

A look at obesity in Carson City. Where do you stand?



Underweight	Normal	Overweight	Obese	Very obese
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



3 out of 5 adults in Carson City are overweight or obese

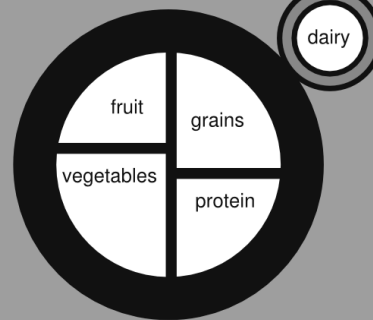
How much is obesity costing you?

- ◆ **506** Carson City residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$46,872.**
- ◆ That year, Carson City residents spent a total **\$23,717,226** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/> and <http://www.carson.org/index.aspx?page=621>

A look at obesity in Churchill County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



2 out of 3 adults in Churchill County are overweight or obese

How much is obesity costing you?

- ◆ **323** Churchill County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$45,348**.
- ◆ That year, Churchill County residents spent a total **\$14,647,256** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems

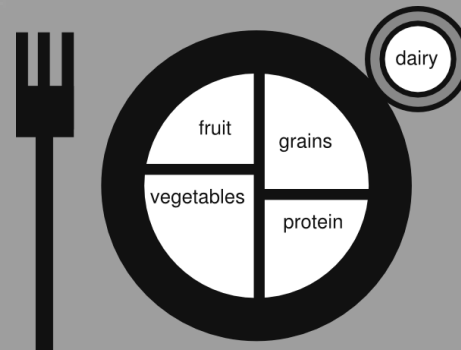


Get fit near you

- ◆ <http://www.churchillcounty.org/index.aspx?nid=162>

What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss
- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>



A look at obesity in Clark County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



About 3 out of 5 adults in Clark County are overweight or obese

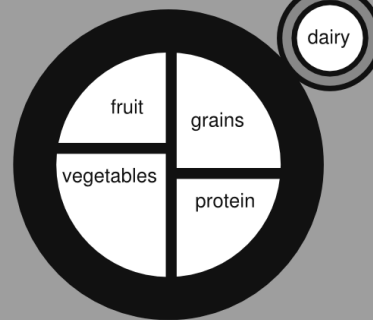
How much is obesity costing you?

- ◆ **15,288** Clark County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$79,296**.
- ◆ That year, Clark County residents spent a total of **\$1,212,272,893** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

Get fit near you

- ◆ <http://www.clarkcountynv.gov/parks>

A look at obesity in Douglas County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



About 3 out of 5 adults in Douglas County are overweight or obese

How much is obesity costing you?

- ◆ **276** Douglas County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$52,279**.
- ◆ That year, Douglas County residents spent a total of **\$14,429,020** on hospitalizations where the patient was overweight/obese.



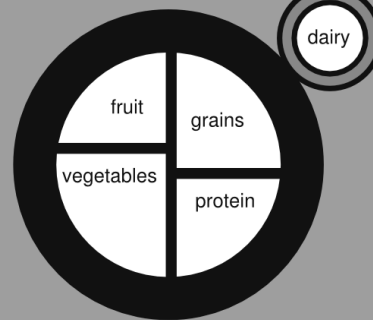
Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



Get fit near you

- ◆ <http://www.dcprrsports.com/>



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

A look at obesity in Elko County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



About 2 out of 3 adults in Elko County are overweight or obese

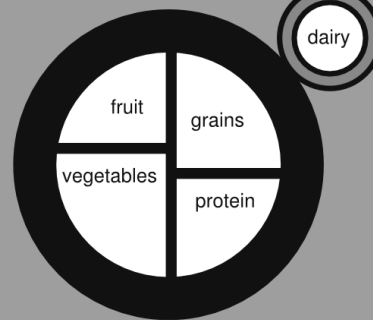
How much is obesity costing you?

