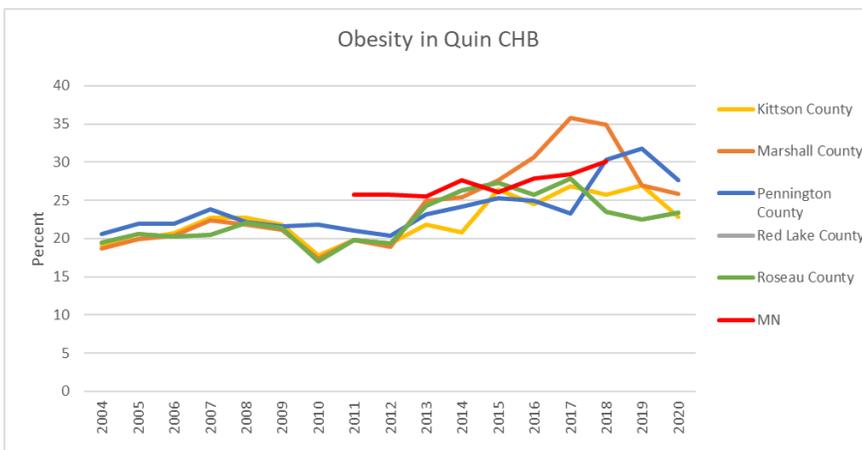




# Obesity

Adult and childhood overweight and obesity in the five Northwest (Quin) Community Health Board (CHB) Region Counties

## Adult obesity age 20+, age-adjusted

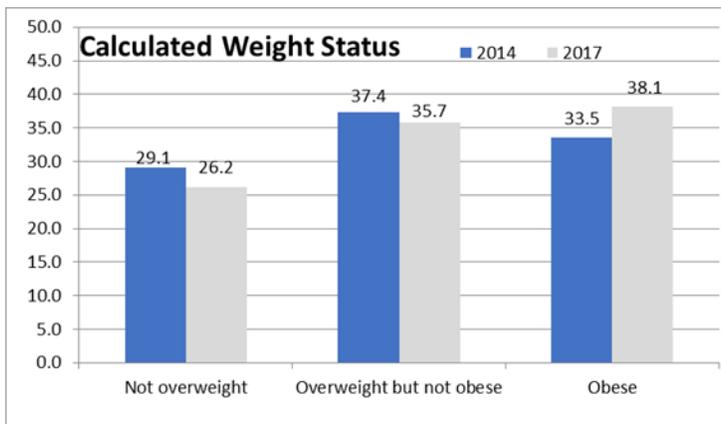


### SUMMARY

- Trends are fairly consistent overtime, although in 2015 there was greater variation in percentage of obesity among counties in the Quin CHB.
- Marshall county had the highest percentage of adult obesity in 2017 but it decreased sharply beginning in 2019.

Source: US Diabetes Surveillance System, Centers for Disease Control (CDC) & Behavioral Risk Factor Surveillance System (BRFSS)

## Weight status - Adults



### SUMMARY

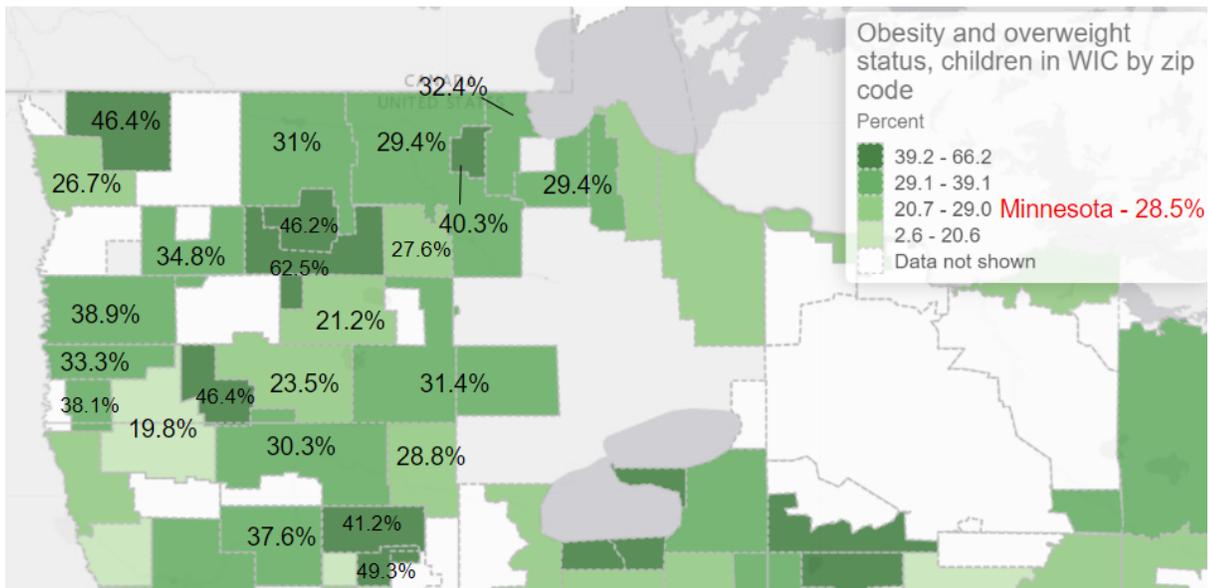
- 71% of the population in the Quin CHB region were overweight or obese in 2014.
- 74% of the adult population in the Quin CHB region, or 3 out of 4 people, are overweight or obese in 2017.

Source: Northwest Region Adult Health Behavior Survey



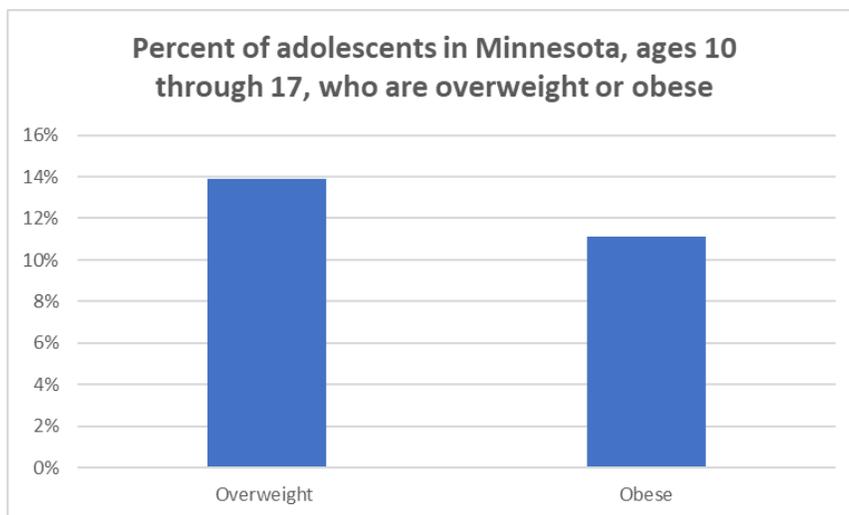
# Child overweight and obesity in Quin CHB

Obesity and overweight status, children in women, infants, and children (WIC) by zip code, 2019



Source: MN Public Health Data Access

Percent of adolescents who are overweight (BMI 85th to 94th percentile) or obese (BMI 95th percentile or above), 2016-2020 (five years combined)



### SUMMARY

- There are several zip codes in the Quin CHB region that surpass the statewide percentage of overweight and obese children enrolled in the WIC program in 2019.
- 1 in 4 adolescents in Minnesota are obese or overweight between 2016-2020.

Source: National Survey of Children's Health, Health Resources and Services Administration, Maternal and Child Health Bureau