

Speak To Your Health!

Overweight and Obesity

Did you know that more than one-third of U.S. adults are obese? An adult is considered obese if they have a Body Mass Index (BMI) of 30 or higher.¹ An adult is considered overweight if they have a BMI between 25 and 30. Being overweight and/or obese increases the risk of many physical and mental conditions, including diabetes (mellitus type 2), heart disease, complications during pregnancy, osteoarthritis, obstructive sleep apnea, GERD, certain cancers, and others.² Maintaining a healthy weight is important for staying healthy. Eating a healthy diet and being physically active are 2 important ways to maintain a healthy weight and reduce obesity.



DID YOU KNOW?

The Speak To Your Health! Community Survey is a resource that provides information about obesity and related health behaviors in Genesee County. The results of the 2011 survey found that:

- The average BMI of Genesee County residents is 29. The average BMI of Flint residents is 31.
- 23% of Genesee County residents eat at least 5 fruits and vegetables per day.
- 31% of Genesee County residents eat 2 or more fast food meals in a typical week.
- Genesee County adults engage in physical activity in their neighborhood park once every other week. Children in Genesee County engage in physical activity once every week.
- Genesee County residents engage in moderate physical activity (such as brisk walking, vacuuming, or gardening) for an average of 47 minutes 3.7 times per week.

WHERE CAN YOU GET MORE INFORMATION?

- Genesee County Health Department www.gchd.us (810) 257-3612
- Crim Fitness Foundation www.crim.org/activeliving/Sage (810) 235-3396
- Commit to Fit www.commit2fit.com
- Friends of Flint River Trail www.flintriver.org (810) 767-6490
- Flint Farmers' Market <http://flintfarmersmarket.com> (810) 232-1399
- Fruits & Veggies – More Matters <http://www.fruitsandveggiesmorematters.org/>
- SPROUT Coalition <http://www.sproutgc.org/index.html>
- Hurley Medical Center <http://www.hurleymc.com/>
- Project Healthy Schools <http://www.projecthealthyschools.org/>

WHAT CAN YOU DO?

- ◆ Choose fresh fruits and vegetables when you can – but frozen, canned, or dried are also good
- ◆ Eat a variety of fruits and vegetables – choose different colors
- ◆ Reduce portion sizes
- ◆ Limit the amount of high-fat food you eat
- ◆ Drink enough water
- ◆ Find an exercise partner – it is easier to be active when you have a motivating friend
- ◆ Participate in a community garden, or park cleanup project
- ◆ Be active during the day – move around instead of sitting

1. WHO. (2013). "Obesity." www.who.int
 2. CDC. (2013). "Adult Obesity Facts." www.cdc.gov