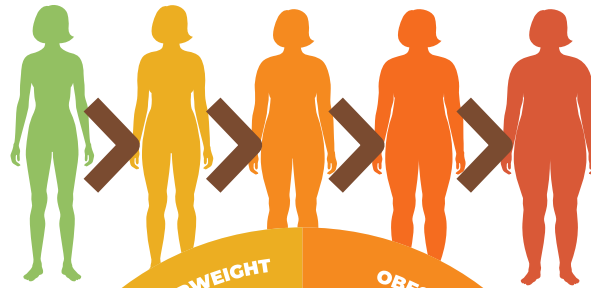


OBESITY IN DELAWARE: Our Weight by the Numbers

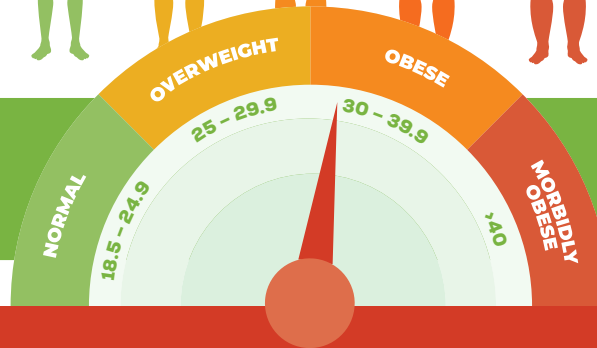
OBESITY IN DELAWARE IS GROWING

33.9%
OF DELAWAREANS
WERE OBESE IN 2021.



37.9%
OF DELAWAREANS
WERE OBESE IN 2022.

WHAT DOES BEING
OBESE MEAN? >>>



People are obese if they have a body mass index (BMI) of 30 or higher.

WHY SHOULD WE BE CONCERNED?

OBESITY INCREASES RISK OF:

- Heart disease ⚠️
- Stroke ⚠️
- Type 2 diabetes ⚠️
- Some cancers ⚠️
- Severe outcomes from COVID-19 ⚠️
- Poor mental health ⚠️

HOW DO WE REVERSE THE TREND?

Delawareans



Add healthy meal choices to your diet. Every bit helps.



Get 30 minutes of physical activity, five days a week.

**SMALL STEPS
MAKE A BIG
DIFFERENCE!**

State and local organizations (Find strategies to reach these goals at bit.ly/CDCObesityPrevention.)



Ensure that obesity prevention starts early.



Ensure equitable access to nutritious and affordable food.



Provide safe and convenient places to be physically active.

IT'S NEVER TOO LATE TO GET HEALTHIER.

Use the Healthy Lifestyle Map to find resources near you. **Visit DEHealthyLifestyleMap.org.**

All data provided by the Centers for Disease Control and Prevention.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Physical Activity, Nutrition and Obesity Prevention Program

Advancing Healthy
Lifestyles Coalition