Obesity is a significant contributor to chronic conditions like diabetes, heart disease, stroke, and cancer, which often lead to premature death and raise health care costs for both individuals and the state.

Strategies that improve nutrition and increase physical activity through policy, systems, and environmental change are fundamental to reducing obesity rates in children and adults.

Local Data
MMS Community Health Behavior Survey

33.6% of MMS adult residents, in 2013, self-reported that they were obese (by submitting height & weight).

Over 50% of MMS residents utilize classes or activities through Community Education.

Highest Age-Adjusted Rates of Obesity

<table>
<thead>
<tr>
<th>Gender &amp; Age</th>
<th>Education &amp; Income</th>
<th>Residents Considered Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>33.5% Males</td>
<td>42.9% Less than high school education</td>
<td>37.2% (Meeker)</td>
</tr>
<tr>
<td>33.7% Females</td>
<td>24.4% Bachelor's degree or higher</td>
<td>33.6% (McLeod)</td>
</tr>
</tbody>
</table>

45.7% Highest Age Group with Obesity: 45-54 years

37.7% Highest Household Income with Obesity: Median

Less than 20.5% of MMS adult residents utilize public swimming pools, recreation centers, health clubs, fitness centers, or gyms
IN 2014...
36.5% of U.S. adults had obesity

Obesity by age and ethnic background:

- **40.2%**
  - Middle-Aged Adults
  - 40-59 years
- **37%**
  - Older Adults
  - 60+ years
- **32.3%**
  - Younger Adults
  - 20-39 years

Obesity can also be affected by socioeconomic status

IN 2013...
25.5 percent of MN adults were obese
35.6% of MN adults were overweight

www.mmshealthycommunities.org