



# Kitsap Community Health Priorities

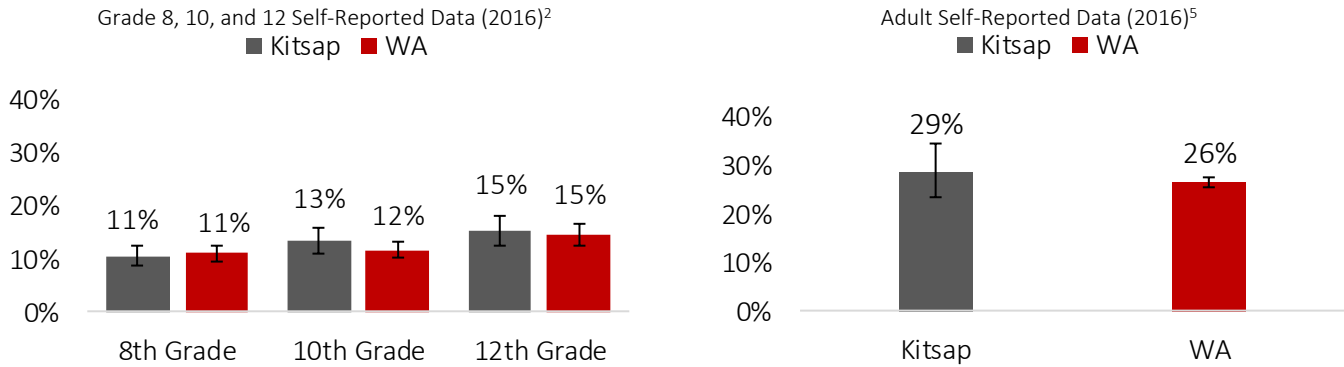
## Priority 4: Prevent/Reduce Obesity

Make it easy for all residents to be physically active and ensure all residents have healthier food options

### Obesity Characteristics & Impact

Adult obesity is defined by a body mass index (BMI) that is at or exceeds 30.0. For children aged 2-19, obesity is defined as a BMI that is at or exceeds the 95th percentile for individuals of the same age and sex.<sup>1</sup> Many influences contribute to the complex issue of obesity, including environmental factors (e.g. lack of healthy food options) and individual behaviors (e.g. not being physically active). Obesity puts individuals at higher risk for chronic health conditions (e.g. diabetes).

### Prevalence of Obesity: Kitsap Compared to WA



### Kitsap County Obesity Risk Behaviors & Adolescents

10<sup>th</sup> Grade Self-Reported Data (2016)<sup>2</sup>

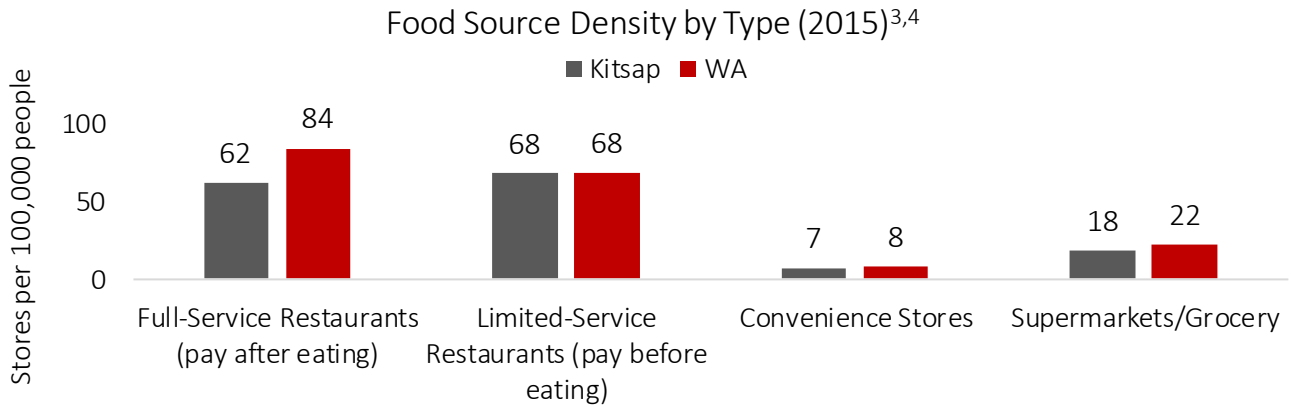
Consumed <b>fewer</b> than five fruits and vegetables daily	Viewed <b>more</b> than two hours of screen time daily	Completed <b>less</b> than one hour of physical activity daily	Consumed <b>at least</b> one sugar-sweetened beverage in past week
<i>About 8 in 10 (81%)</i>	<i>About 2 in 3 (66%)</i>	<i>About 7 in 10 (69%)</i>	<i>About 3 in 4 (76%)</i>

