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

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.

Sugar-sweetened Beverages

Fewer residents reported drinking sugar-sweetened beverages daily in 2016 compared to in 2013.

2013 33%
2016 28%
5% drop

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.”

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 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.

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

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.