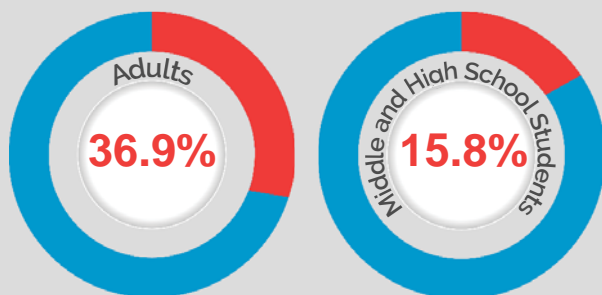


# PREVENTING AND REDUCING OBESITY

Polk Vision is working to reduce the county's adult obesity rate of 36.9% to less than the state average of 26.4%. Body mass index or BMI measures whether people are at a healthy weight for their height.

BMI > 30 = Obese

## Polk County Obesity Rates



Among other serious diseases and health conditions, the Center for Disease Control indicates that obese persons have an increased risk for:

- All causes of death
- High blood pressure
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Some cancers
- Mental illness

## Healthy Habits for a Lifetime

The Building a Healthier Polk Initiative is partnering with local pediatric offices to encourage healthy eating and exercise habits in children and families through a 5-2-1-0 prescription program. This program encourages four daily behaviors to achieve and maintain a healthy weight:

- 5 Eat 5 or more fruits and vegetables
- 2 Have 2 hours or less of recreational screen time
- 1 Have at least 1 hour of physical activity
- 0 Consume 0 sugary drinks



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