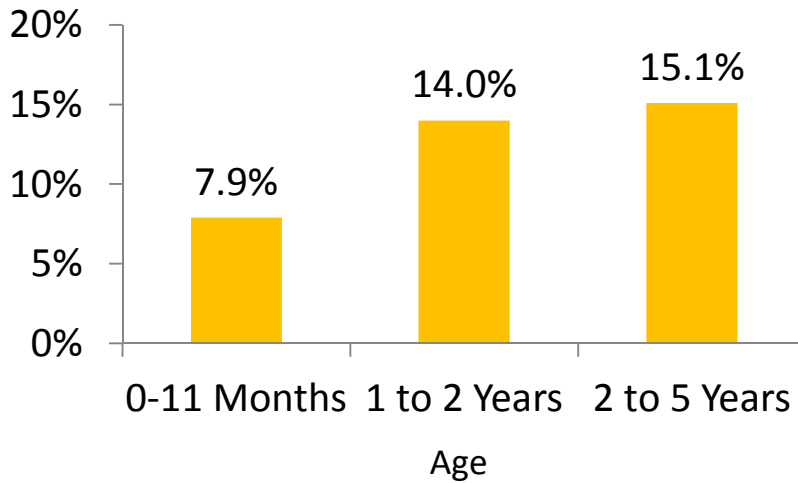


Sutter County – Obesity

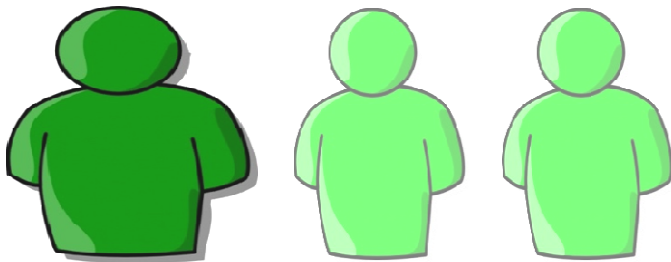
Just the Facts

Obesity is a medical term, measured by BMI. An extra 30 or 40 lbs may be enough to make an adult obese.

Early Childhood Obesity



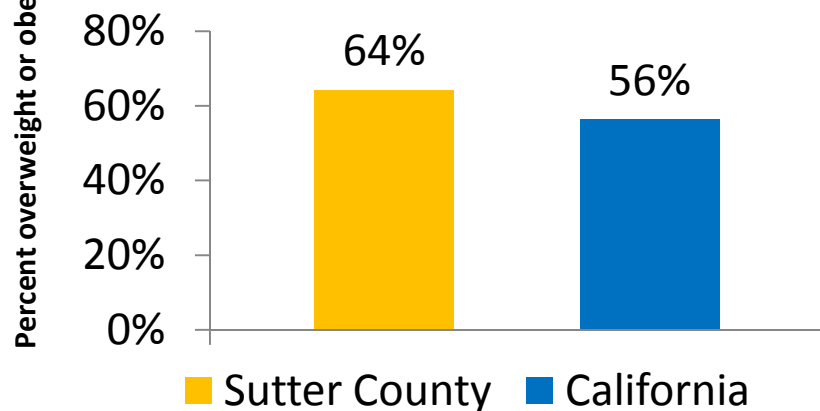
Percent of Sutter County Preschool Aged Children Who Are **Obese¹**



More than 1 in 3 5th, 7th and 9th graders in Sutter County are overweight or obese.²

