

ADULT OBESITY

SAGINAW COUNTY DATA-AT-A-GLANCE

QUICK STATISTICS

Data Source: Community Survey, 2022

30%

reported physical health as **not good** on six or more days.

44%

often or sometimes worry about **running out of food** before they can buy more.

27%

reported health as much or somewhat **worse** since the pandemic.

27%

received **emergency food** from a church, food pantry, or food bank.

41%

reported their physical health **prevented** them from doing **usual activities** (work, school, hobbies, etc.).

84%

got their food from a **grocery store** most often.

6.9

Food Environment Index

The **Food Environment Index** considers the factors of closeness of healthy foods and income.

14%

Food Insecurity Index

The **Food Insecurity Index** is the percentage of the population that has insufficient access to food.

11%

Limited Access to Healthy Foods

The percentage of the population that faces **low-income** and has **limited accessibility** to a grocery store.

Data Source: County Health Rankings, 2022

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BODY MASS INDEX CATEGORIES

Data Source: Defining Adult Overweight & Obesity, Centers for Disease Control and Prevention.

>18.5

is considered the underweight range.

18.5 to <25

is considered the healthy weight range.

25 to <30

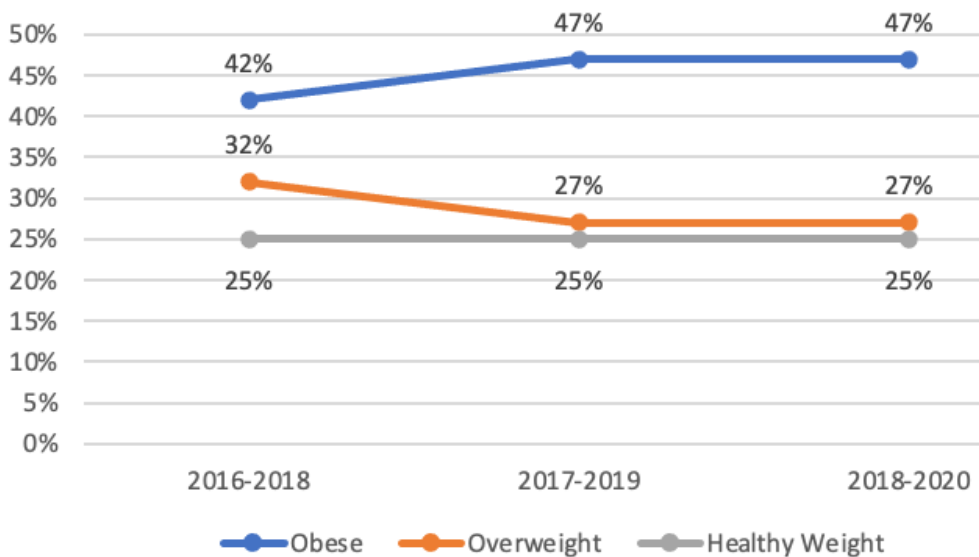
is considered the overweight range.

25 to <30

is considered the obesity range.

Data Source: Michigan Behavioral Risk Factor Surveillance System, 2020

Saginaw County Adult Weight Status



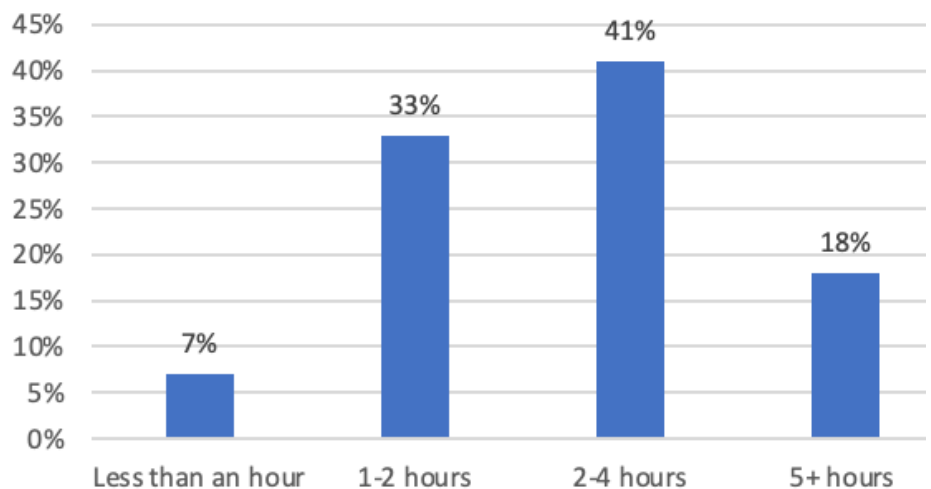
This graphs represents the weight status of Saginaw County adults. Important information includes:

- There was a **5%** **increase** of individuals that were **obese** from 2016-2018 to 2017-2019, resulting in a **5%** **decrease** of those that are **overweight**.

This graphs represents the leisure time spent by adults on electronic devices. These electronics include watching TV, playing video games, or on the phone. Important information includes:

- **59%** of adults spend **at least** 2 hours on their electronic devices.

Adult Leisure Time Spent on Electronics, 2022



Data Source: Community Health Survey, 2022