



# Chronic Disease Risk Factors

FOCUS ON INCREASING HEALTHY FOOD ACCESS AND PHYSICAL ACTIVITY



## COMMUNITY HEALTH SURVEY

Residents identified obesity and diabetes as the #1 and #5 health problems in the county. Improving healthy food access and physical activity will improve chronic disease.



## #2 Health Priority in Williamson County

“ FINALLY THE PARENT GETS TO A DOCTOR AND THEY SAY, "WELL, YOU NEED TO INCREASE MORE FRUITS AND VEGETABLES AND HAVE THEM MORE ACTIVITY." IN BARTLETT YOU HAVE ONE GROCERY STORE WITH FRUITS AND VEGETABLES THAT MOST OF THE TIME ARE ROTTEN. -COMMUNITY RESIDENT ”



### 69.2%

ADULTS ARE OVERWEIGHT OR OBESE  
TX: 69.4%



### 23%

ADULTS ARE NOT PHYSICALLY ACTIVE  
TX: 17%



### 18%

CHILDREN ARE FOOD INSECURE  
TX: 23%



### 89%

ACCESS TO EXERCISE OPPORTUNITIES  
TX: 80%



### 9.7

GROCERY STORES PER 100,000 PEOPLE  
TX: 13.8



### 1 IN 10

HOMES HAVE BARRIERS TO EATING HEALTHY



### 1 IN 5

HOMES HAVE BARRIERS TO PHYSICAL ACTIVITY



### 84.5

FAST FOOD RESTAURANTS PER 100,000 PEOPLE  
TX: 80.2



### 36%

ADULTS EAT FRUITS AND VEGETABLES 5+ TIMES PER DAY  
TX: 39%

TX: TEXAS VALUE

COUNTY VALUE IS:  
● HIGHER THAN TEXAS  
● LOWER THAN TEXAS



/ HWCcoalition



HealthyWilliamsonCounty.org

