

Child & Family Obesity Dashboard

Data points are the most current measures from multiple sources (available on request). All data points are statistically significant with normal margins of error and are best used for tracking trends and comparing against other populations.

Weight	Orange County			Trend		Compare to		
	Current	Target	Progress	Previous	Progress	Peer Avg	NC	US
Healthy weight (HS students)	77.0%	79.2%	▲	74.0%	↑	NA	71.2%	71.8%
Healthy weight (adult)	46.8%	38.1%	●	48.4%	SAME	38.5%	34.9%	32.4%

Physical Activity	Orange County			Trend		Compare to		
	Current	Target	Progress	Previous	Progress	Peer Avg	NC	US
Recommended Exercise (adult)	44.5%	60.6%	◆	52.9%	↓	49.5%	46.4%	51.7%
Recommended Exercise (HS kids)	47.7%	50%	▲	42.7%	↑	48.1%	47.6%	50.5%

Physical Activity Recommendations: Adult- 30m+ moderate activity 5+d/w or 20+ vigorous activity 3+d/w; Kids - 60m+ 5+d/w

Nutrition	Orange County			Trend		Compare to		
	Current	Target	Progress	Previous	Progress	Peer Avg	NC	US
5/d+ Fruit & veggies (adult)	24.6%	29.3%	▲	31.1%	↓	17.0%	20.6%	NA
5/d+ Fruit & veggies (kids)	10.0%	20%	◆	7.4%	↑	17.8%	16.9%	NA
Breastfed babies (full+partial)	41.4%	40%	●	37.7%	↑	18.2%	24.1%	29.6%

Built Environment	Orange County			Trend		Compare to		
	Current	Target	Progress	Previous	Progress	Peer Avg	NC	US

- Full service groceries (/10k)
- Parcels near public transportation
- Parcels near public rec facility
- Parcels near grocery stores
- Bike+sidewalk mi vs. street mi

These **Built Environment** indicators are current works in progress. They are more difficult to get than **Health Behavior** indicators, but often more directly influenced by BOH policy level interventions. Currently in collaboration with Orange County Planning and Community Transformation Grant contacts to create these.

Chronic Disease	Orange County			Trend		Compare to		
	Current	Target	Progress	Previous	Progress	Peer Avg	NC	US
Cardiovascular disease (/100k)	185.7	161.5	▲	NA	NA	214.7	241.8	249.8
Diabetes (adults)	5.2%	8.6%	●	5.1%	SAME	8.3%	10.9%	8.3%
Colorectal cancer (/100k)	11.2	10.1	▲	12.7	↓	13.5	15.3	15.3

Orange County Population: 135,755
 Adult Population: 107,925
 High School Population: 6,184

- KEY**
- Met Target (2020 NC/OC)
 - ▲ Better than / similar to peers
 - ◆ Worse than peers
 - ↑↓ Positive trend
 - ↑↓ Negative trend
 - ↑↓ Neutral trend