



2017 Community Health Assessment

COLLECTIVE ACTION PLAN: OBESITY

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



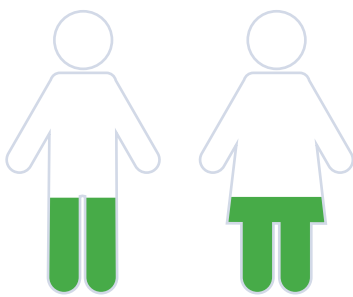
of MMS adult residents, in 2013, self-reported that they were obese (by submitting height & weight).

Over **50%** of MMS residents

utilize classes or activities through Community Education

Highest Age-Adjusted Rates of Obesity

Gender & Age



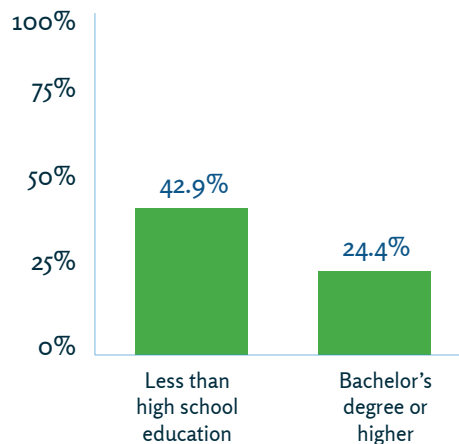
33.5%

Males

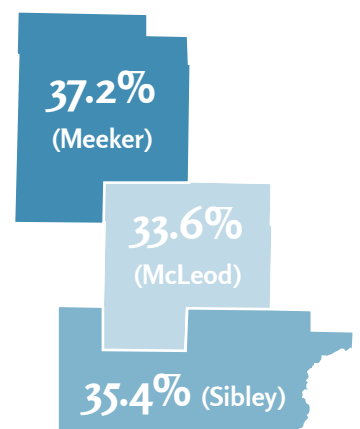
33.7%

Females

Education & Income



Residents Considered Obese



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

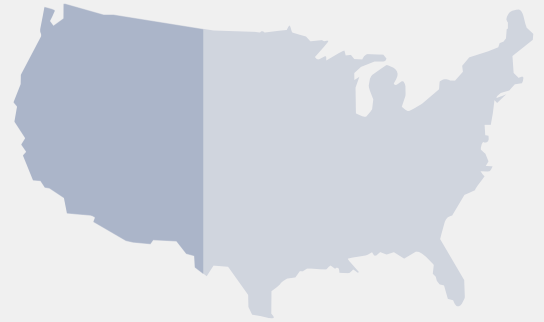


National Data

Centers for Disease Control National Center for Health Statistics (NCHS)

IN **2014...**

36.5% of U.S. adults had obesity



Obesity by age and ethnic background:

40.2%

Middle-Aged Adults
40-59 years

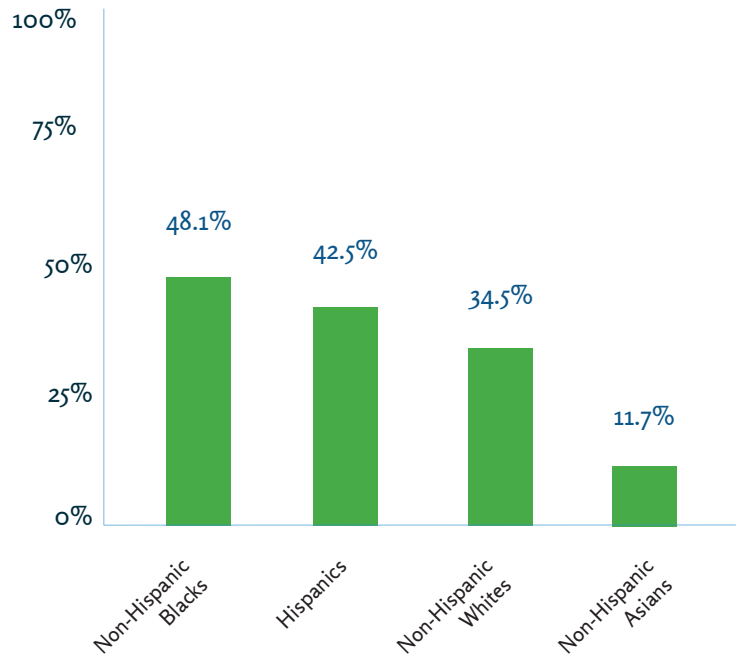
37%

Older Adults
60+ years



32.3%

Younger Adults
20-39 years



Obesity can also be affected by socioeconomic status

State Data

IN **2013...**



25.5 percent of MN
adults were obese

35.6%

of MN adults were
overweight