Obesity is a major public health concern for Ohio’s youth, with 13% identified as obese according to the 2013 Youth Risk Behavior Survey (YRBS). However, it is not just a state level issue, Wood County is very much itself part of this epidemic. According to the 2012 Wood County Health Assessment, 16% of Wood County’s youth were identified as obese. Another 10% were identified as overweight compared to the 8% at the state level.

Obesity among Wood County’s youth has remained the same from 2008 to 2012, and are above the state and national averages (Figure 1 & 2).

Obesity can have harmful effects on the body and increase the likelihood for developing the following medical conditions:

- Cardiovascular disease
- High blood pressure
- High cholesterol
- Type 2 diabetes
- Sleep apnea
- Asthma
- Certain cancers
- Joint problems
- Social and psychological problems
Factors Leading to Obesity in Wood County

Physical Activity:
- 10% of youth did not participate in at least 60 minutes of physical activity on any day in the past week.
- 49% of youth are physically active at least 60 minutes per day on less than 5 days in the past week.
- 44% of youth watched TV 3 or more hours per day.

Nutrition:
- 82% of youth ate 1 to 4 servings of fruit and vegetables per day, while 17% ate 5 or more servings per day.
- 98% of youth reported eating dinner, 95% lunch and 72% breakfast.
- 75% of meals were eaten at home, 3% fast food restaurant, 2% school, and < 1% convenience store.

Recommended Prevention

- At least 60 minutes of physical activity daily.
  * Moderate to vigorous intensity aerobic physical activity 3 days per week.
  * Muscle-strengthening 3 days per week.
  * Bone-strengthening 3 days per week.

Actions Taken

- Established the Wood County Obesity Task Force in April of 2014.
- Acquired funding and implanted Veggie U in July of 2013.
- Acquired funding for Ohio Healthy Programs Project in July of 2014.

Data Sources:
1. 2012, Wood County Health Assessment. Information is reported for those in grades 9th-12th.
2. 2008, Wood County Health Assessment. Information is reported for those in grades 9th-12th.
3. 2014-2016, Wood County Community Health Improvement Plan
4. 2013, Centers for Disease Control and Prevention, Youth Risk Behavior Assessment (YRBS). Information is reported for those in grades 9th-12th.
5. 2011, Centers for Disease Control and Prevention, Youth Risk Behavior Assessment (YRBS). Information is reported for those in grades 9th-12th.