- ◆ **208** Elko County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$41,376**.
- ◆ That year, Elko County residents spent a total **\$8,606,126** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

Get fit near you

- ◆ http://www.ci.elko.nv.us/recreation/summer_recreation1.htm

A look at obesity in Esmeralda County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



About 2 out of 3 adults in Esmeralda County are overweight or obese

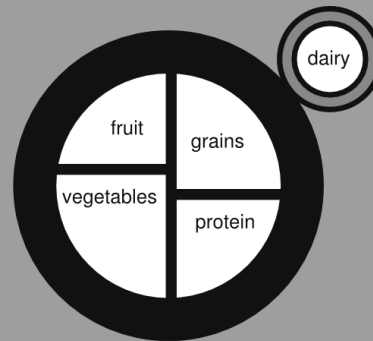
How much is obesity costing you?

- ◆ **14** Esmeralda County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$100,396**.
- ◆ That year, Esmeralda County residents spent a total **\$1,405,538** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>

A look at obesity in Eureka County. Where do you stand?



Underweight	Normal	Overweight	Obese	Very obese
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: $\text{weight (kg)} / [\text{height (m)}]^2$

County Statistics



2 out of 3 adults in Eureka County are overweight or obese

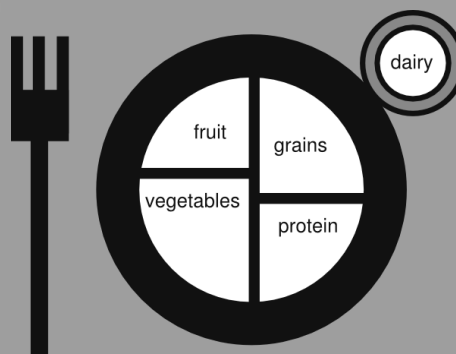
How much is obesity costing you?

- ◆ **6** Eureka County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$41,043**.
- ◆ That year, Eureka County residents spent a total **\$246,260** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>

A look at obesity in Humboldt County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



2 out of 3 adults in Humboldt County are overweight or obese

How much is obesity costing you?

- ◆ **151** Humboldt County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$43,494.**
- ◆ That year, Humboldt County residents spent a total **\$6,567,522** on hospitalizations where the patient was overweight/obese.



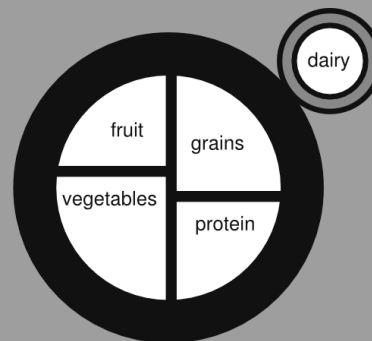
Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



Get fit near you

- ◆ <http://www.winnemuccacity.org/Recreation.cfm>



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss
- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>

A look at obesity in Lander County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



2 out of 3 adults in Lander County are overweight or obese

How much is obesity costing you?

- ◆ **42** Lander County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$63,724**.
- ◆ That year, Lander County residents spent a total **\$2,676,411** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems

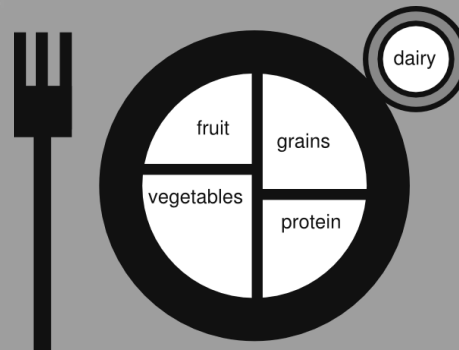


Get fit near you

- ◆ <http://www.battlemountaintourism.com/recreation.html>

What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss
- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>



A look at obesity in Lincoln County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



2 out of 3 adults in Lincoln County are overweight or obese

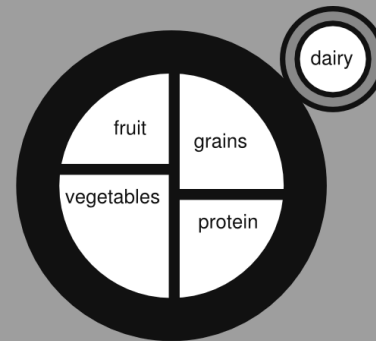
How much is obesity costing you?

