

# 2010 January

## Healthy Weight

Over half of all Yolo County adults are at an unhealthy weight.



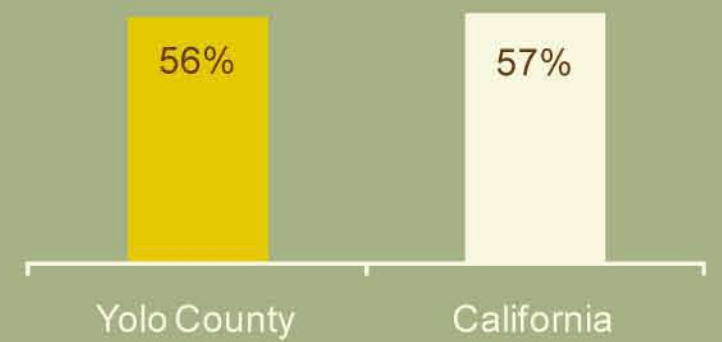
Yolo County hikers (Bobcat Ranch). Courtesy Andrew Fulks.

During the past decade there has been a dramatic rise in the number of people who are overweight or obese. Increased health care costs, decreased productivity and diminished quality of life are the unfortunate outcome for many people who are at an unhealthy weight. In Yolo County we can expect to see increased incidence of chronic diseases such as diabetes, heart disease and cancer, and a decreased life expectancy if this trend is not reversed.

While 56% of all adults in Yolo County are overweight or obese, some groups are impacted more than others.<sup>40</sup> Hispanic youth and adults have higher rates of unhealthy weight than other race/ethnic groups.<sup>17,20,40</sup> High rates are also evident among low income children with 33% of low-income children age 2 to 4 years and 43% of low-income children age 5 to 19 years being obese or overweight.<sup>21</sup>

Solutions to this public health problem are not simple. Experts recommend community-wide changes that promote a lifestyle of increased physical activity and improved nutrition for all community members.

Percent Adults Who Are Obese or Overweight, 2007<sup>40</sup>



National Birth Defects Prevention Month • National Blood Donor Month • Cervical Health Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 County Holiday New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 County Holiday Martin Luther King, Jr. Day	19	20	21	22	23
24 31	25	26	27	28	29	30

### Modest Routine Exercise

Few lifestyle choices have as large an impact on your health as physical activity. You don't have to do lots of exercise or intense exercise to reduce your risk of chronic disease and premature death associated with unhealthy weight. No matter what your weight loss goal is, even modest weight loss, such as 5% of your total body weight, can produce significant health benefits with improvements in blood pressure, cholesterol, and blood sugar. New eating and physical activity habits will help you live a healthier lifestyle, which will help you maintain your weight loss over time.



### Yolo County Walking Clubs

The Yolo County Health Department began the Men & Women Who Walk program in 2007 to encourage more Yolo County residents to experience the benefits of the most convenient form of physical activity: walking. Walking is not only healthy and enjoyable, it's also economical, social, good for the environment, and safe. Walking groups help to build a sense of community, making our neighborhoods better places to live.

The program links interested Yolo County residents with existing walking clubs or helps to start new clubs. The program provides mapped walks (½ to 2 miles), bright and attractive safety t-shirts, and pedometers. Mapped walks are available throughout Yolo County. The program has proved popular, growing from about 100 participants in 2007 to over 600 walkers in 2009.

To locate a walking club in your area, or to start a new one, call the Yolo County Men & Women Who Walk program at (530) 666-8749.

### Yolo County by the Numbers...

#### Adults at a Healthy Weight

- U.S. Goal = 60% or More
- Yolo Co. 41%<sup>40</sup>
- California 41%<sup>40</sup>

#### Obese Adults

- U.S. Goal = 15% or Less
- Yolo County 24%<sup>40</sup>
- California 23%<sup>40</sup>

#### Obese/Overweight Teens

- U.S. Goal = 5% or Less
- Yolo County 30%<sup>21</sup>
- California 31%<sup>21</sup>

- Know your BMI (body mass index)
- Tailor your own daily exercise routine
- Map your walking/biking/jogging route
- Explore Yolo County hiking trails

[www.cdc.gov/healthyweight/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/bmi)  
[www.cdc.gov/healthyweight](http://www.cdc.gov/healthyweight)  
[www.mapmywalk.com](http://www.mapmywalk.com) & [www.gmap-pedometer.com](http://www.gmap-pedometer.com)  
[www.yolohiker.org](http://www.yolohiker.org)