



# Kitsap Community Health Priorities

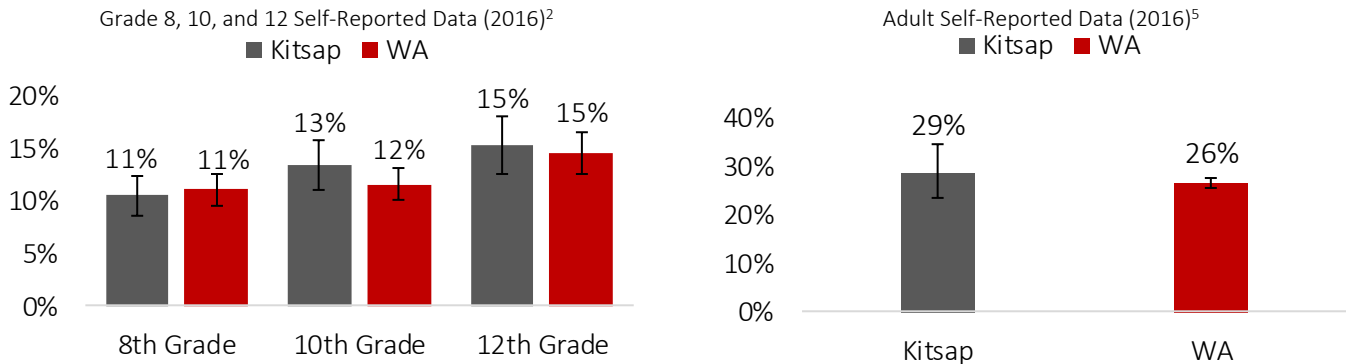
## Priority 4: Prevent/Reduce Obesity

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 **fewer** than five fruits and vegetables daily

*About 8 in 10 (81%)*

Viewed **more** than two hours of screen time daily

*About 2 in 3 (66%)*

Completed **less** than one hour of physical activity daily

*About 7 in 10 (69%)*

Consumed **at least** one sugar-sweetened beverage in past week

*About 3 in 4 (76%)*

### Kitsap County Risk Behaviors & Adults

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

Completed **less** than one hour of physical activity for 5 days

*Almost 6 in 10 (57%)*

Walked to work **at least** one day a week

*About 3 in 100 (3%)*

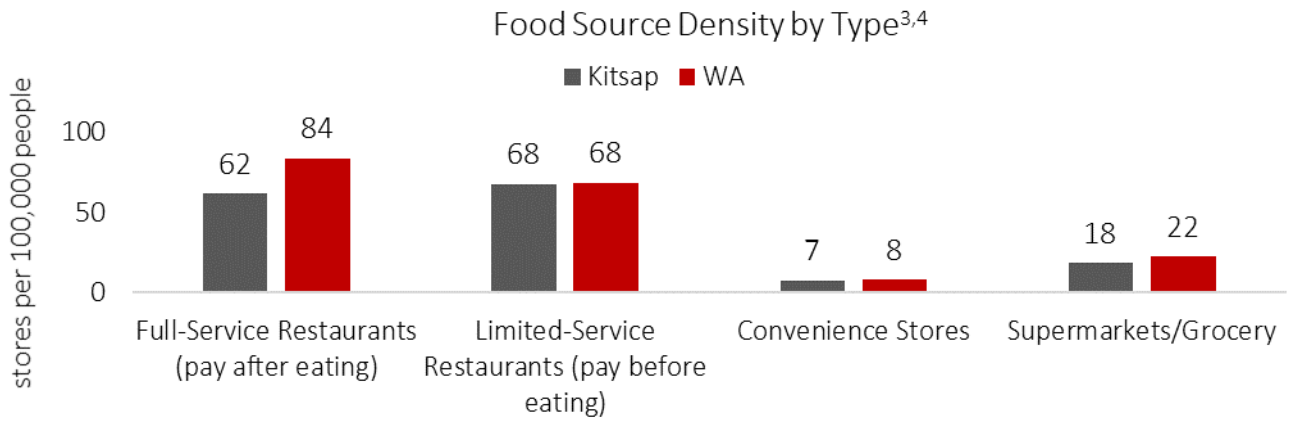
Biked to work **at least** one day a week

