

## Summary:

Orange County has shown improvements in residents with a healthy weight according to national surveys. However, according to Community Health Assessment (CHA) results, **47%** of survey respondents would be considered overweight or obese based on their BMI. In contrast, only **30%** of survey respondents reported having been told by a doctor that they are overweight or obese. **Sixty-five percent** of CHA survey respondents reported meeting exercise recommendations.

- Performing better than four or more benchmarks
  - ▲ Performing better than two or three benchmarks
  - ◆ Performing better than one or no benchmarks
  - ⬆️ Positive trend
  - ⬆️ Negative trend
  - SAME No trend
  - Trend cannot be assessed
  - Significant change from previous that is positive, negative, or indeterminable (grey)
- Benchmarks include Target, Previous, Peer, NC, and US*

| Physical Activity, Nutrition, and Healthy Weight       | Progress Icon | Orange County |        | Trend    |          | Compare to |     |     |
|--|---------------|---------------|--------|----------|----------|------------|-----|-----|
|  |               | Current       | Target | Previous | Progress | Peer       | NC  | US  |
| % Adults Getting Recommended Exercise*                 | ▲             | 52%           | 61%    | 52%      | -        | 53%        | 47% | 52% |
| % High Schoolers getting 60 min exercise/day (CHCCS)** | ▲             | 19%           | 50%    | 22%      | -        | NA         | 24% | 27% |
| % Adults Eating 5+ Fruits or Veggies/Day*              | ▲             | 25%           | 29%    | 25%      | -        | 17%        | 14% | NA  |
| % High Schoolers eating Fruits and Veggies 1+/Day**    | ▲             | 55%           | NA     | 55%      | -        | NA         | NA  | 62% |
| % Adults with Healthy Weight*                          | ●             | 49%           | 34%    | 49%      | -        | 52%        | 33% | 30% |
| % High Schoolers not overweight or obese (CHCCS)**     | ●             | 78%           | 79%    | 78%      | -        | NA         | 84% | 70% |
| % Low-income Preschool Children Obese                  | ▲             | 14%           | NA     | 14%      | -        | 14%        | 14% | 15% |
| % Population that is Food Insecure                     | ●             | 15%           | 6%     | 15%      | -        | 14%        | 18% | 15% |
| % Kids in Food Insecure Households                     | ▲             | 19%           | NA     | 21%      | ⬇️       | 23%        | 25% | 17% |

**Data Notes:** \*Due to changes in survey methodology and overlapping confidence intervals, BRFSS data can not be compared to previous years, \*\*Confidence intervals for YRBS trend data are unavailable to assess significance of trends over time **Rates** are per 100,000 unless otherwise noted. See the **Public Health Dashboard FAQ Document** for more on data methodology.

**Sources:** BRFSS (2011), YRBS(2011, 2013, 2015), PedNSS(2011), Feeding America (2014-15). Data points are the most current measures from multiple sources (available on request).

## Food Deserts in Orange County

Individuals who live off bus routes or without access to a vehicle often also face obstacles in accessing food, especially high quality food. Even when they can get to a store, limited opening hours may make it impossible to purchase the food they need.

These challenges often disproportionately affect the elderly and areas with high concentrations of poverty, and multiple risk factors can be seen particularly in the eastern part of the county between Highway 70 and I-40/85 (see next page).



## Food and Transportation Accessibility in Orange County

