



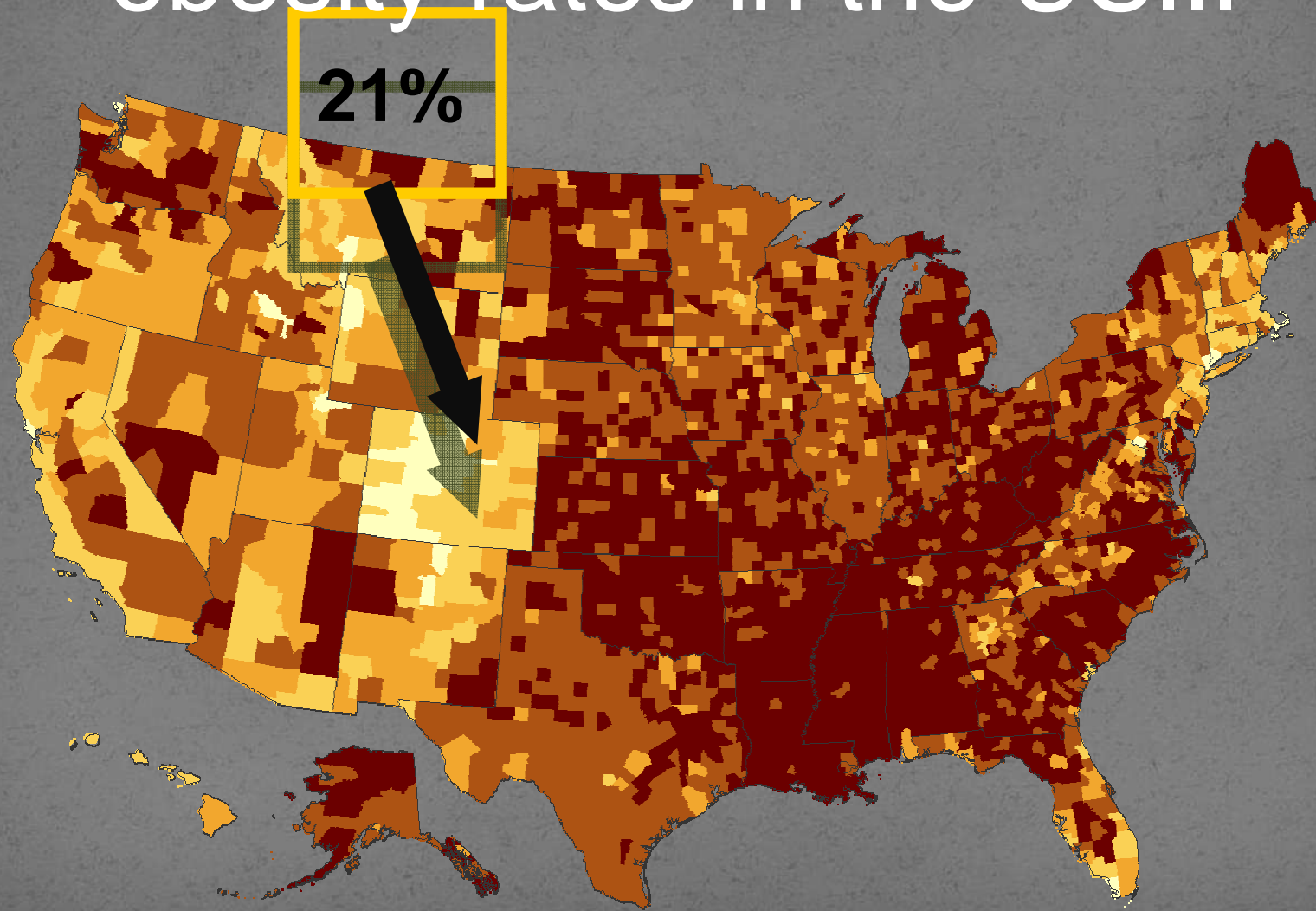
Local Food Production & Health

Colorado

One is of the “healthiest” states in the nation...