- ◆ **34** Lincoln County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$49,477**.
- ◆ That year, Lincoln County residents spent a total **\$1,682,216** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>

A look at obesity in Lyon County. Where do you stand?



Underweight	Normal	Overweight	Obese	Very obese
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: $\text{weight (kg)} / [\text{height (m)}]^2$

County Statistics



About 2 out of 3 adults in Lyon County are overweight or obese

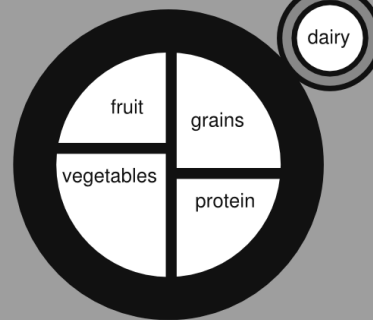
How much is obesity costing you?

- ◆ **585** Lyon County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$46,183**.
- ◆ That year, Lyon County residents spent a total **\$27,017,118** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>

A look at obesity in Mineral County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



About 2 out of 3 adults in Mineral County are overweight or obese

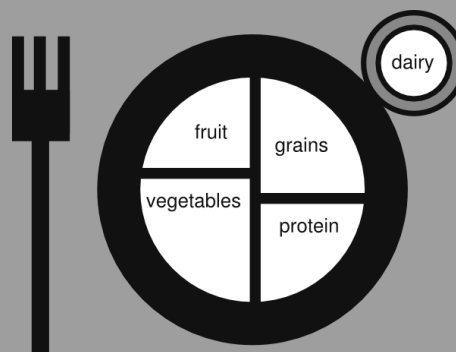
How much is obesity costing you?

- ◆ **56** Mineral County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$78,759**.
- ◆ That year, Mineral County residents spent a total **\$4,410,500** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>

A look at obesity in Nye County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



2 out of 3 adults in Nye County are overweight or obese

How much is obesity costing you?

- ◆ **637** Nye County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$71,656.**
- ◆ That year, Nye County residents spent a total **\$45,644,876** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems

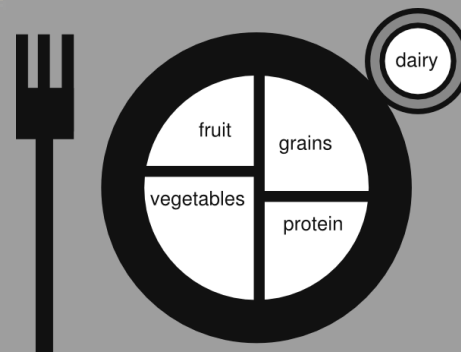


Get fit near you

- ◆ <http://www.pahrumpnv.org/pahrump-nevada/community/pahrump-community-pool/>

What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss
- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>



A look at obesity in Pershing County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



2 out of 3 adults in Pershing County are overweight or obese

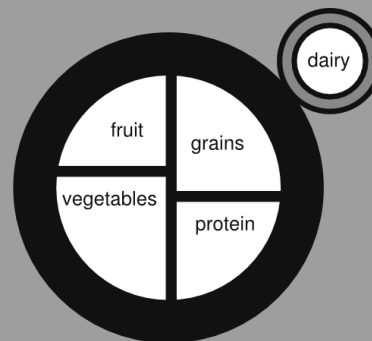
How much is obesity costing you?