*About 1 in 100 (1%)*

Consumed **fewer** than five fruits and vegetables daily

*About 3 in 4 (75%)*

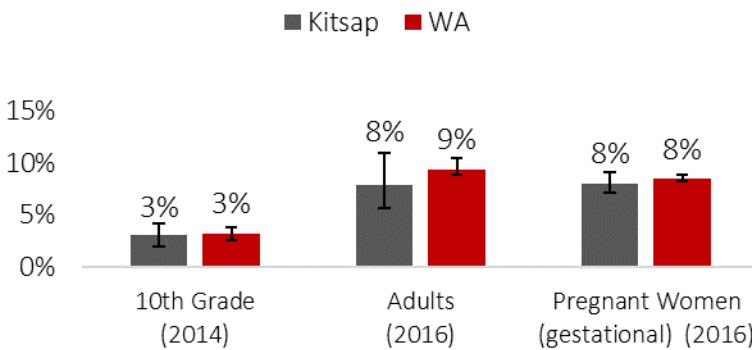
## Kitsap Food Environment Factors: Kitsap Compared to WA



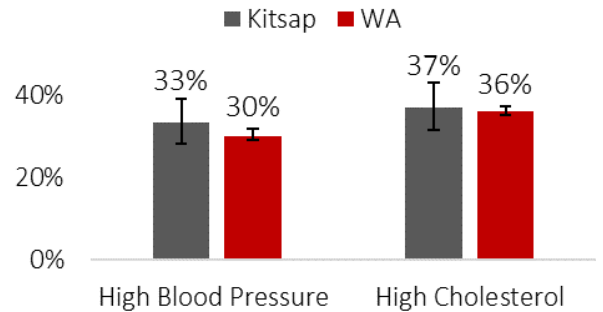
## Prevalence of Chronic Disease and Conditions: Kitsap Compared to WA

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

### Diabetes Diagnosis<sup>1,5,6</sup>

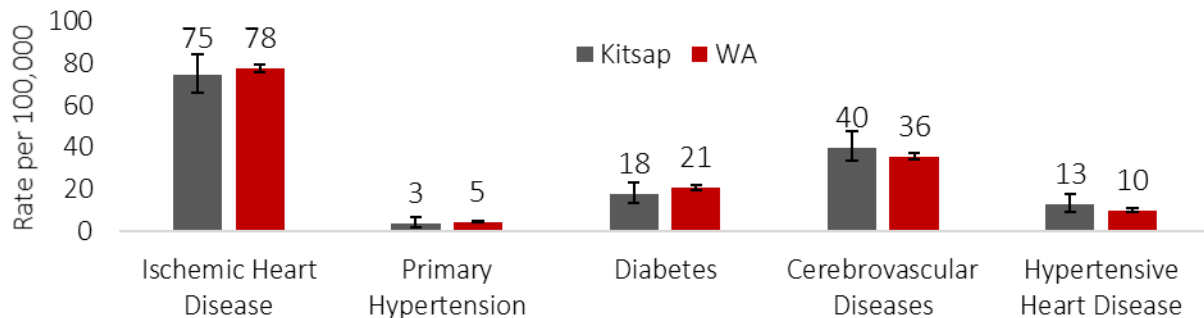


### Adults Told by Their Doctor They Have:<sup>5</sup>



## Chronic Disease Mortality: Kitsap compared to WA

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



**Data Sources:** (1) Centers for Disease Control and Prevention (2016). Overweight & Obesity; (2) Healthy Youth Survey, 2016; (3) US Census, County Business Patterns; (4) Washington State Office of Financial Management, 2015; (5) Behavioral Risk Factor Surveillance System; (6) Washington State Department of Health, Center for Health Statistics, Birth Certificate Data, 2015; (7) Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 2016