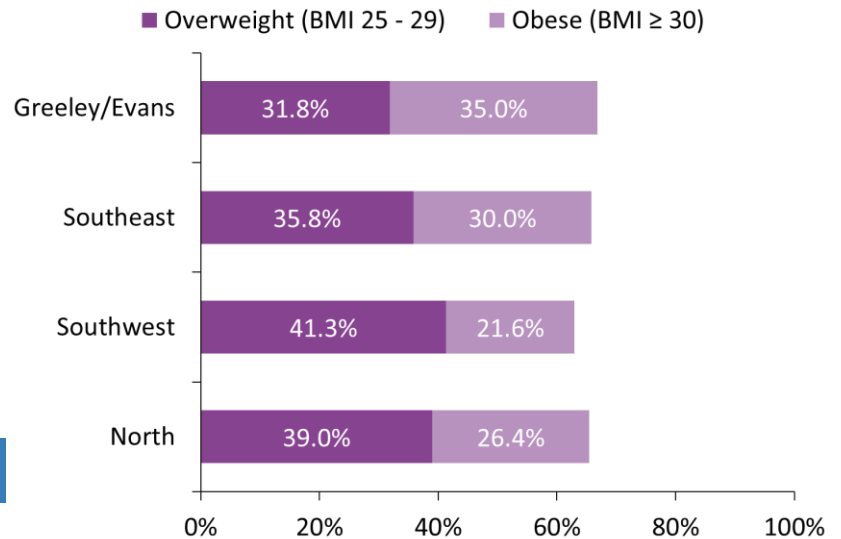


Overweight & Obesity

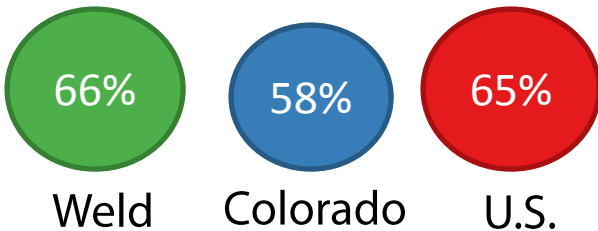
Key Findings

- Countywide, 66% of residents were overweight or obese whereas 67% of residents in the Greeley/Evans region of the county (highest rate) were overweight or obese and 63% of residents in the Southwest region (lowest rate) were overweight or obese.
- The percentage of Weld County overweight or obese residents was similar to the 2016 U.S. rate (65%) but higher than the 2016 statewide rate (58%).

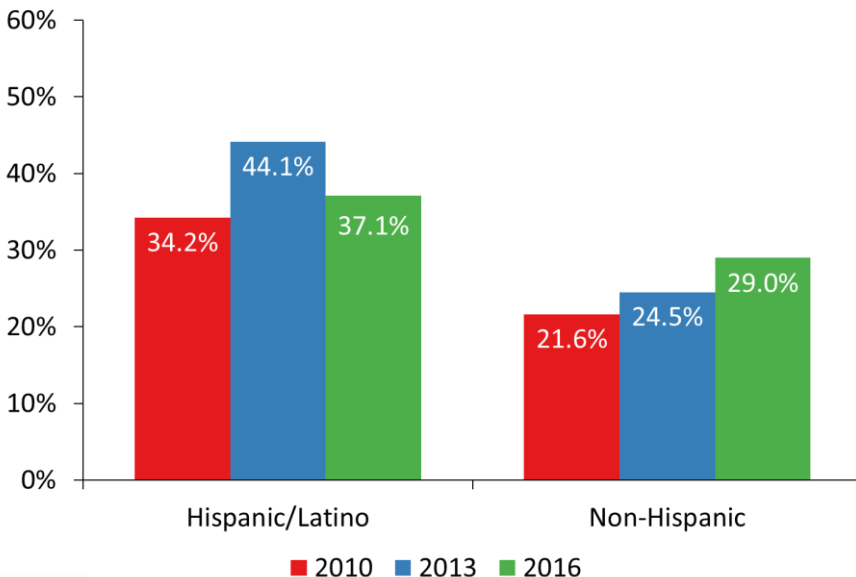
Body Weight Status By Region, 2016



Percent Overweight or Obese



Body Mass Index ≥ 30 by Race/Ethnicity*



- Some groups have higher rates of obesity than others. Nearly four out of ten (37%) Hispanic and Latino residents were obese compared to about three out of ten (29%) non-Hispanic or Latino residents.

- Statewide in 2016, about 27% of Hispanics were obese, which is much lower than Weld County Hispanic and Latino residents of 37%.

