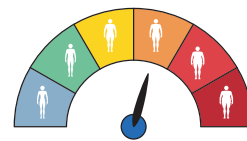


# HEALTHY WEIGHT

## MADISON COUNTY PUBLIC HEALTH DATA BRIEF FEBRUARY 2025



**Healthy Weight** depends on factors such as age, sex, genetics, body frame, medical history, lifestyle habits, and weight as a young adult. Healthy weight is associated with a low risk of weight-related diseases and health issues. In the United States, about 54% of children have a healthy weight. About 16% of adults have a healthy weight. **Obesity** is a medical condition characterized by excessive body fat that can impact overall health and quality of life.

### IN THE UNITED STATES:



Less than **10%** of adults and children **eat the recommended daily amount of vegetables.**



Only **25%** of adults fully **meet physical activity guidelines.**

**1 in 5** children have obesity.

**2 in 5** adults have obesity.

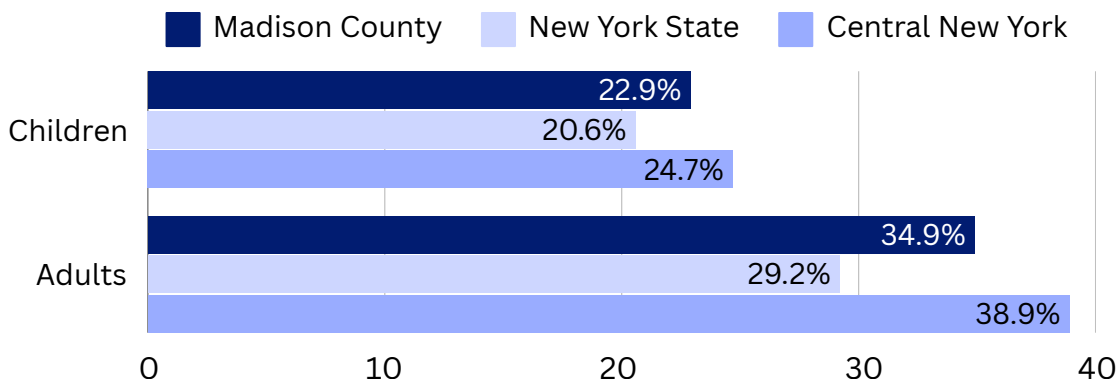


Among adults, obesity was associated with \$1,861 excess annual medical costs per person. This adds to almost \$173 billion per year in the United States.



### IN THE STATE, REGION, AND COUNTY:

There are more adults and children with obesity in Madison County compared to the overall average in New York State; however, the percentages are lower than the Central New York regional average.









## FACTORS CONTRIBUTING TO HEALTHY WEIGHT:

### 1 PHYSICAL ACTIVITY

#### Recommendations for adults:


**Moderate-intensity aerobic activity**  
Anything that gets your heart beating faster counts.







AND

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.





#### Recommendations for kids and teens:

**At least 60 minutes every day.**  
Most of that time can be moderate-intensity aerobic activity — anything that gets their heart beating faster counts.  
  
And at least 3 days a week, encourage them to step it up to vigorous-intensity aerobic activity, so they're breathing fast and their heart is pounding.





**As part of their daily 60 minutes, kids and teens also need:**

**Muscle-strengthening activity**  
at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

AND

**Bone-strengthening activity**  
at least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

#### Tips for physical activity

- Daily activities such as gardening, raking, and vacuuming count towards the 150 minutes per week.
- Check your local library or recreation center for free or low-cost fitness class opportunities.
- Having an accountability partner is helpful to set goals for exercising and healthy eating.
- Help your kids stay active with fun games, sports, and activities to do together.

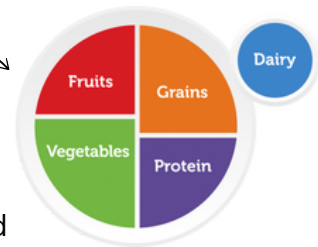
#### Data:

- About **20%** of adults in Madison County do not participate in leisure physical activity
- About **23%** of high school students in Madison County do not exercise for fun and/or fitness

## 2 NUTRITION

**MyPlate** is a visual guide to help you make healthy food choices.

- Aim for **5 servings of fruits and vegetables daily**.
- Choose **whole grains**
- Drink **water** or **low-calorie drinks** instead of sugary drinks.
- Vary your **protein**.
- Choose foods and drinks with less added sugars, saturated fat, and sodium.



### Data:

- About **28%** of adults in Madison County do not consume enough fruits and vegetables daily
- About **38%** of high schools students in the US do not consume enough fruits daily
- About **56%** of high school students in the US do not consume enough vegetables daily

## 3 SLEEP

- Getting **enough quality sleep** is important for maintaining a healthy weight.

