

HEALTHY EATING & ACTIVE LIVING IN OUR COMMUNITY

2016 Survey of Larimer County Residents



Healthy eating & active living, or HEAL, is an initiative focused on decreasing the obesity rate across the country. Obesity increases a person's risk for heart disease, diabetes, high blood pressure, elevated cholesterol, and stroke. Colorado implemented the Colorado Chronic Disease State Plan (2013-2017) to address the obesity epidemic.

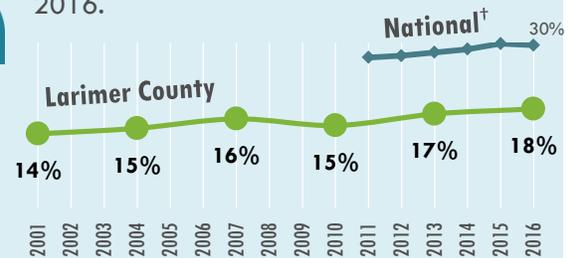
Obesity



2016 Respondents

- Obese 18%
- Overweight 31%
- Normal weight 47%
- Underweight 3%

The obesity rate in Larimer County has increased from 14% in 2001 to 18% in 2016.



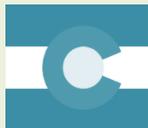
Adults age 45+ and adults without a high school degree have higher rates of obesity.

WHAT PERCENT OF ADULTS ARE OBESE



18%
OF LARIMER COUNTY ADULTS

21%
OF COLORADO ADULTS

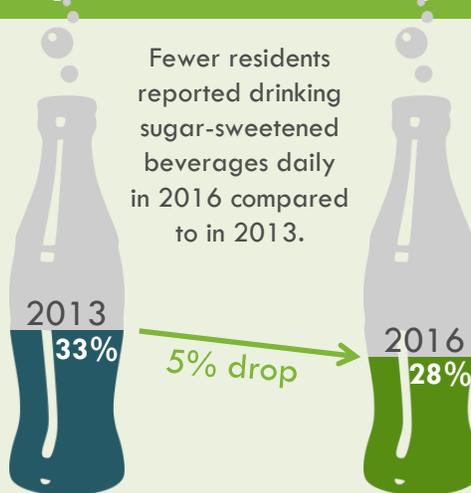


30%
OF AMERICAN ADULTS[†]

[†] 2016 Behavioral Risk Factor Surveillance Survey

HEALTHY EATING

Sugar-sweetened Beverages



The majority of those who rated their health as very good or excellent consumed these beverages rarely or never.

Fruits and Vegetables



1 in 4 adults ate the recommended **2 fruits** and **3 vegetables** daily.



Lower income* residents are less likely to have sufficient fruits and veggies than those above low income.



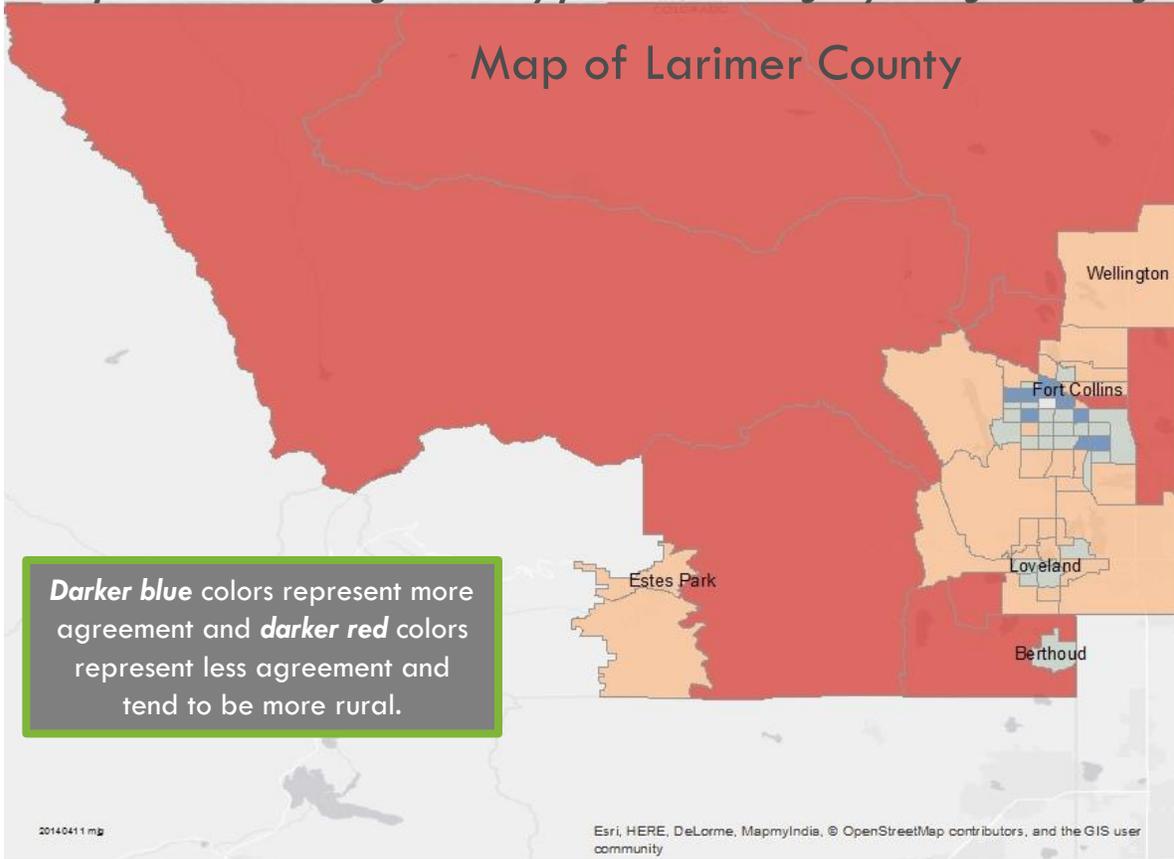
Respondents were more likely to report eating at least 2 fruit servings than eating at least 3 vegetable servings daily.

*Lower income is below 185% Federal Poverty Level.

ACTIVE TRANSPORTATION

The survey asked to what level respondents agree that:

“It is possible for me to get to many places I need to go by biking or walking.”



86%

of residents agreed that “It is easy to walk in my community.”



84%

of residents agreed that “It is easy to bike in my community.”

Respondents who more strongly agreed it was possible to get to many places by biking or walking reported **more minutes of physical activity** each week than those who disagreed.

EXERCISE

2 out of 3 residents (67%) get sufficient exercise.



Sufficient exercise is getting at least 2 ½ hours of moderate-intensity aerobic activity or 1 ¼ hours of vigorous aerobic activity each week.*

*2008 Physical Activity Guidelines for Americans.

Sufficient exercisers were:

- More likely to rate their **health status** as **excellent** or **very good**.
- More likely to have **NO days** in the past month where **mental health** was not good.
- More likely to have **NO days** in the past month where **physical health** was not good.



63% 73%



Females were less likely to get sufficient exercise than males (63% vs. 73%).