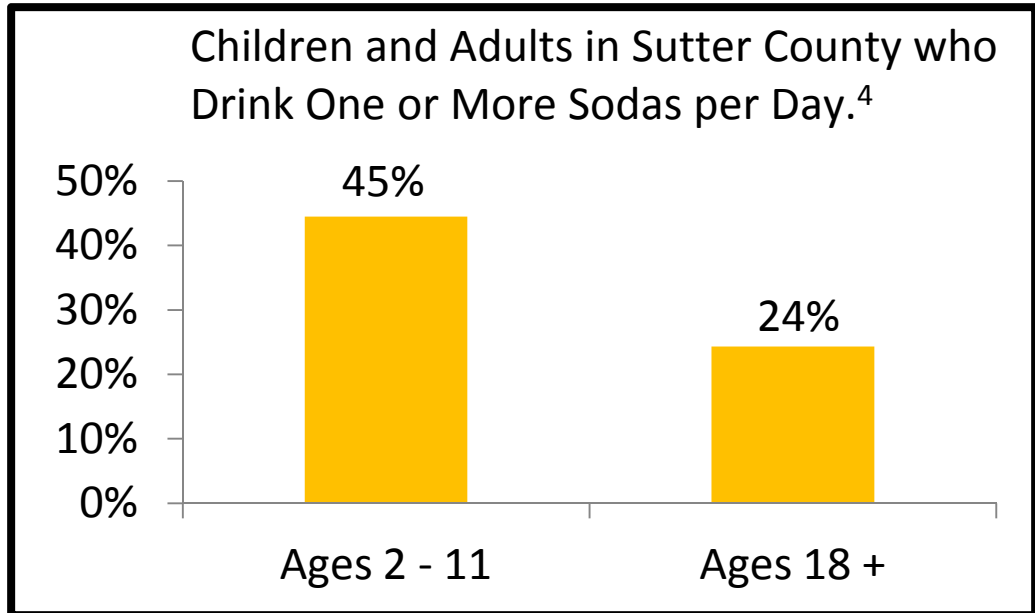
Obesity and overweight cost Sutter County over **\$46 million** each year.³

Overweight & Obese Adults

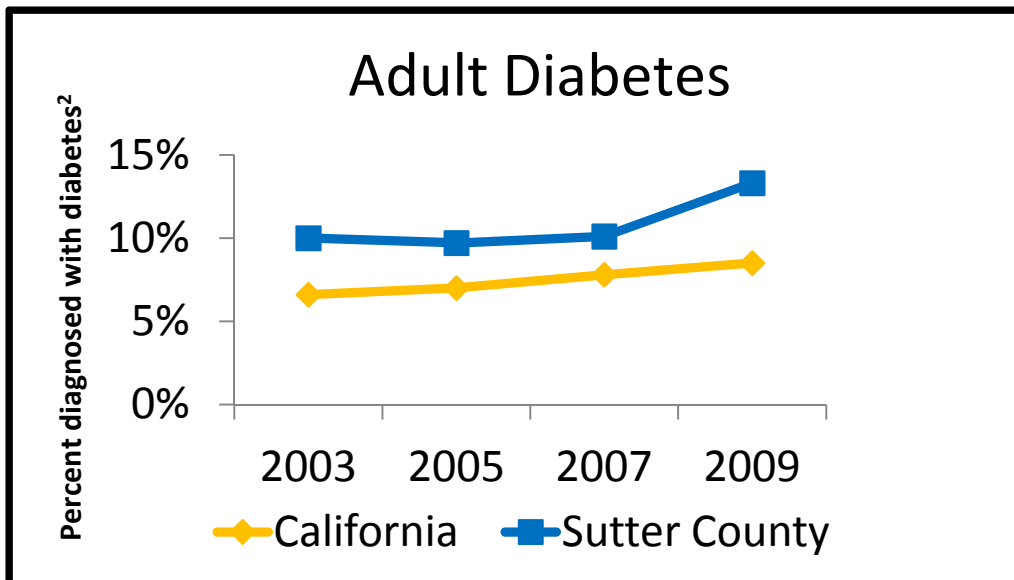


Drinking soda and “sports drinks” contributes to obesity.

Being overweight or obese, and not getting enough physical activity, can lead to diseases like **high blood pressure** and **diabetes**.⁵



From 2007 to 2009, diabetes cases in Sutter County went up 30%.²



Diabetes is a chronic disease that can lead to **heart disease, blindness, kidney failure** and loss of limbs due to **amputation**.⁵

For more information contact: Sutter County Public Health @ 822-7215
or <http://www.suttercounty.org>

References:

1. 2009 Pediatric Nutrition Surveillance
2. UCLA/CHIS 2003,2005, 2007, 2009
3. *The Economic Costs of Overweight, Obesity and Physical Inactivity Among California Adults – 2006*
4. Bubbling over: Soda consumption and its link to obesity in California. *Healthy Policy Brief: UCLA Center for Health Policy Research. Sept 2009.*
5. CDC