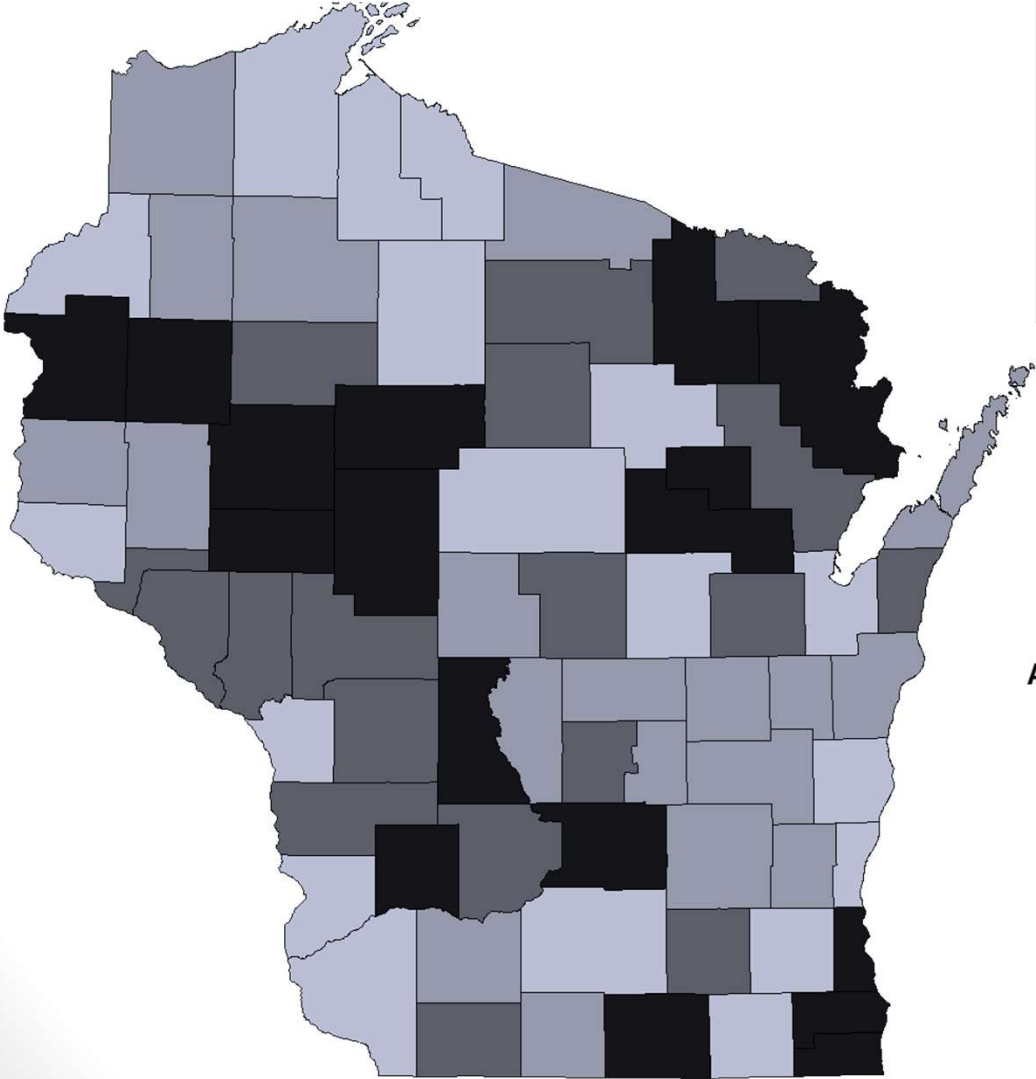


Physical Activity

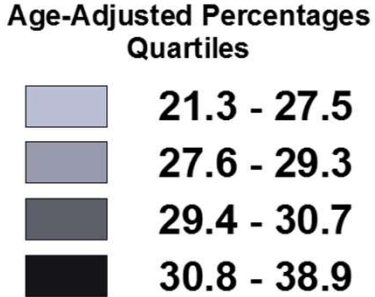
**Forest - Oneida - Vilas Counties
Ministry Saint Mary's Hospital**

