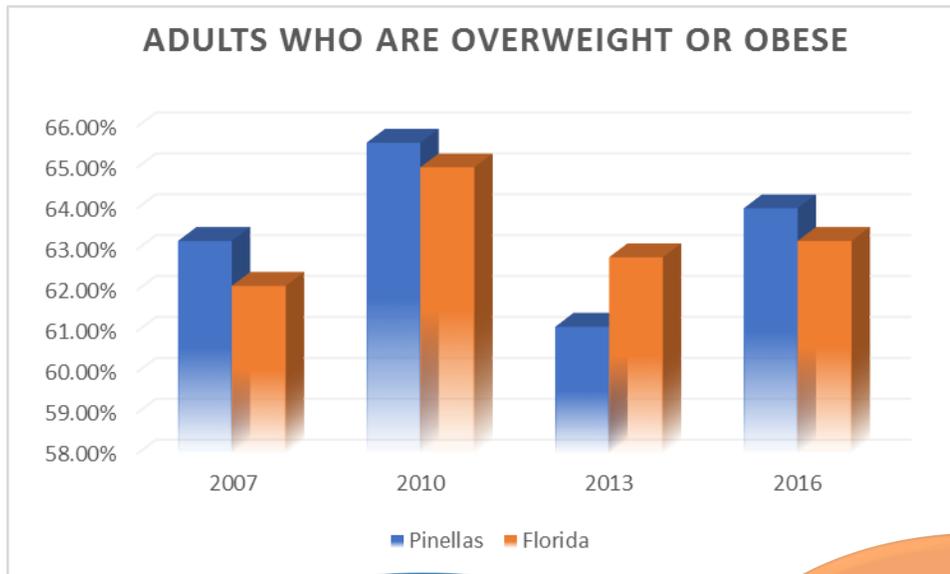


# PINELLAS COUNTY HEALTHY WEIGHT PROFILE

2019

## HOW MUCH DOES PINELLAS WEIGH?



64%

Adults in Pinellas who are either overweight or obese.<sup>1</sup>

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

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

The percentage of middle school students who are at a healthy weight decreased from 66.4% (2014) to 65% (2016).<sup>3</sup>



## 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.<sup>2</sup> 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.<sup>1</sup>

81.1%

Pinellas adults who did *not* meet both of the daily recommendations for fruit and vegetable consumption in 2013.<sup>1</sup>

13.7%

Pinellas adults who drank one or more sugar-sweetened beverages per day when surveyed in 2012.<sup>4</sup>

39.4%

Pinellas adults who met muscle strengthening recommendations in 2016<sup>4</sup>

71.6%

Pinellas adults who noticed an increase in accessibility to more affordable healthy foods in 2012.<sup>4</sup>



## HEALTHY LIFESTYLE

### 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](http://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/](http://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](http://bit.ly/pinellasreccenters) for hours and locations.

Many **produce stands and farmer's markets** in Pinellas now accept EBT. Visit [bit.ly/2bBALmo](http://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](http://www.pinellashealth.com/WIC.asp) for more information.

Revised March 2019

<sup>1</sup> Healthiest Weight Profile, Pinellas County, Florida. <http://www.flhealthcharts.com/ChartsReports/rdPage.aspx?rdReport=ChartsProfiles.HealthiestWeightCountyProfile>. Accessed 3/13/2019.

<sup>2</sup> Centers for Disease Control and Prevention. *Basics About Childhood Obesity*. <http://www.cdc.gov/obesity/childhood/basics.html>. Accessed 2/8/2017.

<sup>3</sup> 2016 Florida Youth Tobacco Survey. <http://www.flhealthcharts.com/charts/YouthTobacco.aspx>. Accessed 3/13/2019.

<sup>4</sup> 2012 Pinellas County CPPW BRFS. Accessed 2/8/2017.