

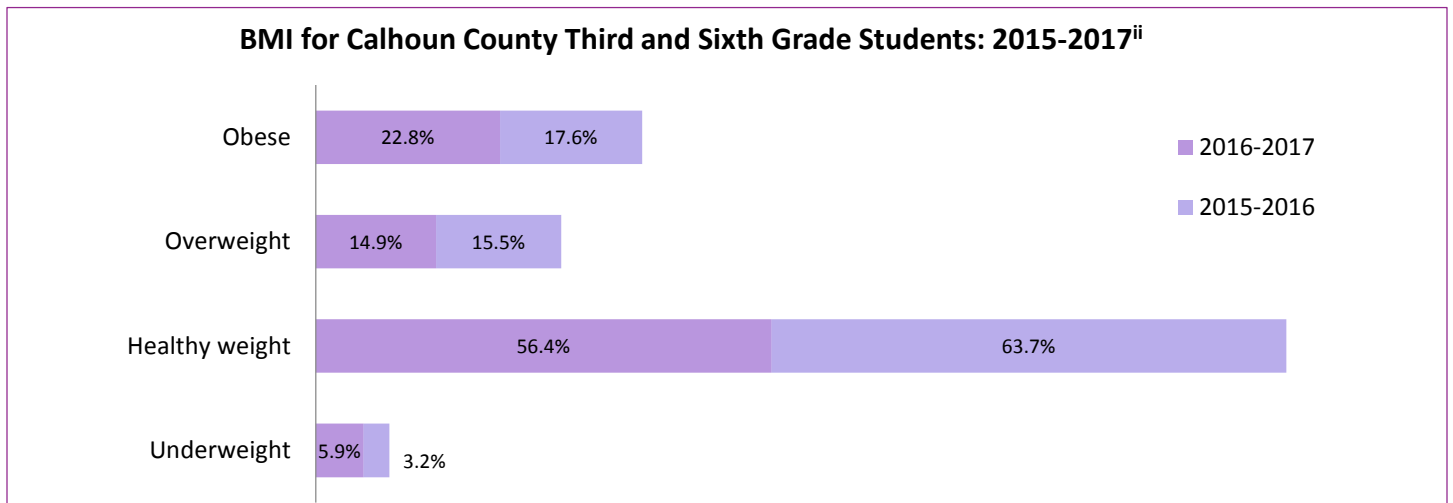
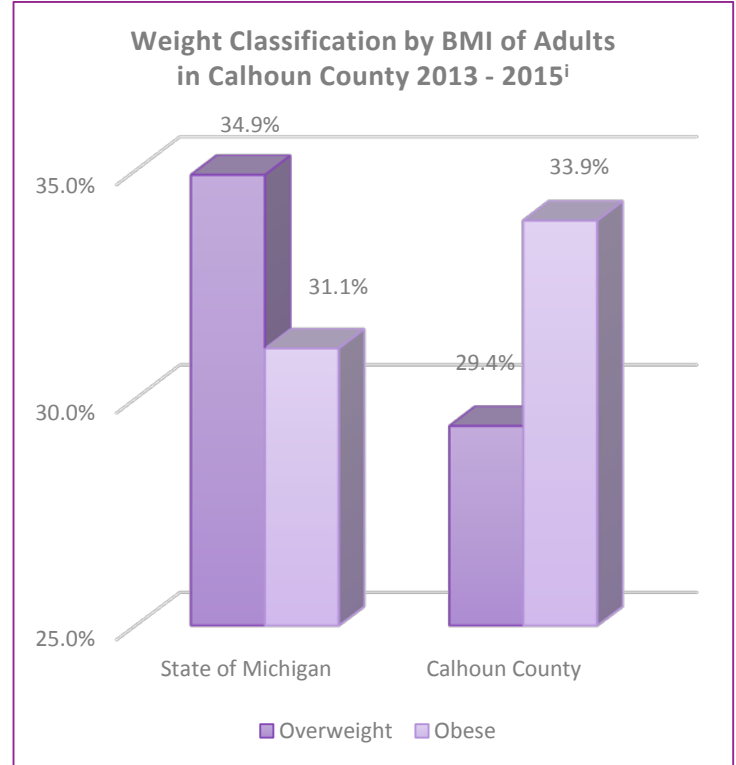
OVERWEIGHT AND OBESITY

GOAL: Increase the percent of residents in Calhoun County who are at a healthy weight

HOW ARE WE DOING?

From 2013-2015, 29.4% of adults were classified as being overweight in Calhoun County, compared to a higher statewide percentage of 34.9%. A larger percentage of adults in Calhoun County were classified as being obese (33.9%) compared to the state (31.1%).ⁱ

A total of 3,978 body mass indexes (BMI) were calculated by School Nurses in the Calhoun County School Wellness Program between 2015 and 2017. BMIs were calculated by measuring the height and weight of third and sixth grade students. There were some changes observed between the 2015-2016 and 2016-2017 school years. The largest change was seen in the healthy weight category, which saw a 7.3% decrease in 2016-2017, when compared to the previous school year. A minor (0.6%) decrease in the percentage of overweight students occurred in 2016-2017 over the prior school year; however, an increase of 5.2% was seen in the percentage of obese students during the same time period.ⁱⁱ



ⁱ Health Indicators and Risk Estimates by Community Health Assessment Regions & Local Health Departments: State of Michigan, Selected Tables. Michigan Behavioral Risk Factor Surveillance Survey 2013-2015. Michigan Department of Health & Human Services, http://www.michigan.gov/mdhhs/0,5885,7-339-71550_5104_5279_39424---,00.html, accessed September 15, 2017.

ⁱⁱ Calhoun County School Wellness Program. Calhoun County Public Health Department, 2015-2017.