### Sleep recommendations per night by age group:

- School-age children (6-12 years): 9-12 hours
- Teenagers (13-18 years): 8-10 hours
- Young Adults (18-25 years): 7-9 hours
- Adults (26-64 years): 7 or more hours
- Older Adults (65+ years): 7-8 hours

### Data:

- About **75%** of high school students in the US do not get at least 8 hours of sleep per school night
- About **37%** of adults in the US do not get enough sleep

## 4 ENVIRONMENT

- **Access to grocery stores** with healthy, affordable food can contribute to healthy weight.
- Living near **safe places to be physically active** can also contribute to healthy weight.

## 5 GENETICS

- Certain **genes affect weight**, appetite, metabolism, and food preferences.

## 6 LOW STRESS

- Maintaining **low cortisol** (stress hormones) can help with weight loss or maintaining a healthy weight.
- **Stress can be reduced** by taking care of your body, connecting with others, and doing things you enjoy.




## QUALITY OF LIFE:

People living with obesity may experience a lower quality of life in the following ways:

### 1 CHRONIC DISEASE

- Obesity contributes to chronic diseases such as **type-2 diabetes**, **coronary artery disease**, **cancer**, **stroke**, and **severe osteoarthritis**.
- Chronic diseases are responsible for over **50% of premature death** (death under 75 years of age) in Madison County.



Age-adjusted chronic disease mortality (death) rates:  
**Cancer:** 133.2 per 100,000  
**Heart disease:** 182.5 per 100,000  
**Diabetes:** 22.6 per 100,000  
**Chronic lower respiratory disease:** 46.8 per 100,000

### 2 MENTAL HEALTH

- People with obesity may experience **low self-esteem**.
- Obesity can contribute to a **lack of motivation**.
- **Increased feelings of anxiety** and **depression** are associated with social stigma and body image concerns.



### 3 RESPIRATORY ISSUES

- **Sleep apnea** is a condition where breathing repeatedly stops and starts during sleep and is commonly associated with obesity.
- **Asthma** and obesity are closely related conditions. People who are overweight or obese are more likely to develop asthma compared to those with a healthy weight.

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## LOCAL RESOURCES:

**Madison County Rural Health Council** - [mcruralhealthcouncil.org](http://mcruralhealthcouncil.org)

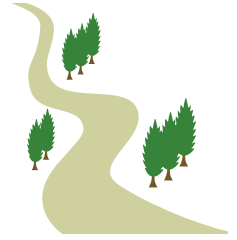
- **Monday Mile** walking routes are located throughout Madison County.
- **Eat Healthy, Be Active** workshops are available to anyone who would like to learn more about healthy living.
- **Living Well Program** is a set of workshops for people living with type 1 or 2 diabetes, chronic pain, or one or more chronic conditions.
- **National Diabetes Prevention Program** is a lifestyle change program for adults in Madison County diagnosed as pre-diabetic or who are at high risk for diabetes.



## LOCAL RESOURCES CONTINUED:

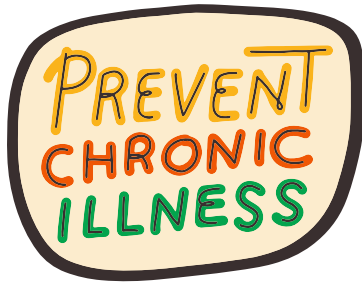
### Madison County Planning Department - [madisoncounty.ny.gov/355/Planning](https://madisoncounty.ny.gov/355/Planning)

- Made significant **improvements to Delphi Falls County Park**. See the website for the latest project updates.
- Created **trail maps** in the county for walking, hiking, running, and biking. There are also trail maps available for historic and heritage trails.



### Cornell Cooperative Extension (CCE) - [ccemadison.org](https://ccemadison.org)

- Offers free or low-cost **educational workshops**, applied research projects, and useful information on **food-related topics** like food safety, nutrition, and healthy eating on a limited budget
- CCE offers a variety of educational programs and services about **agriculture** and **gardening**
- CCE is part of **Southern Tier Eat Smart New York**, a free program for individuals who qualify for benefits through the Supplemental Nutrition Assistance Program (**SNAP**). They offer education, workshops, recipes, free food demos, grocery store tours, and more.
- See a full list of **farmer's markets** on the CCE website



### Madison County Public Health (MCPH) -

[www.healthymadisoncounty.org](https://www.healthymadisoncounty.org)

- MCPH features **chronic disease prevention strategies** and health information on our website with additional local resources. See the “3-4-50,” “Eat Well,” and “Move More” pages.
- See our **health issue profile** on **Obesity and Overweight in Madison County (2016)**.

#### Sources:

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