



## Wisconsin Nutrition and Physical Activity Data

### How are we doing?

#### Obesity Data

Overweight and obesity rates are on the rise across the United States. The number of individuals categorized as obese has doubled in the past 12 years. Wisconsin statistics are consistent with national averages and show 60% of adults as either overweight or obese.

Category	WI Data	US Data
% of Adults at normal body weight Normal weight is a BMI between 18-25	40%	40%
% of Adults that are overweight Overweight is a BMI of 25-30	39%	37%
% of Adults that are obese Obese is a BMI >30	21%	23%

Source: Centers for Disease Control and Prevention: BRFSS 2003

#### Physical Activity Data

Category	WI Data	US Data
% of Adults meeting minimum activity level 30 minutes of moderate activity on 5 or more days/week or 20 minutes of vigorous activity on 3+ days/week	52%	45%
% of Adults getting insufficient activity More than 10 min/week of activity but less than recommended levels	39%	39%

<b>% of Adults that are inactive</b>  Less than 10 min/week of activity	<b>8%</b>	<b>16%</b>
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Source: Centers for Disease Control and Prevention: BRFSS 2001

### **Nutrition Data**

Category	WI Data	US Data
% of Adults eating at least 5 servings of fruits and vegetables per day	22%	23%

Source: Centers for Disease Control and Prevention: BRFSS 2003

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