

Keystone Empowers You

Mid-Year Snapshot



GOAL: Increase Awareness Of and Access To Physical Activity & Nutrition Resources to Reduce Metabolic Syndrome



69%

OF ADULTS IN THE SOUTHERN PARTS OF LORAIN COUNTY ARE OBESE



17%

OF ADOLESCENTS AGED 2 THROUGH 19 YEARS ARE OBESE NATIONWIDE



\$47,000 INVESTED

INCREASE ACCESS TO exercise opportunities by extending number of walking paths, walkable community areas, & opening athletic facilities for after-school use

IMPROVE THE OVERALL HEALTH of community members by developing a culture of wellness in the school district & surrounding community

INCREASE CONSUMPTION OF fresh fruits & vegetables by providing access within the school district & surrounding community



AVERAGE OF
67%
REPORT BEING ACTIVE 3 OR MORE DAYS PER WEEK



11%
RURAL DIABETES DIAGNOSES



48%
REPORT CONSUMPTION OF 3 OR MORE SERVINGS OF FRUITS OR VEGETABLES PER WEEK

7%
INCREASE SINCE LAST QUARTER IN NUMBER OF PEOPLE PHYSICALLY ACTIVE 3 OR MORE DAYS PER WEEK