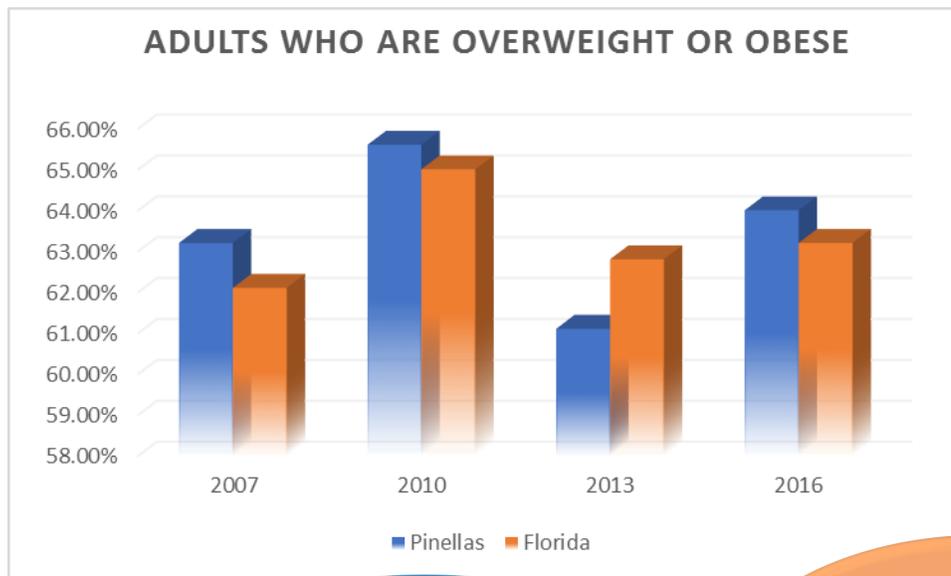


PINELLAS COUNTY HEALTHY WEIGHT PROFILE

2019

HOW MUCH DOES PINELLAS WEIGH?



64%

Adults in Pinellas who are either overweight or obese.¹

More than half of the adults in Pinellas report as being inactive or insufficiently active.⁵

The percentage of White, Black, or Hispanic adults who are overweight or obese are 61.5%, 73%, and 66.2%, respectively.¹

The percentage of middle school students who are at a healthy weight decreased from 66.4% (2014) to 65% (2016).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 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**.

