

Community Health Priority:

Healthy Weight

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Vision

A weight that lowers your risk for health problems. Achievement of a healthy weight includes healthy food choices and physical activity.

Goal Statements

- ✓ Continue the collective efforts of the Healthy Eating Active Living (HEAL) Coalition, striving to move to the "collaboration" status
- ✓ Identify aspects of healthy weight that are important to Marathon County residents
- ✓ Strengthen the link between healthy weight and economic prosperity

Background

Healthy weight is defined as a weight that lowers your risk for health problems. Achievement or maintenance of a healthy weight includes healthy food choices and physical activity. Our community environment and norms impact a person's ability to incorporate healthy food choices and physical activity into their lifestyle. Healthy weight is a community issue that directly impacts the local economy. Physical activity and recreational opportunities, as well as a local food system are two positive aspects that appeal to millennials, who are needed to fill Marathon County's work force and entrepreneurial needs. An unhealthy weight, and the accompanying health conditions, leads to absenteeism, increased health insurance costs, and decreased productivity.

Data

- 67% of LIFE Survey respondents agree that unhealthy eating and/or the lack of physical activity is a concern in the community
- 22% of LIFE survey respondents get an average of 30 minutes of physical activity 5-7 days per week
- 60% of Marathon County high school students were physically active for at least 60 minutes per day 5-7 days per week compared to 49.5% for Wisconsin
- 43% of Marathon County high school students reported eating vegetables such as green salad, carrots, green beans or other vegetables at least 1 time a day
- 38% of Life Survey respondents were overweight and 28% were obese

Shared Measurement

Percentage of the adult population that during the past month did not participate in any leisure-time physical activity or exercise such as running, calisthenics, golf, gardening, or walking for exercise, Baseline: 25%, Source: County Health Rankings

Percentage of the population who live reasonably close to locations for physical activity, including parks or recreational facilities, Baseline: 74%, Source: County Health Rankings

Percentage of students that ate fruit (do not count fruit juice) 2 times per day or more, Baseline: 11.4%, Source: 2015 Marathon County Youth Risk Behavior Survey

Percentage of students that ate vegetables such as green salad, carrots, green beans, or other vegetables (do not count potatoes) 2 times per day or more, Baseline: 9.3%, Source: 2015 Marathon County Youth Risk Behavior Survey

Within the (number of) school districts implementing Farm to School in Marathon County, percentage implementing: procurement strategies, curriculum-related strategies, environmental strategies, school garden strategies, and field-work strategies, Baseline: To be determined, Source: USDA Farm to School Census