Child and Family Obesity

Orange County, NC
2015 Population Health Dashboards

Summary:
Orange County has shown some improvements in residents with a healthy weight. However, the percentage of adults meeting recommendations for exercise and fruit and vegetable consumption lags behind our peers. Adults in particular are seeing negative trends in both physical activity and healthy nutrition. Students eating fruits and vegetables is improving compared to previous years, however Orange County still performs worse than peers and the state.

- Performing better than four or more benchmarks
- Performing better than two or three benchmarks
- Performing better than one or no benchmarks

Benchmarks include Target, Previous, Peer, NC, and US

- ↑↓ Positive trend
- ↑↓ Negative trend

Physical Activity, Nutrition, and Weight	Progress	Orange County		Trend		Compare to		
	Icon	Current	Target	Previous	Progress	Peer	NC	US
% Adults Getting Recommended Exercise	◆	44.5%	60.6%	52.9%	↓	49.5%	46.4%	51.7%
% High Schoolers Recommended Exercise	▲	47.7%	50.0%	42.7%	↑	48.1%	47.6%	50.5%
% Adults Eating 5+ Fruits or Veggies/Day	▲	24.6%	29.3%	31.1%	↓	17.0%	13.7%	#N/A
% Students eating 5+ Fruit or Veggies/Day	◆	10.0%	20.0%	7.4%	↑	17.8%	16.9%	#N/A
% Adults with Healthy Weight	●	49.2%	33.9%	46.2%	↑	51.8%	33.3%	29.5%
% High Schoolers with Healthy Weight	●	77.0%	79.2%	74.0%	↑	#N/A	71.2%	71.8%
% Low-income Preschool Children Obese	▲	14.1%	#N/A	17.4%	↓	14.1%	13.6%	12.2%
% Population that is Food Insecure	●	14.0%	#N/A	#N/A	-	16.0%	17.3%	14.5%
% Kids in Food Insecure Households	▲	20.7%	#N/A	#N/A	-	23.7%	25.0%	19.9%

Data points are the most current measures from multiple sources (available on request).
See the Public Health Dashboard FAQ Document for more information on data methodology.
Sources: BRFSS, YRBS, PedNSS, UNC School of Government Hunger Research