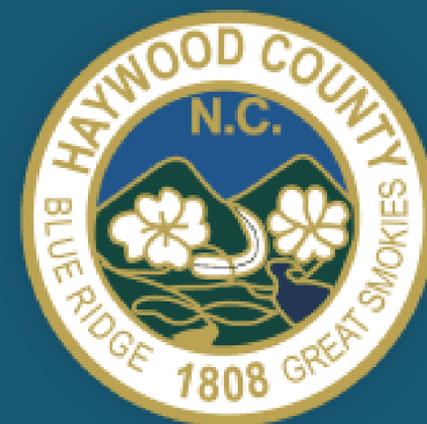


Obesity

Community Health Assessment – Priority Setting
Data Summary



Haywood County

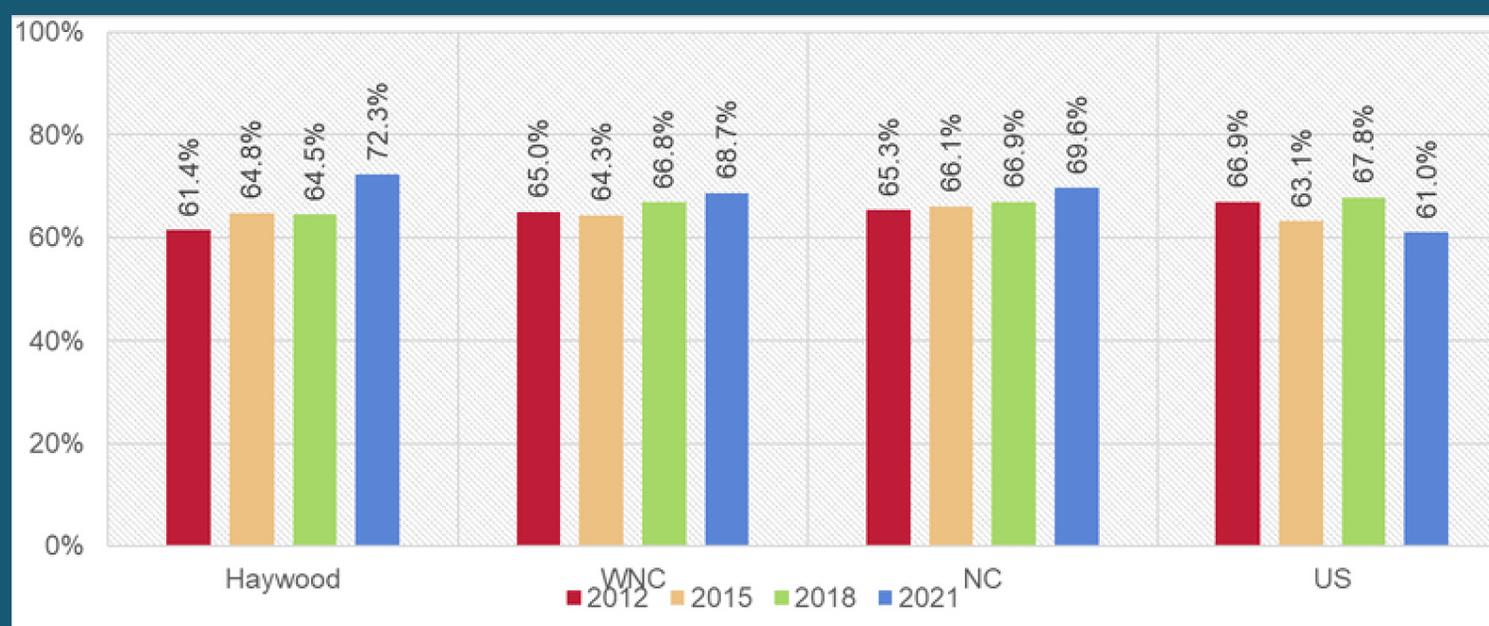


OBESITY

Data points reviewed for this area included adult overweight and obesity, adult healthy weight, and childhood obesity. Following internal data review by public health staff, a data team of community partners helped shorten the list. The final data was presented to community partners during two priority-setting meetings. A regional telephone/internet survey, Online Key informant Survey, and secondary data were included in the review process.

WHAT THE NUMBERS SAY:

Adult Overweight and Obesity Prevalence, WNC Health Network, 2021



MORE INFORMATION

- Past-month leisure time physical activity- 21.7%
- Receiving recommended physical activity- 22%
- Experiencing food insecurity- 18.9%
- No healthcare insurance- 20.2%
- Households with no vehicle- 1,360



OBESITY

WHO'S IMPACTED?

The 'working poor.' 'People making too much for Medicaid but not enough for ACA.'

WHAT'S HURTING?

- Disparities in accessing fitness opportunities
- Transportation barriers
- Inaccessibility to affordable and healthy food options

CURRENT ACTION

- Haywood 4 Good Community Wellness Program
- Diabetes Prevention Program grant
- County Master Plan update and Greenways Feasibility Study
- Regular food distributions in the county

WHAT'S HELPING?

- Increased awareness and education
- Recreational/outdoor opportunities
- Many resources for nutrition/food security

WHAT ELSE DO WE KNOW?

- Childhood Obesity: 16%
- Only 5% of the adult population got the recommended 5 fruits/vegetables per day

CONSEQUENCES

COSTS:

- Obesity: \$147-\$210 billion (nationwide) (The George Washington University, 2012)
- Child Obesity: \$14 billion (nationwide) (The George Washington University, 2012)
- Other costs for other chronic diseases (heart disease, diabetes, etc.)

Source: Unless otherwise noted, data is attributed to WNC Health Network, 2021 and Online Key Informant Survey, 2021.