



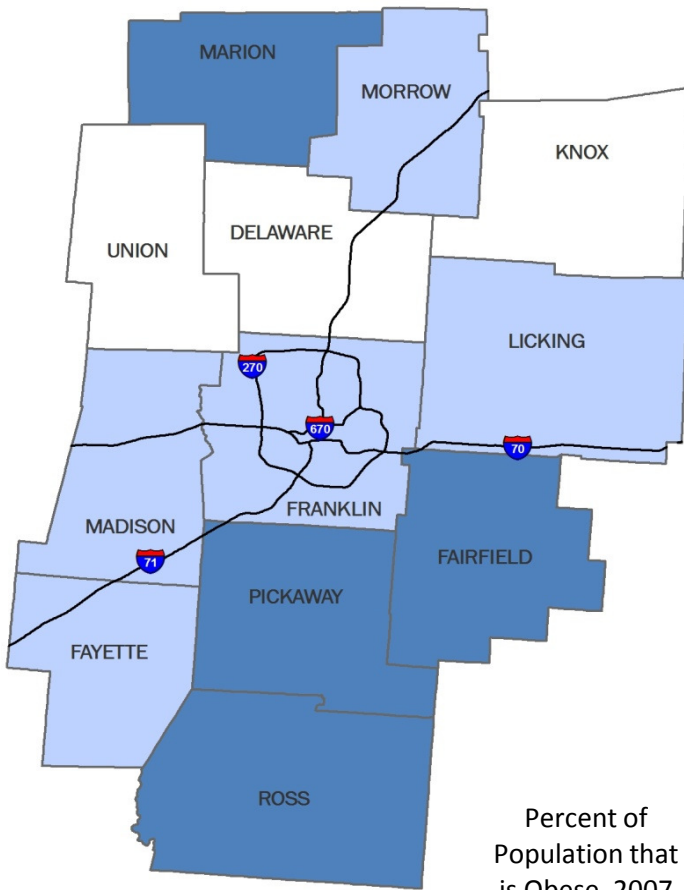
Mid-Ohio Regional Planning Commission

State of the Region 2010

Issue: People
Metric: Obesity

Ohio is ranked 10th nationally in obesity, and the percentage of Ohioans that are obese has been greater than the overall national percentage since 1997. Adult obesity is defined as a person who has a Body Mass Index (BMI) of 30 or higher. BMI is determined through a calculation that includes a person's height and weight. According to projected Centers for Disease Control and Prevention data, the percentage of central Ohioans who fall under the obese category will continue to increase. In 2007, Marion County had the highest percent of obese people, while Delaware had the lowest. Ross County had the greatest percentage increase from 2005-2007. Since 2004, the national rate has decreased, while central Ohio has increased.

The Complete Streets Initiative and Safe Routes to School programs are ways health professionals recommend we can correct this problem. The State is working on creating programs to help our growing obesity problem. The Ohio Obesity Prevention Plan is an all encompassing plan that hopes to stop the increasing obesity rate by 2014. Locally, Fairfield, Franklin, Knox, Licking and Union Counties all signed the initiative.



Body Mass Index Example for a Person 5' 9" Tall			
Height	Weight	BMI	Considered
5' 9"	124 lbs or less	Below 18.5	Underweight
	125 lbs to 168 lbs	18.5 to 24.9	Healthy weight
	169 lbs to 202 lbs	25.0 to 29.9	Overweight
	203 lbs or more	30 or higher	Obese

Source:

[Centers for Disease Control and Prevention](#)

	Greater than 30%
	28.5%-29.9%
	26%-28.4%

	Percent of Population that is Obese				Percent Change in Obesity, 2004 - 2007
	2004	2005	2006	2007	
Delaware County	23.8%	25.2%	26.4%	26.9%	3.1%
Fairfield County	25.9%	26.1%	28.4%	30.0%	4.1%
Fayette County	25.6%	26.0%	27.5%	29.1%	3.5%
Franklin County	24.7%	24.8%	26.5%	29.9%	5.2%
Knox County	24.5%	25.2%	27.5%	28.4%	3.9%
Licking County	25.7%	25.4%	27.5%	29.7%	4.0%
Madison County	24.9%	25.0%	26.9%	28.5%	3.6%
Marion County	27.2%	27.0%	28.7%	30.1%	2.9%
Morrow County	24.7%	25.1%	27.7%	29.3%	4.6%
Pickaway County	25.7%	25.4%	27.9%	30.1%	4.4%
Ross County	26.2%	26.3%	28.2%	31.3%	5.1%
Union County	25.6%	26.1%	28.2%	28.2%	2.6%
Ohio	25.3%	24.3%	28.4%	28.1%	-1.1%
USA	23.2%	24.4%	25.1%	26.3%	4.8%

Source: [Centers for Disease Control and Prevention](#)

