



OBESITY

WEIGHT STATUS
OVERWEIGHT & OBESITY FACTS
RACE & LOCATION MATTER
HEALTHY LIFESTYLE

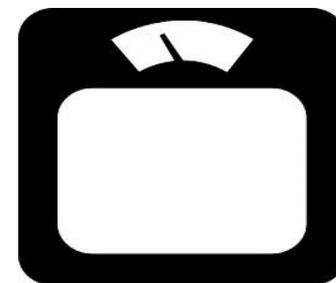


WEIGHT STATUS



The City of St. Louis recently received its first city-wide assessment of overweight and obesity rates. Baseline overweight and obesity prevalence rates were determined from nearly 172,000 driver's license records from the Missouri Department of Motor Vehicles. The assessment revealed:

- 60.9% of City residents are overweight or obese
- fewer than 2 in 5 (38.3%) are normal weight





OVERWEIGHT & OBESITY FACTS



Obesity is a serious concern because it is associated with -

- chronic disease
- poor mental health outcomes
- reduced quality of life
- death



OVERWEIGHT & OBESITY FACTS



Overweight and obesity rates are associated with age:

- 47.9% of those under 40 years old are obese or overweight
- 70.4 % of those over 40 years old are obese or overweight
- Mayor Slay has identified a 5% reduction in obesity by 2018 as a key goal in his sustainability action agenda



MAKE HEALTHIER LIVING A CONVENIENT LIFESTYLE



The Health Department -

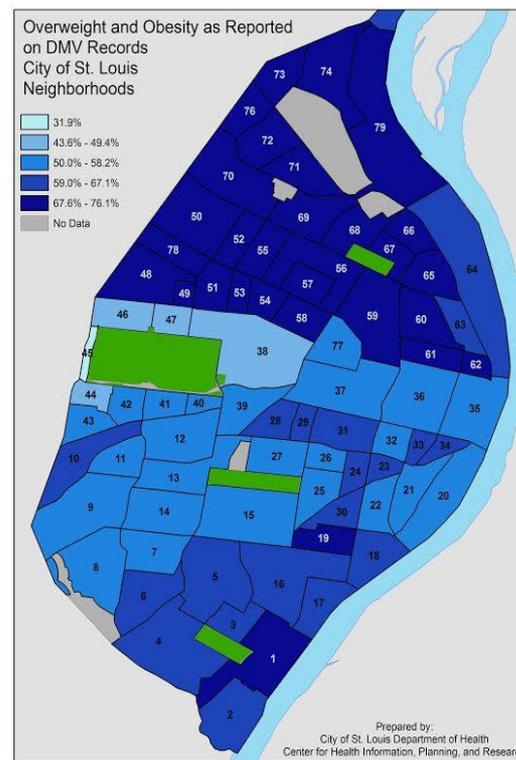
- Initiated and continues to help facilitate the Healthy Eating Active Living (HEAL) Partnership, comprised of over 40 local organizations
- Participated in Plan4Health Traffic Calming efforts with Trailnet & Great Rivers Greenway (a.k.a Calm Streets) on the Project design Committee for pedestrian and bike safety



RACE & LOCATION MATTER



The highest rates of overweight and obesity are found primarily in the northern and southeastern parts of our City in neighborhoods of majority African American population.





NEED TO CREATE AN ENVIRONMENT THAT SUPPORTS A HEALTHY LIFESTYLE



According to the Centers for Disease Control & Prevention (CDC) “there is no single or simple solution to the obesity epidemic. It’s a complex problem and there has to be a multifaceted approach. Policy makers, state and local organizations, business and community leaders, schools, childcare and healthcare professionals, and individuals must work together to create an environment that supports a healthy lifestyle.”



NEED TO CREATE AN ENVIRONMENT THAT SUPPORTS A HEALTHY LIFESTYLE



While the goal is reduction by 5% in the obesity rate by 2018, there are a lot of intervening incremental steps required to change behavior before that goal is achievable.

