

Looking for more info
about Obesity?



Check out these sites!

**Centers for Disease
Control and Prevention**
www.cdc.gov

**New York State
Department of Health**
www.health.ny.gov

**Ontario County
Public Health**
www.co.ontario.ny.us

NYS Obesity Profile Statistics: 2016

34.1% of adults were overweight.

27.0% of adults had obesity

13.8% of adolescents were overweight.

10.6% of adolescents had obesity.



Ontario County Public Health

3019 County Complex Dr.
Canandaigua, NY 14424

Phone 585-396-4343
Fax 585-396-4551

www.co.ontario.ny.us



12/30/16

OCPH



Public Health
Prevent. Promote. Protect.
Ontario County, NY

Obesity Prevention, Screening & Education



*Persons who are obese
have medical costs that
are \$1,429 higher than
those of normal weight.*

*Medical costs associated
with obesity are an
estimated \$147 billion.*

Ontario County Public Health



What is Obesity?

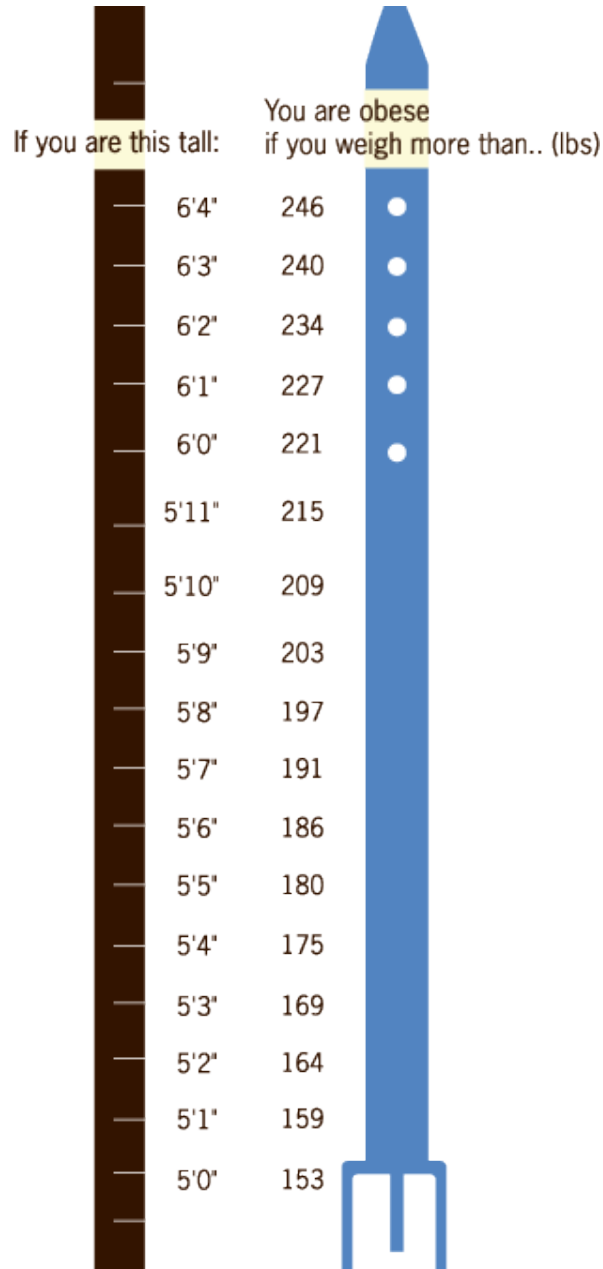
A weight that is higher than what is considered as a healthy weight for a person's given height is described as overweight or obese. This is a screening called a body mass index or BMI.

Physical inactivity as well as excess calorie intake from snacking, overeating and eating unhealthy foods, contributes to obesity.

Obesity puts you at more risk for heart disease, type 2 diabetes, and some cancers.

Why is it important to get your BMI?

To see if you are overweight or obese.



The role of public health

Ontario County Public Health staff is invested in illnesses prevention in our community. With the help from community members, medical providers, local hospitals, the NY State Department of Health and the CDC we hope to improve our environment to support healthy diets and regular physical activity.

What can Public Health do for you?

- ◆ Provide education on a variety of health topics related to obesity.
- ◆ Promote healthy eating through the Farm to Cafeteria Coalition, Finger Lakes Breastfeeding Partnership and Ontario County Health Collaborative.
- ◆ Promote Worksite Wellness programs by assisting in implementation, promotion, and policy development.
- ◆ Promote a safe environment through the Safety Council and Finger Lakes Coalition of Farm Worker Agencies.