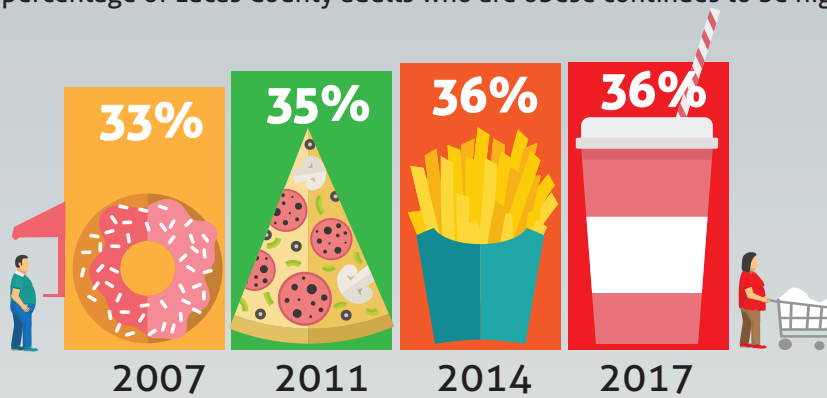


# OBESITY IN LUCAS COUNTY

The percentage of Lucas County adults who are obese continues to be high.



In Lucas County, obesity is especially a concern among African Americans, Latinos, and residents earning less than \$25,000 a year. Many health problems are related to obesity, including heart disease, stroke, type 2 diabetes, and certain types of cancer.

## Obesity Among Certain Lucas County Groups In 2017

African American adults: 58%

Latino adults: 42%

Low-income adults: 41%

Obesity also remains a concern among Lucas County youth.

### 9th-12th graders

2011: 15%

2013/2014: 13%

2016/2017: 15%



Meanwhile, **51%** of all Lucas County adults were trying to lose weight,

and **29%** were trying to maintain their weight or keep from gaining.

**49%** of Lucas County adults ate less food, fewer calories or low-fat items to lose or keep from gaining weight,

while **49%** exercised.



**HEALTHY  
LUCAS COUNTY**

FOR MORE INFORMATION, PLEASE VISIT [HEALTHYLUCASCOUNTY.ORG](http://HEALTHYLUCASCOUNTY.ORG)

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION  
AND 2016/2017 LUCAS COUNTY COMMUNITY HEALTH ASSESSMENT