

# 2016 COMMUNITY HEALTH ASSESSMENT

## WILLIAMSON COUNTY, TEXAS



**#4 HEALTH PRIORITY OUT OF 10**

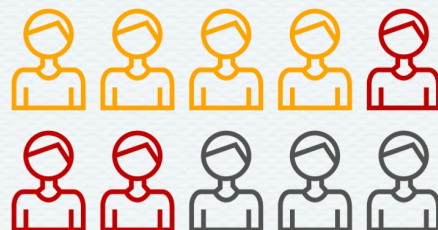


# ACTIVE LIVING

Resources, access, and awareness for physical activity opportunities

## OBESITY AND OVERWEIGHT

For every 10 adults in the county,



**4** are Overweight<sup>^</sup>  
25.0 < BMI < 29.9

**3** are Obese\*  
BMI > 30.0

**3** are Healthy Weight  
BMI < 24.9

\* Behavioral Risk Factor Surveillance System, 2011-2012  
^ National Center for Chronic Disease Prevention and Health Promotion, 2012

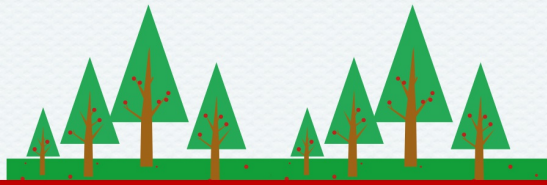
## ACTIVE LIVING SUPPORT

Active living support involves creating and improving sidewalks, neighborhood parks/trails, and smoke-free places to improve health and physical activity in the county.

A higher number of recreation and fitness facilities can increase community access to active living.

**9.5** RECREATION & FITNESS FACILITIES for every 100,000 residents

(Compared to 7.7 facilities per 100,000 population in Texas) County Business Patterns, 2013



## WHAT IS ACTIVE LIVING?



Physical activity improves health and reduces the risk for disease.

Increasing physical activity and activity living support can reduce rates of obesity and overweight and lead to improved health outcomes.

## PHYSICAL ACTIVITY

1 out of 5 adults are PHYSICALLY INACTIVE

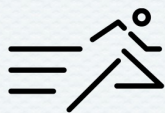


National Center for Chronic Disease Prevention and Health Promotion, 2012

## Recommended Guidelines of Physical Activity for Adults (CDC):



150 minutes of moderate physical activity (like Brisk Walking)



75 minutes of vigorous physical activity (like Jogging or Running)



2+ Days of Muscle-Strengthening Activities