- ◆ **36** Pershing County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$52,443**.
- ◆ That year, Pershing County residents spent a total **\$1,887,948** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss

◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>

A look at obesity in Storey County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



3 out of 5 adults in Storey County are overweight or obese

How much is obesity costing you?

- ◆ **5** Storey County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$39,808**.
- ◆ That year, Storey County residents spent a total **\$199,039** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems

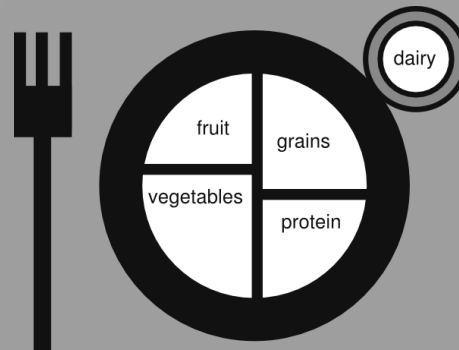


Get fit near you

- ◆ http://www.storeycounty.org/community_services/pnp.asp

What you can do to help

- ◆ Eat a balanced diet
- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss
- ◆ FREE health and fitness ideas for YOU: <http://www.letsmove.gov/>



A look at obesity in Washoe County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



3 out of 5 adults in Washoe County are overweight or obese

How much is obesity costing you?

- ◆ **3,447** Washoe County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$48,897**.
- ◆ That year, Washoe County residents spent a total **\$168,546,987** on hospitalizations where the patient was overweight/obese.



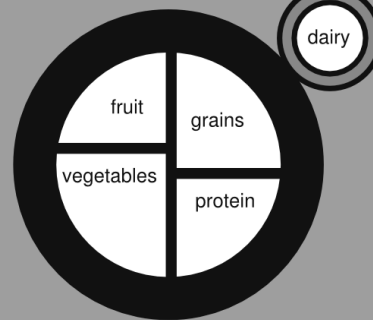
Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



Get fit near you

- ◆ <http://www.washoecounty.us/parks/>



What you can do to help

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- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
- ◆ Join support groups
- ◆ Consult with your physician about weight loss
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A look at obesity in White Pine County. Where do you stand?



<u>Underweight</u>	<u>Normal</u>	<u>Overweight</u>	<u>Obese</u>	<u>Very obese</u>
< 18.5	18.5 – 24.9	25.0 – 29.9	30.0 – 39.9	> 40.0

The Centers for Disease Control and Prevention (CDC) uses Body Mass Index (BMI) to assess a given population's overweight/obesity rates. BMI is calculated using the following formula: weight (kg) / [height (m)]²

County Statistics



2 out of 3 adults in White Pine County are overweight or obese

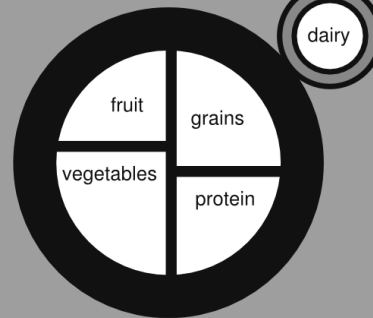
How much is obesity costing you?

- ◆ **57** White Pine County residents were hospitalized in 2011 with a billing code noting they were obese/overweight.
- ◆ The average cost of these hospitalizations was **\$87,896**.
- ◆ That year, White Pine County residents spent a total **\$5,010,080** on hospitalizations where the patient was overweight/obese.



Being overweight or obese can lead to a number of fatal conditions

- ◆ Coronary heart disease
- ◆ Type 2 diabetes
- ◆ Various Cancers
- ◆ Hypertension (high blood pressure)
- ◆ Stroke
- ◆ Liver and Gallbladder disease
- ◆ Sleep apnea and respiratory problems
- ◆ Osteoarthritis
- ◆ Gynecological problems



What you can do to help

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- ◆ Work out with a friend
- ◆ Instead of driving, walk or bike to work
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