- Since 2010, the obesity rate for Weld County Hispanic/Latinos has fluctuated and remained higher than for non-Hispanic/Latinos.

*Due to changes in weighting methodology, interpret comparisons before 2016 with caution.



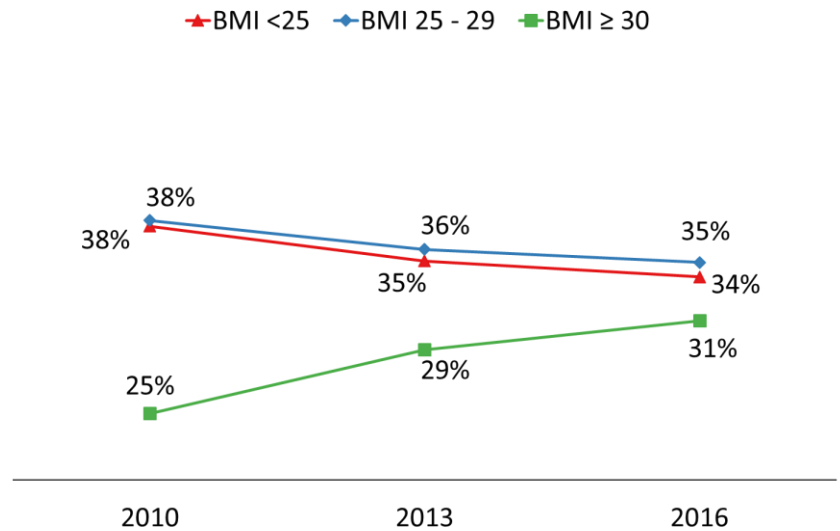
Weld County 2016 Community Health Survey

Key Findings

- Since 2010, more people have become overweight or obese in Weld County. The percentage of residents with a body mass index less than 25 (not overweight or obese) declined to 34% in 2016 from 38% in 2010*.
- The percentage of residents with a body mass index equal to or greater than 30 (obese category) increased from 25% in 2010 to 31% in 2016*.
- Among low income residents ($\leq 100\%$ FPL**), the obesity rate was 44.8% compared to 28.9% for residents who were not low income ($>100\%$ FPL).

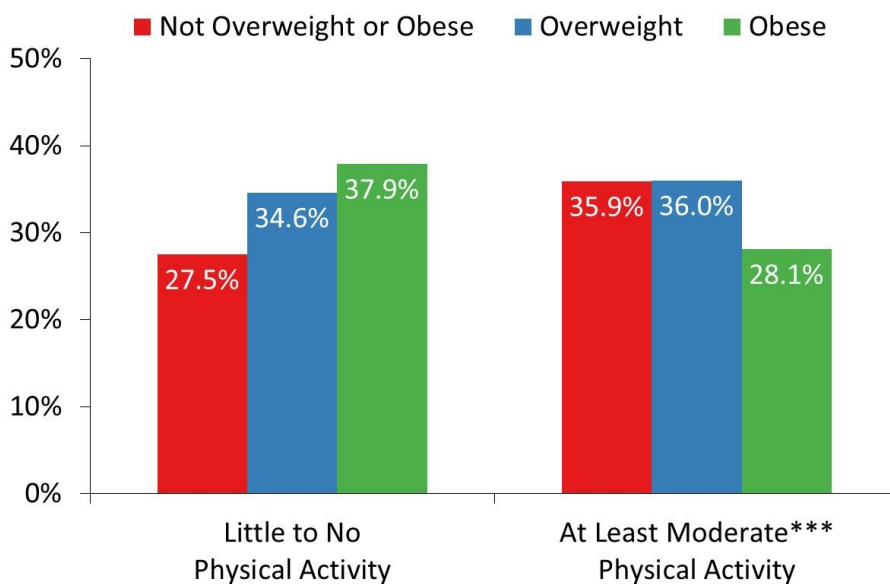
**100% Federal Poverty Level (100% FPL) in 2015 was \$11,770 for single person, \$4,160 for each additional person, and \$24,250 for a family of four.

Body Mass Index (BMI) Trends, 2010 - 2016



*Due to changes in weighting methodology, interpret comparisons before 2016 with caution.

Body Weight Status by Physical Activity Level Intensity



*** Moderate physical activity adds up to as much as 150 minutes of qualifying activity per week (or less if some activity is more vigorous).

