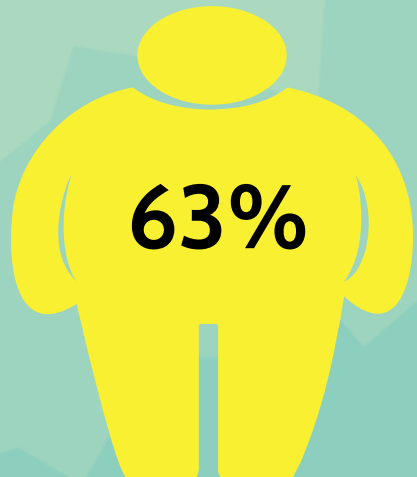


Shape of Florida

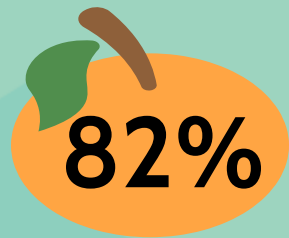


29%

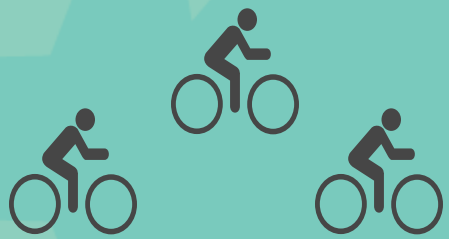
Adults who are overweight or obese describe themselves as being at 'about the right weight'



Adults are overweight or obese



Tried to eat more fruits and vegetables in the past 12 months



45%

Adults meet aerobic recommendations



Almost half of adults are trying to lose weight

38%

Adults meet muscle strengthening recommendations



4 in 5

Adults agree with the statement "it is easy to purchase healthy foods in my neighborhood"



To see how the Florida Department of Health is using this data to improve the health of Floridians check out:
<http://www.healthiestweightflorida.com>
<http://www.floridahealth.gov>

Source: 2016 Florida Behavioral Risk Factor Surveillance System
<http://www.flhealth.gov/brfss>
<http://www.flhealthcharts.com>

