

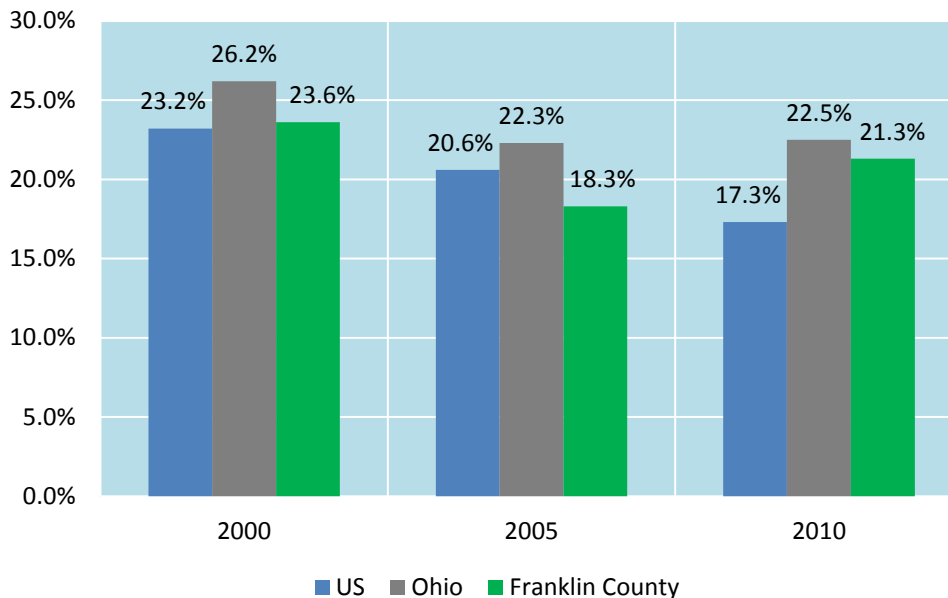
Healthy Lifestyles

Table 1. Estimated Percentage of Franklin County Population Who Are Overweight or Obese, 2004-2007

	Obese	Overweight
Franklin County		
White Male	28.3%	40.6%
White Female	21.5%	30.6%
Black Male	33.2%	32.6%
Black Female	41.7%	23.1%
All Adults	26.6%	34.1%
Ohio		
White Male	27.2%	43.5%
White Female	24.0%	29.7%
Black Male	36.7%	35.8%
Black Female	43.3%	27.9%
All Adults	26.5%	36.2%

- The Ohio Department of Health estimates that average of 60.7% of Franklin County adults between 2004 and 2007. Black females compose the greatest prevalence of obese adults, and white males compose the highest occurrence of overweight adults in Franklin County and Ohio.

Chart 1. Percentage of Adults Who Currently Smoke Cigarettes, 2000-2010



- The percentage of Franklin County adults who smoke cigarettes decreased from 23.6% in 2000 to 18.6% in 2005, before increasing to 21.3% in 2010. The percentage of smokers in the U.S. has steadily declined since 2000.

About the Data

Data Sources:

- Ohio Department of Health, Healthy Ohio Community Profiles: Franklin County 2008
- Osteopathic Heritage Foundation, 2002 Columbus/Franklin County Community Health Risk Assessment (overweight and obese data for Franklin County children)

Definitions:

- **Overweight:** Having a Body Mass Index (BMI) between 25 kg/m² and 29.9 kg/m²
- **Obese:** Having a BMI of 30 kg/m² or more
- **Body Mass Index:** BMI can be estimated by dividing weight in pounds by the square of height in inches, then multiplying the resulting number by 704.5.
- **Leisure time physical activity:** Engaging in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise, other than the regular job

Implications:

- Individuals who are overweight or obese are at greater risk of chronic diseases, such as type 2 diabetes, heart disease, stroke, osteoarthritis, as well as cancers of the breast, colon, endometrium, and kidney.

Update Status:

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