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. 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 increases 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 cholesterol. An unhealthy weight might cause joint problems or breathing problems, like sleep apnea and asthma.
FAST FACTS

26%  
Pinellas adults who were sedentary in 2017.¹

81.1%  
Pinellas adults who did not meet both of the daily recommendations for fruit and vegetable consumption in 2013.²

13.7%  
Pinellas adults who drank one or more sugar-sweetened beverages per day when surveyed in 2012.³

39.4%  
Pinellas adults who met muscle strengthening recommendations in 2016⁴

71.6%  
Pinellas adults who noticed an increase in accessibility to more affordable healthy foods in 2012.⁴

MAINTAINING A HEALTHY WEIGHT IN PINELLAS

Several grants support healthy living in Pinellas County, including the CDC–Partnerships to Improve Community Health (PICH). 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 bit.ly/pinellasreccenters for hours and locations.

Many produce stands and farmer’s markets in Pinellas now accept EBT. Visit bit.ly/2bBAlmo 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.