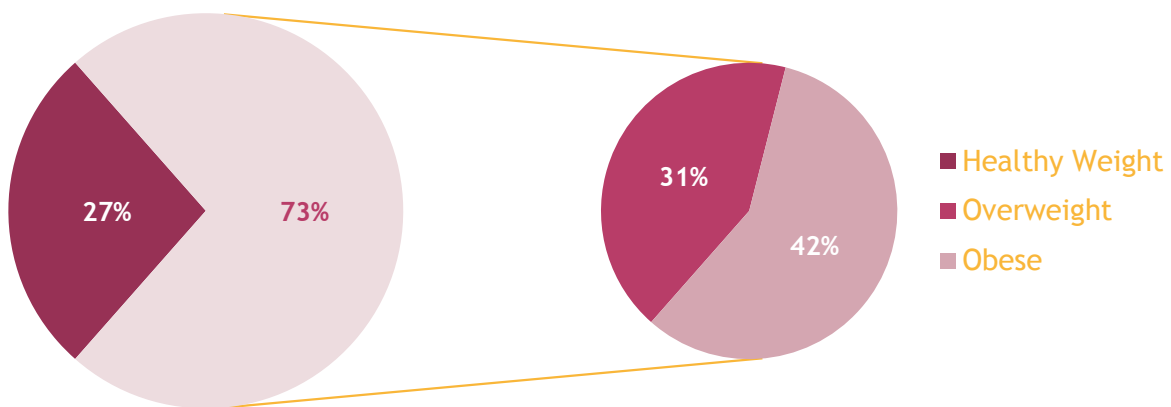


Obesity & Physical Activity in Richland County

In Richland County, the chronic disease rate is higher than the state and national average. In 2016, the Community Health Assessment indicated that nearly three-fourths (73%) of Richland County adults were either overweight (31%) or obese (42%) by Body Mass Index (BMI)¹. Being overweight or obesity greatly increases the risk of developing chronic disease.

Richland County Weight Status¹



	Richland County 2011 ¹	Richland County 2016 ¹	Ohio 2015 ²	United States 2015 ²
Obese	38%	42%	30%	30%
Overweight	35%	31%	37%	36%

PHYSICAL ACTIVITY

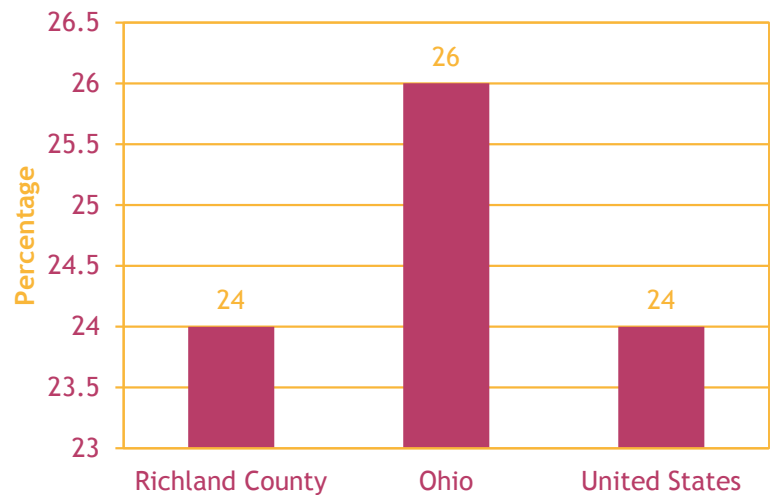
Physical activity is an important part of maintaining a healthy weight. The Centers for Disease Control and Prevention (CDC) recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, the CDC also recommends muscle strengthening activities that work all major muscle groups on 2 or more days per week.³

Types of Physical Activity Richland County Adults Participated in During the Past Year¹

Types of Physical Activity	Percentage of Physically Active Richland County Adults
Walking	70%
Exercise Machines	17%
Occupational Exercise	13%
Strength Training	12%
Running/Jogging	11%
Cycling	8%
Swimming	4%
Group Exercise Classes	3%
Exercise Videos	2%
Active Video Games	<1%
Other	12%

In Richland County, 56% of adults engaged in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. In addition, 26% of adults exercised 5 or more days per week. Nearly one-fourth of adults did not participate in any physical activity in the past week, including 3% who were unable to exercise. In comparison, 26% of Ohioans do not participate in any physical activity.⁴

Adults Who Do Not Participate in Physical Activity^{1,4}



CONCLUSION

Obesity in Richland County is much higher than that of the state or the nation. Increasing physical activity can assist in combating obesity and the development of chronic disease. It is important to lower the number of Richland County residents that do not participate in physical activity, which can be done in many ways. Improving spaces where people can be physically active, providing education surrounding the benefits of physical activity, and promoting events that incorporate physical activity like walking and cycling are just a few examples.

Sources:

1. Richland County 2016 Community Health Assessment
2. Behavioral Risk Factor Surveillance System Data, 2015 (https://www.cdc.gov/brfss/annual_data/annual_2015.html)
3. CDC, *Physical Activity for Everyone* (<https://www.cdc.gov/physicalactivity/everyone/getactive/index.html>)
4. CDC Nutrition, Physical Activity, and Obesity Data Trends and Maps, National, 2016 (https://nccd.cdc.gov/dnpao_dtm/rdPage.aspx?rdReport=DNPAO_DTM.ExploreByTopic&islClass=PA&islTopic=PA1&go=GO)