

OBESITY IN SAGINAW COUNTY

UNDERSTANDING THE FACTS

WHAT IS OBESITY?

Obesity is a common, serious chronic disease that is found in all populations and demographics, and is increasing each year. Obesity is characterized by increased body weight (BMI), increased body fat, which can lead to many other health conditions and symptoms, such as trouble breathing, body pain, and much more.

Data Source: Mayo Clinic, 2023

OBESITY QUICK FACTS

43%

of Saginaw County adults are obese, compared to Michigan as a whole (35%).

47%

of Saginaw County adults have been told they needed to lose weight for any reason.

39%

of Saginaw County high school students are obese or overweight.

41%

reported their physical health kept them from doing usual daily activities (work, school, hobbies, etc.)

Data Sources:
BWELL Saginaw

Saginaw County Health
Rankings

WHAT BODY MASS INDEX (BMI) MEANS

Body mass index (BMI) is a body weight measurement, in comparison to height.

Below 18.5

Underweight

18.5 – 24.9

Healthy weight
range

25 – 29.9

Overweight

Above 30

Obesity

Data Source:
National Heart, Lung, and
Blood Institute (NHLBI)



WHY DOES IT MATTER?

Individuals with obesity have a much higher risk of developing chronic diseases.

Chronic diseases related to obesity:

- Type 2 diabetes
- Hypertension
- Heart disease
- Many more

Weight loss of 5 to 10% can decrease the risk of chronic disease for individuals with obesity.

Data Source: STOP Obesity Alliance

SUPPORT AND RESOURCES

There are many support groups and resources for those struggling with obesity and weight-related chronic conditions. Click on the resources for more information.

[BMI Calculator](#)

[Weight Loss Support Groups in Michigan](#)

[BWELL Saginaw Resources](#)

[Obesity Medicine & Metabolic Wellness Center](#)

TREATMENT AND MANAGEMENT

Obesity is a preventable and treatable condition through weight loss and healthy habits. Obesity treatments involve lifestyle changes like nutrition and exercise, weight loss medications, behavioral therapy (counseling and support groups), or weight loss procedures.

REFERENCES

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