### Kitsap County Obesity Risk Behaviors & Adults

Adult Self-Reported Data (2015)<sup>5</sup>

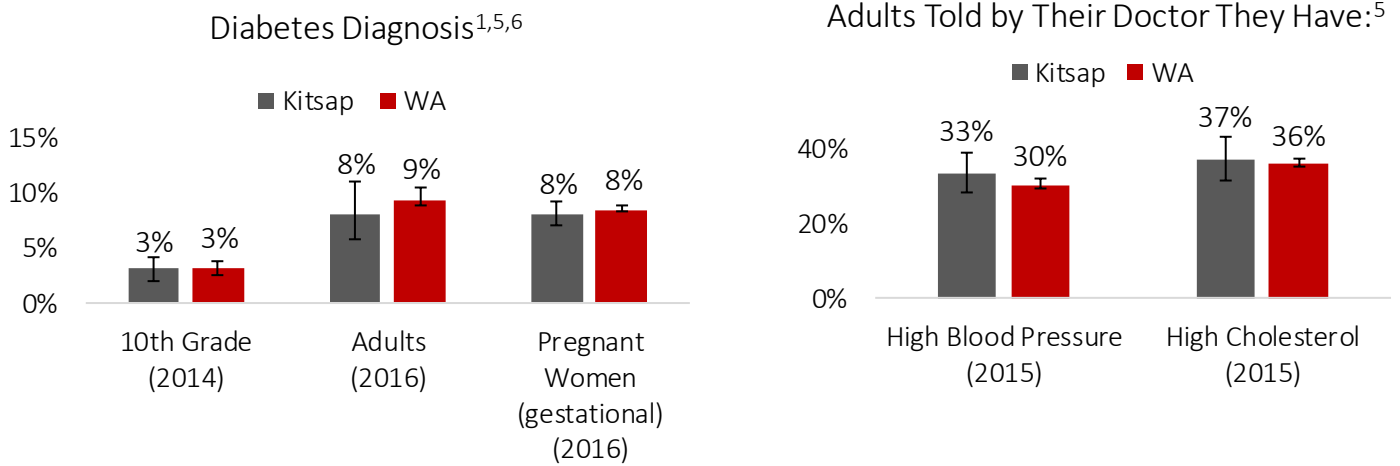
Completed <b>less</b> than one hour of physical activity for 5 days	Walked to work <b>at least</b> one day a week	Biked to work <b>at least</b> one day a week	Consumed <b>fewer</b> than five fruits and vegetables daily
<i>Almost 6 in 10 (57%)</i>	<i>About 3 in 100 (3%)</i>	<i>About 1 in 100 (1%)</i>	<i>About 3 in 4 (75%)</i>

## Kitsap Food Environment Factors: Kitsap Compared to WA



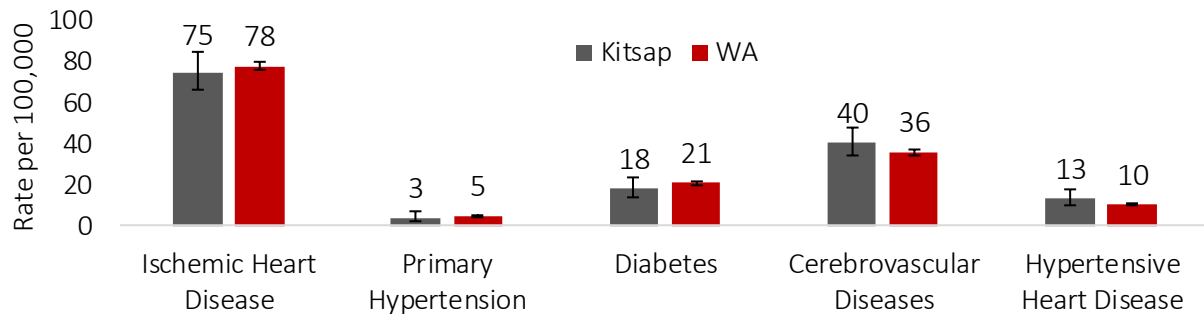
## Prevalence of Chronic Disease and Conditions: Kitsap Compared to WA

Adolescent (10<sup>th</sup> grade) & Adult Self-Reported Data



## Chronic Disease Mortality: Kitsap compared to WA

Average Annual Death Rate by Primary Cause<sup>7</sup>  
(Age-Adjusted)



Sources

- Centers for Disease Control and Prevention (2016). Overweight & Obesity;
- Healthy Youth Survey, 2016;
- US Census, County Business Patterns;
- Washington State Office of Financial Management, 2015;
- Behavioral Risk Factor Surveillance System;
- Washington State Department of Health, Center for Health Statistics, Birth Certificate Data, 2015;
- Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 2016