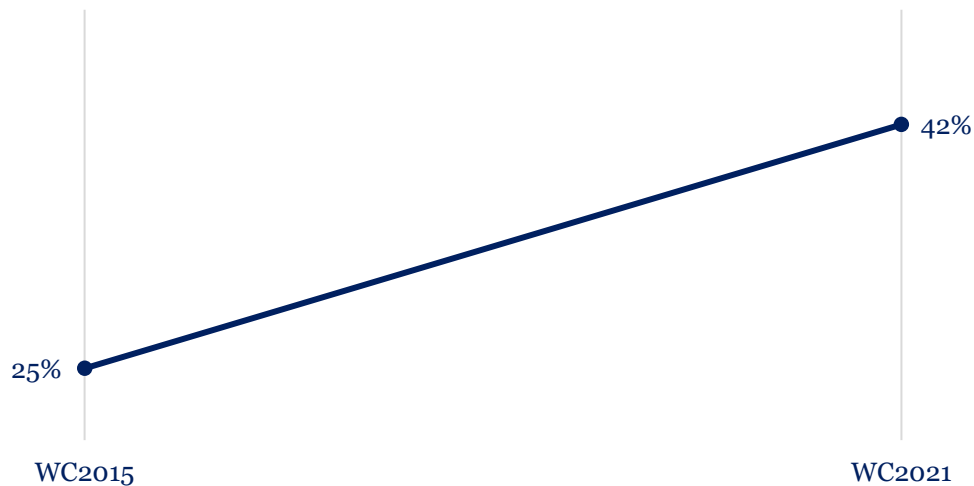
Wood County had a decrease in excellent or very good health from 2018 to 2021



Fewer Wood County Residents rated their health as fair or poor in 2021

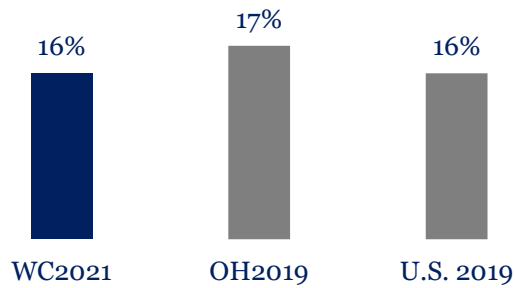


Wood County Adults became more limited due to a major impairment or health problem from 2015 to 2021

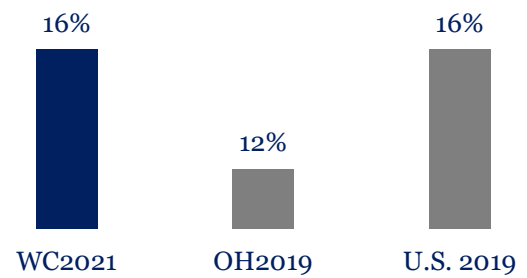


Youth Physical Health

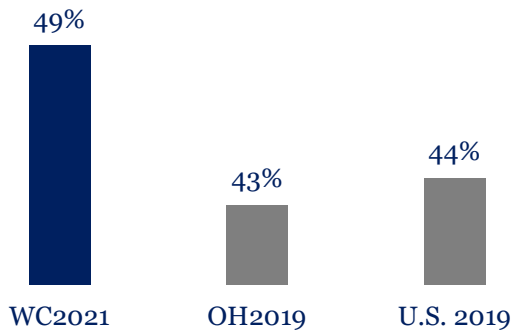
Wood County Youth were slightly less obese than Ohio and on par with the U.S. in 2021



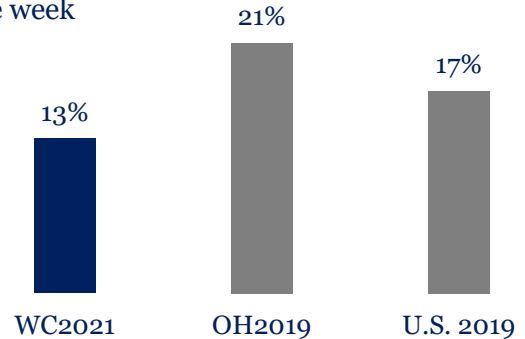
Wood County Youth were more overweight than Ohio Youth in 2021



Half of Wood County Youth were active for an hour at least 5 days/week



1 in 8 Wood County Youth were not active for at least an hour any days of the week



Why it matters

- Obesity is a risk factor for several debilitating and deadly diseases such as high blood pressure, type 2 diabetes, coronary heart disease, cancer and stroke
- Harvard states that losing as little as 5-10% of body weight can increase one's health and offer meaningful health benefits

Fitness Opportunities

- Bowling Green Community Center – Multiple pass types with discounts offered to seniors, high schoolers, and military. potential coverage by insurance as well.
<https://www.bgohio.org/158/Community-Center>
- Wood County Parks System – 20 parks and nature preserves open to everyone year round
 - Slippery Elm Trail which is a 13-mile trail between Bowling Green and North Baltimore
 - Inclusive parks in Perrysburg and Bowling Green
 - [Perrysburg Inclusive Playground](#)
 - [Carter Park Playground](#)
- Bowling Green City parks offers many physical activities
- Several gyms available – membership prices vary
- [National Heart, Lung and Blood Institute Tips for getting active](#)
 - Walk whenever possible such as after dinner or walking places instead of driving
 - Live more actively by joining an exercise group or exploring new physical activities
- [CDC guide for Physical Activity Breaks in the Workplace](#)
 - Consider using a sit-stand desk
 - Stretch or take a short-walk when you can
- [Places to be Physically Active](#)

Sources

<https://www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742#:~:text=Obesity%20makes%20you%20more%20likely,of%20insulin%20resistance%20and%20diabetes>

<https://www.health.harvard.edu/heart-health/controlling-your-weight-is-key-to-lowering-stroke-risk#:~:text=Excess%20pounds%20strain%20the%20entire,and%20other%20stroke%20risk%20factors>