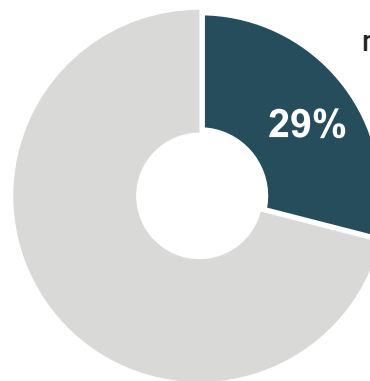


## Overweight & Obesity Data Story

A total of 12% of survey respondents selected *Overweight & obesity* as one of the three largest health concerns in Kenosha County. Being overweight or obese is associated with the increased risk of certain chronic diseases, such as type 2 diabetes, hypertension, and heart disease. A public health approach to this issue involves making healthy behaviors more affordable and accessible for everyone. Our community survey overall found that fewer respondents were able to access healthy habits, and more struggled to afford healthy food. Healthy behaviors, like eating fruits and vegetables and exercising, can help prevent or lessen the impact of chronic diseases. For example, regular exercise can help control blood sugar in people with diabetes and decrease the risk of heart disease, among many other benefits.

29% of survey respondents said there was **no grocery store** in their neighborhood.

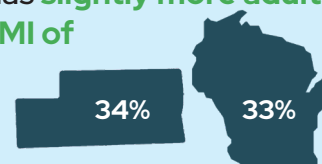


*"We would like to see a park with fitness equipment for adults."*

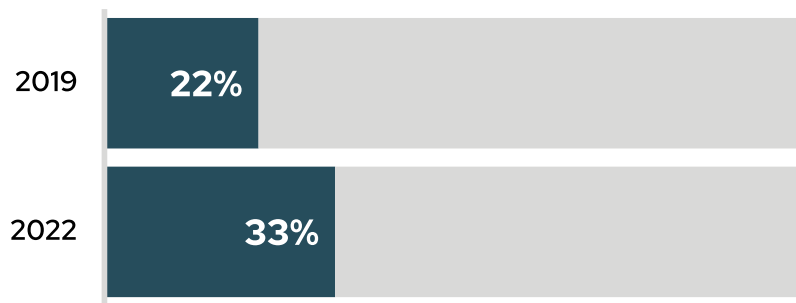


### How Does Kenosha Compare?

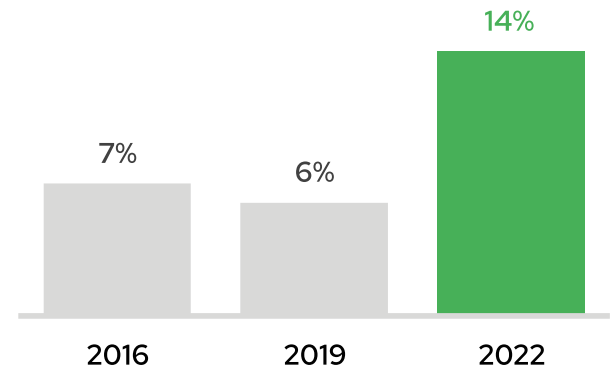
Kenosha County has **slightly more adults that are obese (BMI of 30 or greater)** than Wisconsin



The number of survey respondents that said produce was sometimes, rarely, or never affordable **increased** between 2019 and 2022



**Nearly 1 in 7 households reported going hungry** sometime in the past year.



The percent of respondents meeting **exercise** and **fruit and vegetable** recommendations dipped in 2022.