- Physical inactivity is one risk factor that individuals can change to reduce the risks of overweight and obesity. Physical activity may help people lose and/or maintain weight.
- Countywide, about 3 in 4 (75%) of residents reported achieving at least moderate levels of physical activity intensity*** in a typical week through a combination of activities including walking, bicycling, jogging, or similar activities.
- Of residents who typically obtained at least moderate levels of physical activity intensity, nearly three out of ten (28%) were obese. In comparison, almost four out of ten (38%) residents with little or no physical activity were obese (see chart to left).

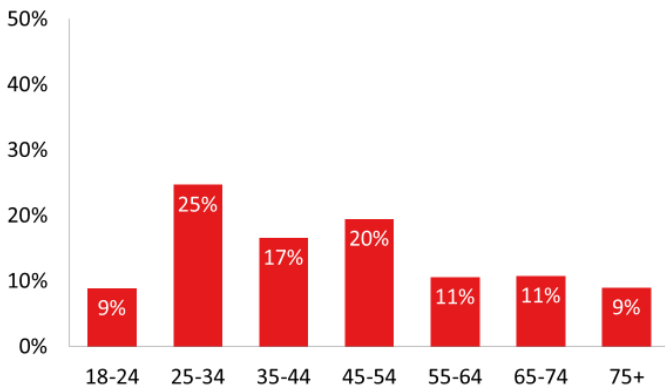


Weld County 2016 Community Health Survey

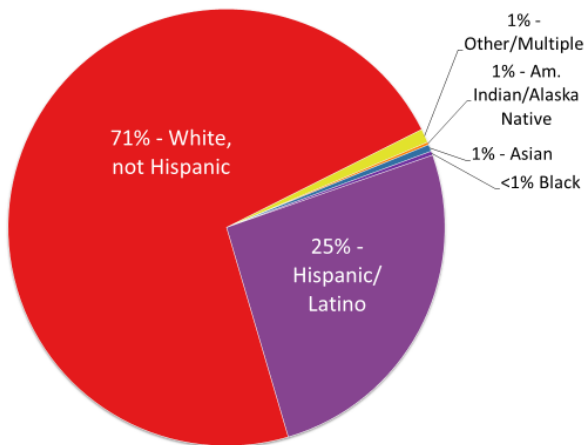
About the Survey

Description of Responders

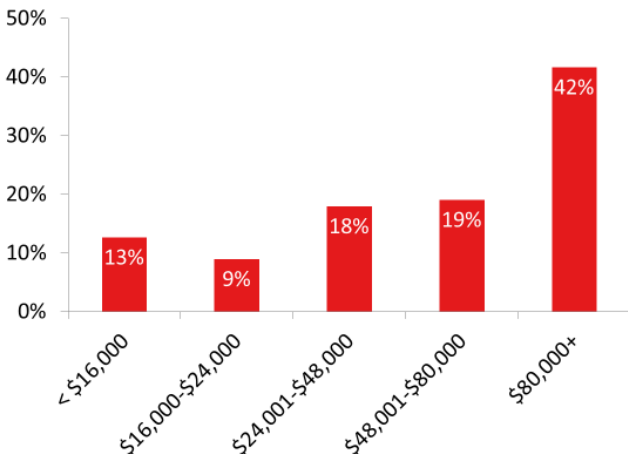
Age Groups



Race/Ethnicity

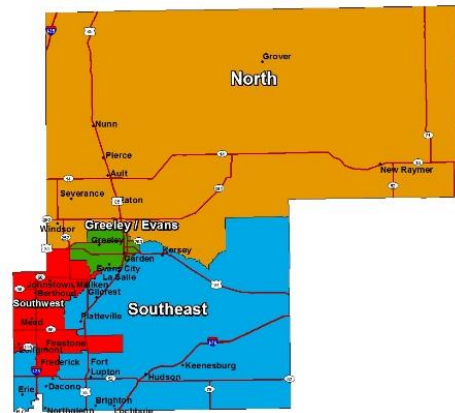


Household Income



The Survey Explained

- In order to periodically assess the health status of county residents, between September 6, 2016 and November 17, 2016, Weld County Department of Public Health & Environment contacted 8,494 households by mail requesting an adult to complete the 55-item survey or complete it online.
- Question topics included health, health care access and insurance, health conditions and lifestyle habits, preventive screenings, environmental issues, community concerns and needs, and demographics.
- Households were selected randomly by first dividing the mailing list into **four regions (see map below)** and two household types (single-family vs. multi-family). The list was certified by the post office but did not contain residents' names.
- After multiple contacts, 2,080 community residents returned usable surveys for a 25 percent response rate. The results are representative of the population within a ± 5.0 percent margin of error.
- To see the actual survey go to: www.weldhealth.org



Questions?

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