**Healthiest Wisconsin 2020
Everyone Living Better Longer
Health Focus Area**

2011 Age-Adjusted Estimates of Obesity Among Adults 20 Years of Age and Older

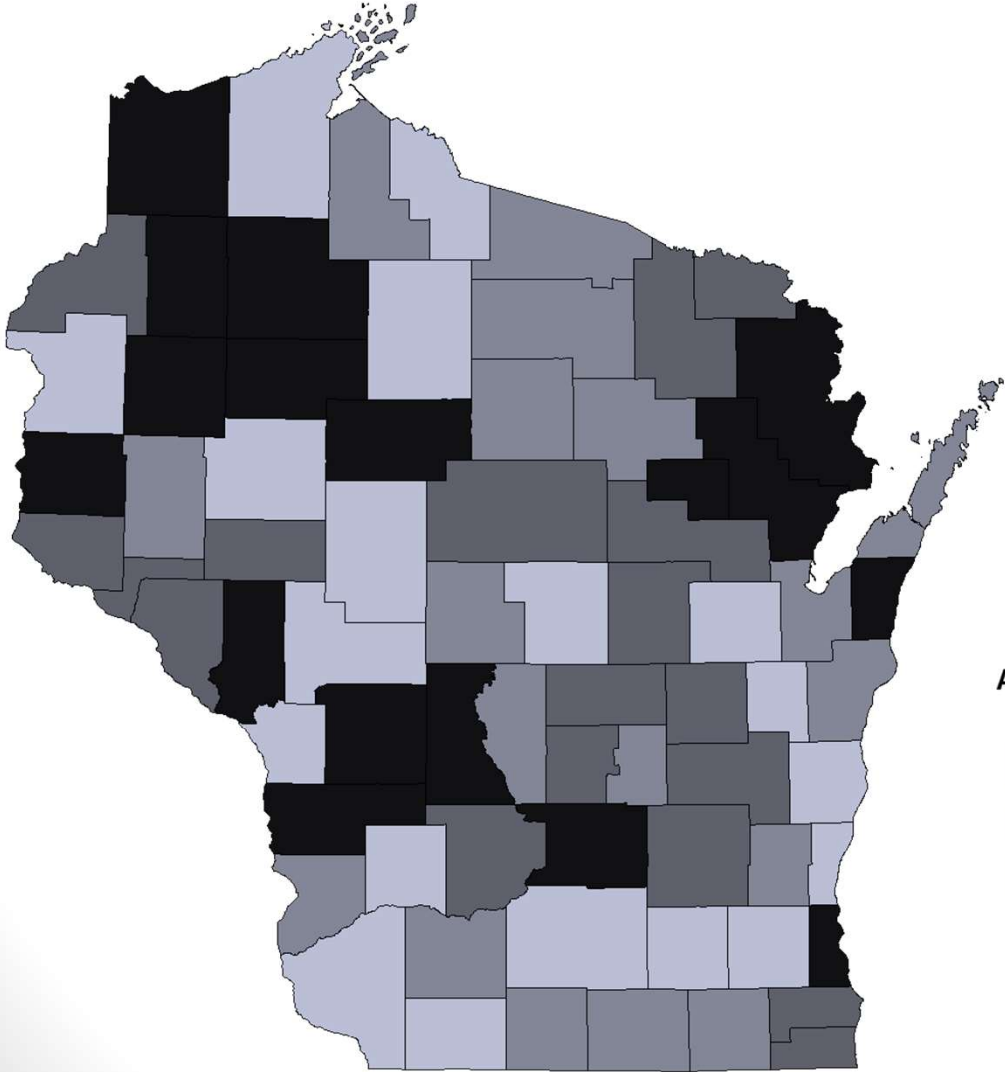


| | |
|----------------------|-------------|
| Forest County | 31.2 |
| Oneida County | 29.4 |
| Vilas County | 28.6 |
| Wisconsin | 27.8 |

