Local Food Production & Health
Colorado

One is of the “healthiest” states in the nation...
Colorado has one of the **lowest** obesity rates in the US...
...but also one of the fastest growing obesity rates in the US.

Figure 4. Prevalence of Obesity,* 1990-2003 Colorado BRFSS

*Obese = BMI 30.0+
If these trends continue, by 2020....

76% of Coloradans will be overweight or obese.
What About OUR Community?
Now about $\frac{1}{2}$ of adults are overweight or obese.
Only 1 in 4 of adults eat 5 servings of fruits and vegetables a day.
In OUR community:

About 1 in 4 kids are overweight or obese...
For the first time in history, kids may have a shorter lifespan than their parents.
Poor nutrition, physical inactivity, and obesity can lead to...

- Diabetes
- Heart Disease
- High cholesterol
- High blood pressure
- Poor self-esteem
- Depression
- Stroke
- Asthma
- Osteoarthritis
- Cancer
- Sleep apnea
- Joint problems
- Renal complications
- Gallstones
- Liver fibrosis
- Polycystic ovarian syndrome (girls)
In **OUR** community

14%

of people are food INSECURE
In **OUR** community

**20.5%**

of **CHILDREN** are food **INSECURE**
Access matters
Thank you!