A Call to Action

September 21, 2011
Michigan’s Obesity Movement
We Need Critical Mass Interventions

Percent of Obese Adults by Local Health Depts. ‘07 – ‘09

Percent Obese
- 22.2 - 26.1
- 26.2 - 30.5
- 30.6 - 34.6
- 34.7 - 41.1

BMI ≥ 30 classified as Obese

Henry Miller; November 24, 2010

Data source: Preliminary Michigan Behavior Risk Factor Survey 2007 - 2009 Combined
MDCH Chronic Disease Epidemiology Section
Michigan 4 x4 in Action

**Governor Snyder**
- Height: 5’11
- Weight: 192 lbs
- BMI: 26.8
- Cholesterol: 183 (HDL 50, LDL 115)
- Blood Sugar/Glucose: 99
- Blood Pressure 102/60

**Director Dazzo**
- Height: 5’4
- Weight: 164 lbs
- BMI: 28.1
- Cholesterol: 116 (HDL 57, LDL 51)
- Blood Sugar/Glucose: 93
- Blood Pressure: 114/68

**Goal Levels for Everyone**
- BMI: 18.5-24.9
- Cholesterol: Less than 200
- Blood Glucose: Less than 100
- Blood Pressure: Less than 120/80
All of Us Need to Work Together to Move the Needle