



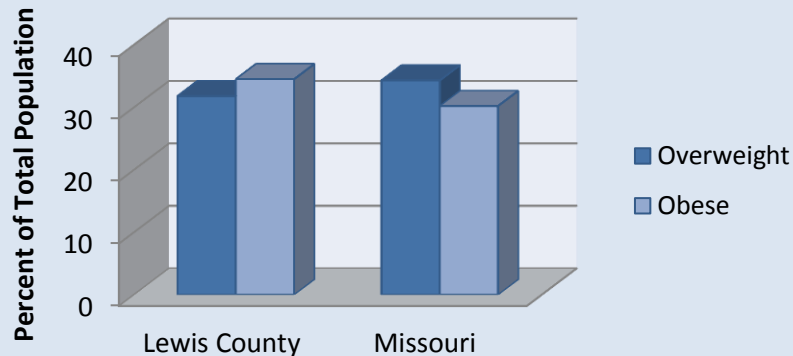
Obesity in Lewis County

A Public Health Priority

LEWIS COUNTY

- In 2011, **1 in 3** Lewis County residents reported being obese.
- Lewis County residents report limited access to healthy food and outdoor recreational space (MDHSS, 2011b)

Obesity Rates in Lewis County vs. Missouri

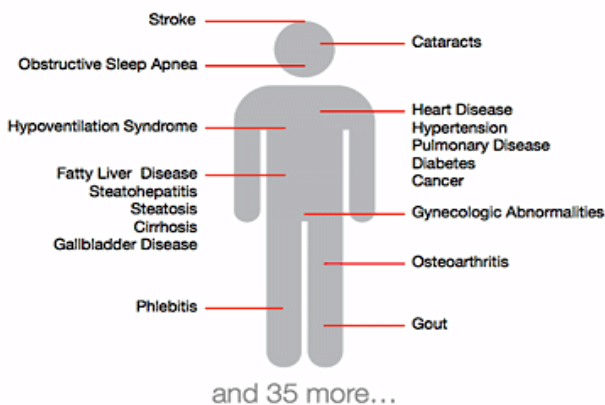


OBESITY

- Heart disease: Lewis County's #1 cause of death
- Diabetes: Lewis County's 2ND most common disease (MDHSS, 2013)

Medical costs of obese individuals are annually \$1,429 more than individuals of normal weight!

Obesity is Linked to 53 Diseases



SUGGESTIONS

- Farmers markets
- Policy-based school lunch improvements
- Employee wellness programs
- Park/sports facility improvements
- Bike lanes on county roads

Additional Resources

- ❖ Centers for Disease Control and Prevention: <http://www.cdc.gov/obesity/>
- ❖ My Plate www.choosemyplate.gov
- ❖ Lewis County Health Department
101 State Hwy. A
Monticello, Missouri
573-767-5312