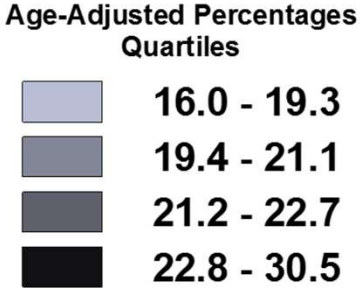


Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

2011 Age-Adjusted Estimates of Physically Inactive Adults 20 Years of Age and Older

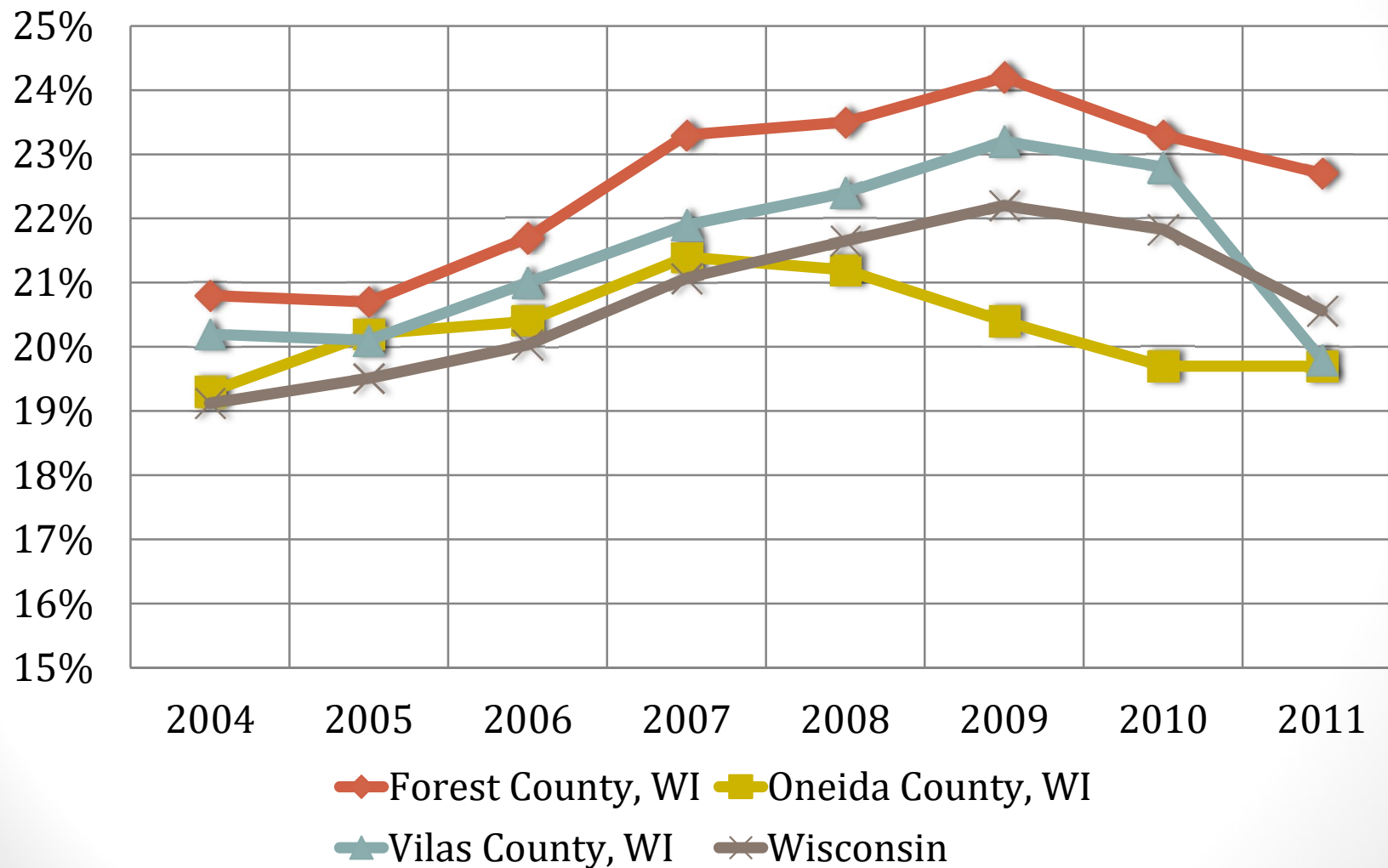


| | |
|----------------------|-------------|
| Forest County | 22.7 |
| Oneida County | 19.7 |
| Vilas County | 19.8 |
| Wisconsin | 20.9 |



Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

Percent of Adults Physically Inactive by Year



Wisconsin YRBS Data

13% of students in grades 9-12 are overweight

34% of students in grades 9-12 played video/computer games or used a computer on 3 or more hours per day for something that was not school work, on an average school day

23% of students in grades 9-12 watched television 3 or more hours per day on an average school day

52% of students in grades 9-12 attended physical education classes on one or more days in an average week

Physical Activity Recommendations

Children and adolescents: 60 minutes (1 hour) or more of physical activity each day

Adults: 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week and muscle-strengthening activities on 2 or more days a week

Older Adults: 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups