



Healthy Living: Overweight and Obesity

More than one-third of U.S. adults are obese.² An adult is considered obese if they have a Body Mass Index (BMI) of 30 or higher. An adult is considered overweight if they have a BMI between 25 and 30.¹ Being overweight and/or obese increases the risk of many physical and mental conditions, including diabetes (mellitus type 2), heart disease, complications during pregnancy, osteoarthritis, obstructive sleep apnea, GERD, certain cancers, and others.² Maintaining a healthy weight is important for staying healthy. Eating a healthy diet and being physically active are 2 important ways to maintain a healthy weight and reduce obesity.

The Speak To Your Health! Community Survey is a resource that provides information about obesity and related health behaviors in Genesee County. The results of the 2013 survey found that:

- The average BMI of Genesee County a resident is 29. The average BMI of a Flint resident is 31.
- 23% of Genesee County residents eat at least 5 fruits and vegetables per day.
- 27% of Genesee County residents eat 2 or more fast food meals in a typical week.
- Genesee County residents engage in moderate physical activity (such as brisk walking, vacuuming, or gardening) for an average of 48 minutes 3.6 times per week.

You can SPEAK to Your Health!

Take the 2015/2016 Survey at www.gchd.us/speak

1. WHO. (2015). "Obesity." www.who.int

2. CDC. (2015). "Adult Obesity Facts." www.cdc.gov