WEIGHT

The document discusses the public health importance of overweight/obesity, which is a complex health issue that has become an increasingly common condition among U.S. adults and children. It can be caused by a combination of factors such as individual behaviors and genetics. Risk behaviors can include unhealthy food choices or poor nutrition and physical inactivity. Being overweight or obese is associated with diseases such as diabetes, mental health disorders, heart disease, liver disease, many cancers, and stroke. It can also be linked to a reduced quality of life and shorter life expectancy.

Across the Nation

<table>
<thead>
<tr>
<th></th>
<th>Montgomery</th>
<th>Ohio</th>
<th>United States</th>
<th>HP 2020 Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese</td>
<td>33.1%</td>
<td>32.6%</td>
<td>31.6%</td>
<td>30.5%</td>
</tr>
<tr>
<td>Overweight or Obese</td>
<td>68.5%</td>
<td>67.1%</td>
<td>66.9%</td>
<td>-</td>
</tr>
</tbody>
</table>

1Behavioral Risk Factor Surveillance System (BRFSS), 2016-2017  
2Behavioral Risk Factor Surveillance System (BRFSS), 2017

PHI Public Health Importance:

Overweight/obesity is a complex health issue that has become an increasingly common condition among U.S. adults and children. It can be caused by a combination of factors such as individual behaviors and genetics. Risk behaviors can include unhealthy food choices or poor nutrition and physical inactivity. Being overweight or obese is associated with diseases such as diabetes, mental health disorders, heart disease, liver disease, many cancers, and stroke. It can also be linked to a reduced quality of life and shorter life expectancy.

SDOH Social Determinants of Health:

Many factors, aside from eating too much and exercising too little, contribute to an unhealthy weight status (overweight and obesity). Community environment plays a key role in the obesity crisis; an area with a lack of healthy food options (a poor food environment) makes it challenging for people to make healthy dietary choices. For example, in an area where the only food options are fast food restaurants and corner stores, people may have no choice but to consume lower quality food. Likewise, people living in an area lacking sidewalks, safe bike trails, or safe parks may find it difficult to make physical activity a part of their routine.

PHI Public Health Importance:

Overweight/obesity is a complex health issue that has become an increasingly common condition among U.S. adults and children. It can be caused by a combination of factors such as individual behaviors and genetics. Risk behaviors can include unhealthy food choices or poor nutrition and physical inactivity. Being overweight or obese is associated with diseases such as diabetes, mental health disorders, heart disease, liver disease, many cancers, and stroke. It can also be linked to a reduced quality of life and shorter life expectancy.

SDOH Social Determinants of Health:

Many factors, aside from eating too much and exercising too little, contribute to an unhealthy weight status (overweight and obesity). Community environment plays a key role in the obesity crisis; an area with a lack of healthy food options (a poor food environment) makes it challenging for people to make healthy dietary choices. For example, in an area where the only food options are fast food restaurants and corner stores, people may have no choice but to consume lower quality food. Likewise, people living in an area lacking sidewalks, safe bike trails, or safe parks may find it difficult to make physical activity a part of their routine.