



# HEALTHY EATING & ACTIVE LIVING

## DATA DASHBOARD

Data Sources: WBF Tristate Health Survey; CDC Behavioral Risk Factor Surveillance System; Annual Census Estimates, American Community Survey 5-year average; Evansville Metropolitan Planning Org. (MPO); National Health & Nutrition Examination Survey; Healthy Communities Partnership (HCP)

Data region: (IN) Vanderburgh, Warrick, Gibson, (KY) Henderson [except where noted]

## ADULTS, YOUTH, AND FAMILIES

Total Population	Adults 18+	Children 0-17	Number of Households with Children 0-17
<p>2018</p> <p><b>322,584</b></p>	<p>2018</p> <p><b>78%</b></p> <p>250,165 adults</p> <p>U.S. 78% adults</p>	<p>2018</p> <p><b>22%</b></p> <p>72,419 children &amp; youth</p> <p>U.S. 22%</p>	<p>2017</p> <p><b>30%</b></p> <p>39,042</p> <p>U.S. 32%</p>
<p>There are 322,584 people of all ages living in the Vanderburgh, Warrick, Gibson, Indiana and Henderson, Kentucky region. This represents a little over 7% growth in population since 2016.</p> <p><i>July 2018 US Census Quickfacts*</i></p>	<p>Of the region's total population, 250,165 or 78% of people are over the age of 18. Though the overall population is growing, the mix of adults and children has remained stable. The region also has a similar mix of adults and youth compared to the nation.</p> <p><i>July 2018 US Census Quickfacts*</i></p>	<p>Of the total population, 72,419 or 22% of the region's residents are 17 years or younger. This represents nearly a 7% growth in the number of children and youth. Though the overall population is growing, the mix of adults and children has remained stable</p> <p><i>July 2018 US Census Quickfacts*</i></p>	<p>The region differs somewhat from the nation in household composition. There are children living in just under 3 of every 10 households in the region. Nationally, there are children living in 4 of every 10 households.</p> <p><i>2013 - 2-17 5-Year Average American Community Survey*</i></p>



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## HEALTHY EATING & ACTIVE LIVING

### Access to fresh produce

2015  
**77%**

Most residents, (77%), are able to find and purchase fresh fruits and vegetables, however, 23%, or nearly 1 out of every 4 residents in the region wants to purchase fresh produce but can't, limited primarily by cost, but also by transportation or quality of produce at their vendor of choice. Certain population segments have more obstacles than others including young adults 18 - 19 yrs old, certain minority groups and those earning \$20K or less annually and those living in certain zip codes.

### Regular consumption of fresh produce

2015  
Fruit  
**50%**  
U.S. 60%  
Dark Green Vegetables  
**30%**  
U.S. 25%

Daily produce consumption is an indicator of overall fresh produce consumption. Fruit and dark green vegetables provide an indication of how well adults in our region are consuming nutrient rich foods. In our region, just half, 50.1% of adults indicate they eat fruit every day, compared to 60% of adults across the nation. Slightly more of the region's adults consume dark green vegetables daily, (30%) compared to 25% of the nation.  
*U.S. Data 2015 CDC BRFSS\**

### Access to active transportation

2018  
**30.6**  
miles

There are over 30 miles of lanes and pathways dedicated for cyclists and/or pedestrians to travel between destinations in Vanderburgh and Warrick Counties, IN, an increase of over 10 miles since 2015 (20.3mi). Designing environments that promote movement help residents make physical activity a natural part of their daily lives.

*2018 Evansville MPO: Vanderburgh, Warrick\**

### Recommended physical activity

2015  
**51%**  
U.S. 51%

Similar to the nation, just half, 51% of adults in our region are meeting the recommended guidelines of activity for good health. Around 2 in 10 adults in our region report NO leisure time physical activity. Roughly 150 minutes of aerobic physical activity per week is recommended. The benefits of regular physical activity are well-documented and can improve quality and length of life.

*U.S. Data 2015 CDC BRFSS\**



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## WEIGHT RELATED CHRONIC DISEASE

### Obese Adults

2015  
**35%**  
U.S. 30%

More than one-third of the region's adult population is obese. That's 1 out of every 3 adults. Two-thirds are either overweight or obese. Unhealthy weight levels cost quality and years of life and have a proven economic impact. The problem is reversible but requires communities to be intentional about design and individuals to understand the value of good nutrition choices and regular movement.

*U.S. Data 2016 CDC BRFSS\**

### Obese Children

2015  
**16%\***  
U.S. 18.5%

Considering the potential long-term health and financial costs of unhealthy weight to future generations, children's weight is a topic that must be discussed. Close to 2 in 5 children in the region have an unhealthy weight (37%), 16% are obese. An active collaboration is underway in Vanderburgh County, where 39% of children are either overweight or obese, (18% are obese.)

*U.S. Data 2015-2016 National Health and Nutrition Survey\**

\*Local data represents population between the ages of 2-17; U.S. data represents population between the ages of 2-19

### Adults ever diagnosed with diabetes

2015  
**12%**  
U.S. 11%

There are more adults in the region with diabetes than the nation. Although weight isn't to blame for every diabetes diagnosis, obese adults are over four times more likely to have diabetes than normal weight adults. Sugar consumption also plays a role in the prevention of diabetes. Healthy eating patterns limit added sugars to less than 10 percent of calories per day. Adults in our region drink on average 9 sugary drinks like Kool-aid, sweet tea, sports/energy drinks, and full sugar sodas per week, easily surpassing the recommended limit.

*U.S. Data 2016 CDC BRFSS\**

### Adults ever diagnosed with heart disease

2015  
**7%**  
U.S. 4%

Locally, more adults experience heart disease compared to adults across the nation. Nutrition, physical activity, and healthy weight, along with avoidance of tobacco and other risk factors help lower the risks of heart disease and heart attacks. Obese adults are more than three times as likely to have heart disease as healthy weight adults. IN rate 4.9%

*U.S. Data 2016 CDC BRFSS\**