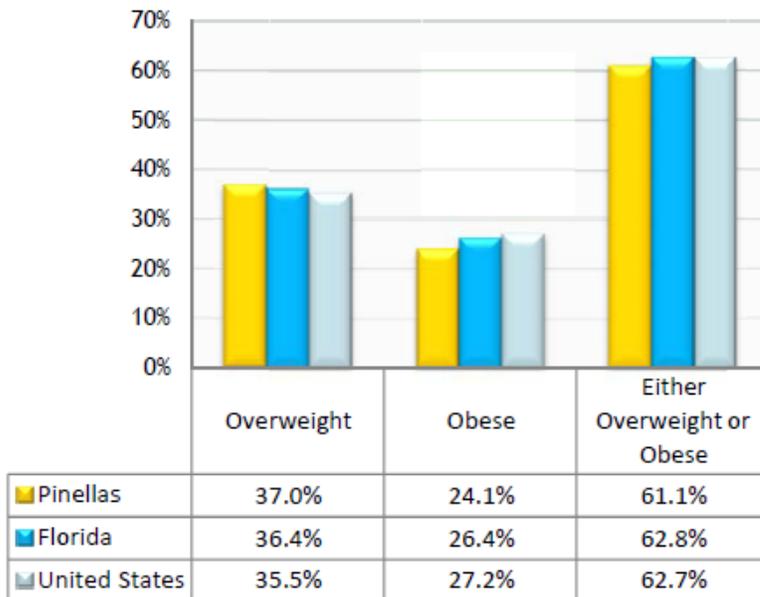


HOW MUCH DOES PINELLAS WEIGH?

2013 Pinellas/Florida/U.S. Overweight and Obese Adults



- ⇒ In 2013, **61.1%** of adults in Pinellas were either overweight or obese.¹
- ⇒ The percentage of middle school students who are obese increased from 2012 (**8.1%**) to 2014 (**10.3%**).³
- ⇒ The rate of Pinellas high school youth at a healthy weight nearly doubled from 2012 (**6.9%**) to 2014 (**11.9%**) and less than one in five reported getting enough vigorous physical activity.³



WHAT IS A HEALTHY WEIGHT?

A healthy weight is often measured by BMI, or **body mass index**. BMI is the ratio of a person's weight to their height, and is usually a good way to estimate body fat.

For children & adolescents aged 2-19 years, age and sex are part of the BMI calculation. This is because children's body composition changes as they age, and is typically different

in boys than in girls.² Overweight means that BMI is at or above the 85th percentile and lower than the 95th percentile for children of the same age and sex. Obese means that BMI is at or above the 95th percentile for children of the same age and sex.

WHY IS WEIGHT A PUBLIC HEALTH ISSUE?

Being obese or overweight has been shown to increase the likelihood of **preventable chronic diseases** including **type 2 diabetes** and **heart disease**. It also contributes to other health problems such as **high blood pressure** and **high cholesterol**. A person at an unhealthy weight might experience **joint problems** or **breathing problems**, like **sleep apnea** and **asthma**.

FAST FACTS

27.7%

Pinellas adults who were sedentary in 2013.¹

81.1%

Pinellas adults who did *not* meet both of the daily recommendations for fruit and vegetable consumption in 2013.¹

13.7%

Pinellas adults who drank one or more sugar-sweetened beverages per day when surveyed in 2012.⁴

29.3%

Pinellas adults who disagreed or strongly disagreed that it was easy to purchase affordable fresh produce in their neighborhood in 2012.⁴

71.6%

Pinellas adults who noticed an increase in accessibility to more affordable healthy foods in 2012.⁴

HEALTHY LIFESTYLES



Nutrition, exercise, and environment play important roles in achieving a healthy weight. **FAST FACTS** (left) highlights data related to healthy lifestyles in Pinellas County adults.

MAINTAINING A HEALTHY WEIGHT IN PINELLAS

Several recent grants have helped support healthy living in Pinellas County, including the CDC-funded Steps Toward a Healthier Pinellas, Communities Putting Prevention to Work, and Partnerships to Improve Community Health grants. These efforts have led to many of the opportunities below:

Find the Fun Now: a free, interactive website and mobile app allows Pinellas County residents to find opportunities for active fun and healthy eating. Visit www.findthefunnow.com to get started.

The Pinellas Trail has increased signage, and rangers are present to keep the trail clean and safe. Visit www.pinellascounty.org/trailgd for maps and more information.

Visit one of Pinellas County's many **outdoor fitness zones** and **recreation centers** for fun, inexpensive ways to exercise. Visit www.bit.ly/pinellasreccenters for hours and locations.

Many **produce stands and farmer's markets** in Pinellas now accept EBT. Visit www.bit.ly/pinellasmarkets for locations.

The **Pinellas County WIC program** provides mothers with financial support for healthy food, nutrition education, and breastfeeding support. Visit www.pinellashealth.com/WIC.asp for more information.

Revised September 2015

¹ 2013 Pinellas BRFSS. <http://www.floridacharts.com/charts/Brfss.aspx>. Accessed 5/8/2015.

² Centers for Disease Control and Prevention. *Basics About Childhood Obesity*. <http://www.cdc.gov/obesity/childhood/basics.html>. Accessed 5/8/2015.

³ 2014 Florida Youth Tobacco Survey. http://www.floridahealth.gov/statistics-and-data/survey-data/fl-youth-tobacco-survey/_documents/2014-county/_documents/Pinellas.pdf. Accessed 5/8/2015.

⁴ 2012 Pinellas County CPPW BRFSS. Accessed 5/8/2015.

