

Healthy Eating, Active Living & Tobacco

The Metro Public Health Department (MPHD) is committed to preventing death and promoting well-being by increasing physical activity and healthy eating and reducing tobacco use among Davidson County residents.

Physical Activity:

Physical activity helps maintain a healthy weight and helps prevent many adverse health conditions.

- Children and adolescents aged 6-17 should accumulate 1 hour or more of physical activity daily.
- Adults should do a minimum of 2 hours and 30 minutes of moderate-intensity aerobic activity weekly (e.g., brisk walking, ballroom dancing, general gardening).
- Nearly 65% of high school students report being physically active 3 or more times a week.
- Male high school students are 1.4 times more likely than female students to be physically active at least 3 days a week.
- Over 36% of adults reported no physical activity or exercise in the past month.

Tobacco Use:

Tobacco use is the leading preventable cause of death.

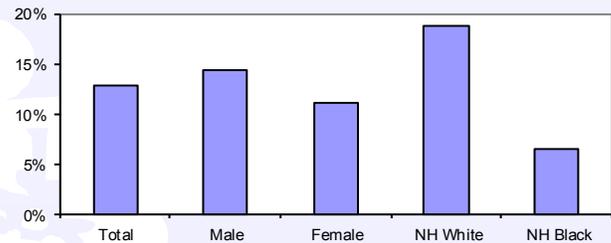
- Nearly 13% of high school students currently smoke.
- Just over 16% of adults in Davidson County are current smokers.
- Non-Hispanic white high school students and adults are more likely to be current smokers than their non-Hispanic black counterparts. Likewise, males consistently report higher smoking rates than females.

Healthy Weight:

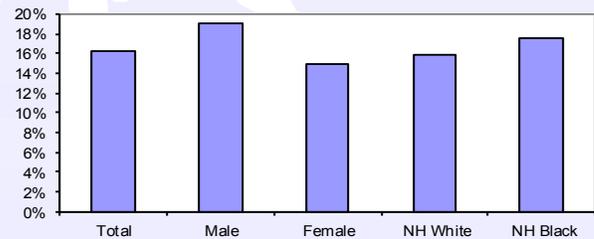
Being overweight is a risk factor for many chronic illnesses such as hypertension and diabetes, as well as adverse events such as heart attacks and strokes.

- Overweight is defined as a body mass index (BMI) of 25 or higher; obesity is defined as a BMI of 30 or higher.
- Just over 58% of adults in Davidson County are overweight or obese.
- A larger proportion of non-Hispanic black Davidson County residents are consistently overweight or obese than non-Hispanic white residents.
- Nearly one-quarter of high school students perceive themselves to be at least slightly overweight.

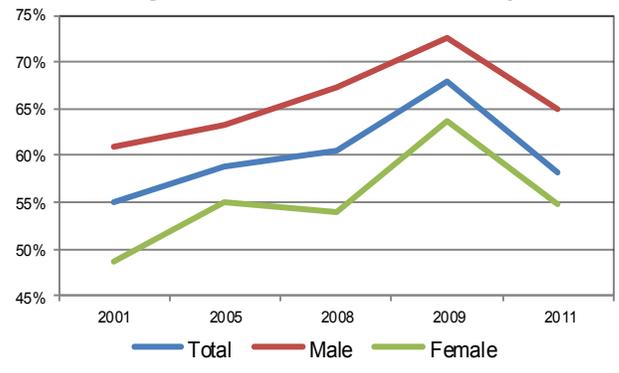
High School Students Who Smoked in the Past Month, Davidson County, TN, 2010



Current Adult Smokers Davidson County, TN, 2011



Overweight or Obese Adults, Davidson County, TN



Women, Infants, and Children (WIC):

WIC helps ensure adequate nutrition that is important for a healthy pregnancy and early childhood development.

- In the local WIC program in 2011, 7.9% of infants were determined to be overweight or obese (BMI between the 85th and 95th percentile on the growth chart) or at risk of becoming overweight (mother's BMI at least 30 at conception or in 1st trimester or mother or father's BMI at least 30 when certified).
- Likewise, 10.9% of children 2-5 years old were determined to be overweight or obese (BMI greater than 95th percentile on growth chart).