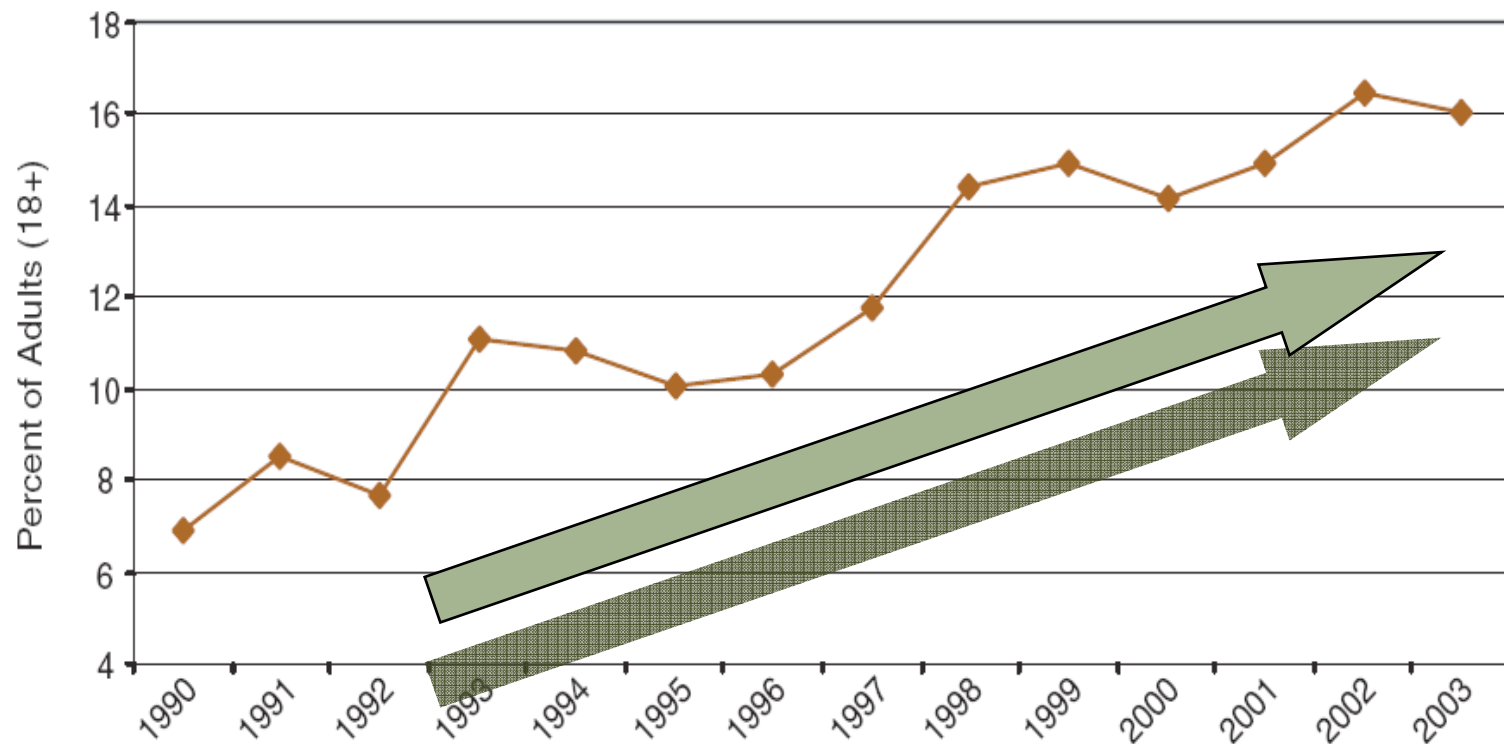


Colorado has one of the **lowest** obesity rates in the US...



...but also one of the **fastest growing** obesity rates in the US.

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



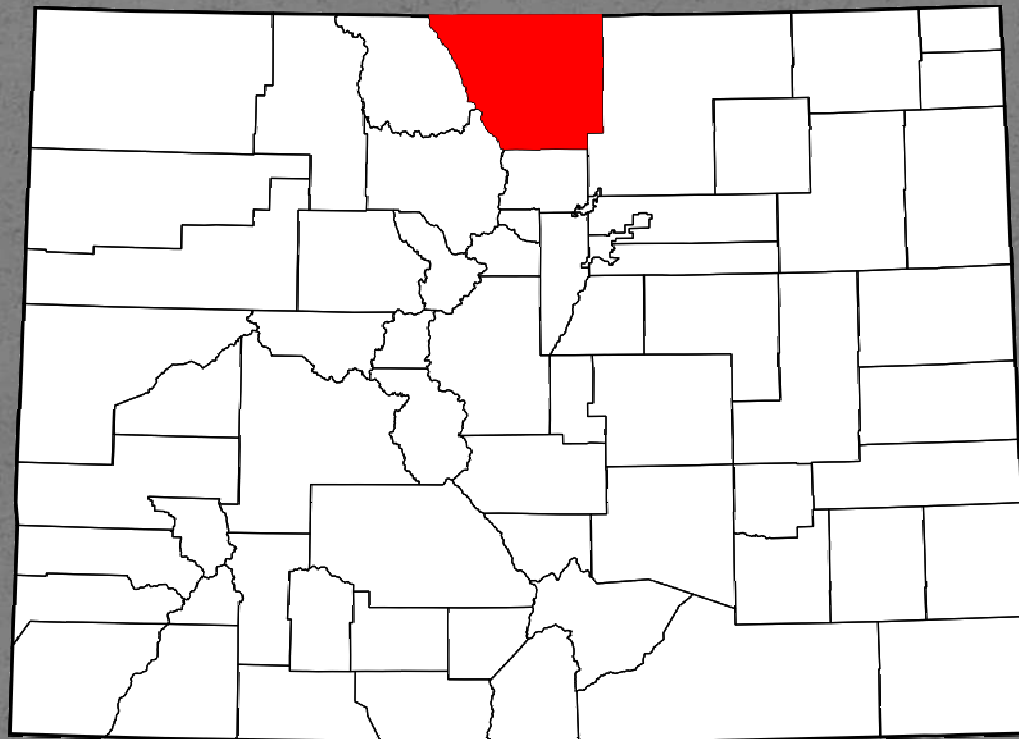
*Obese = BMI 30.0+

If these trends continue, by 2020....

76%

of Coloradans will be
overweight or obese.

What About **OUR** Community?



Now about **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!

