

# AMERICAN DREAM

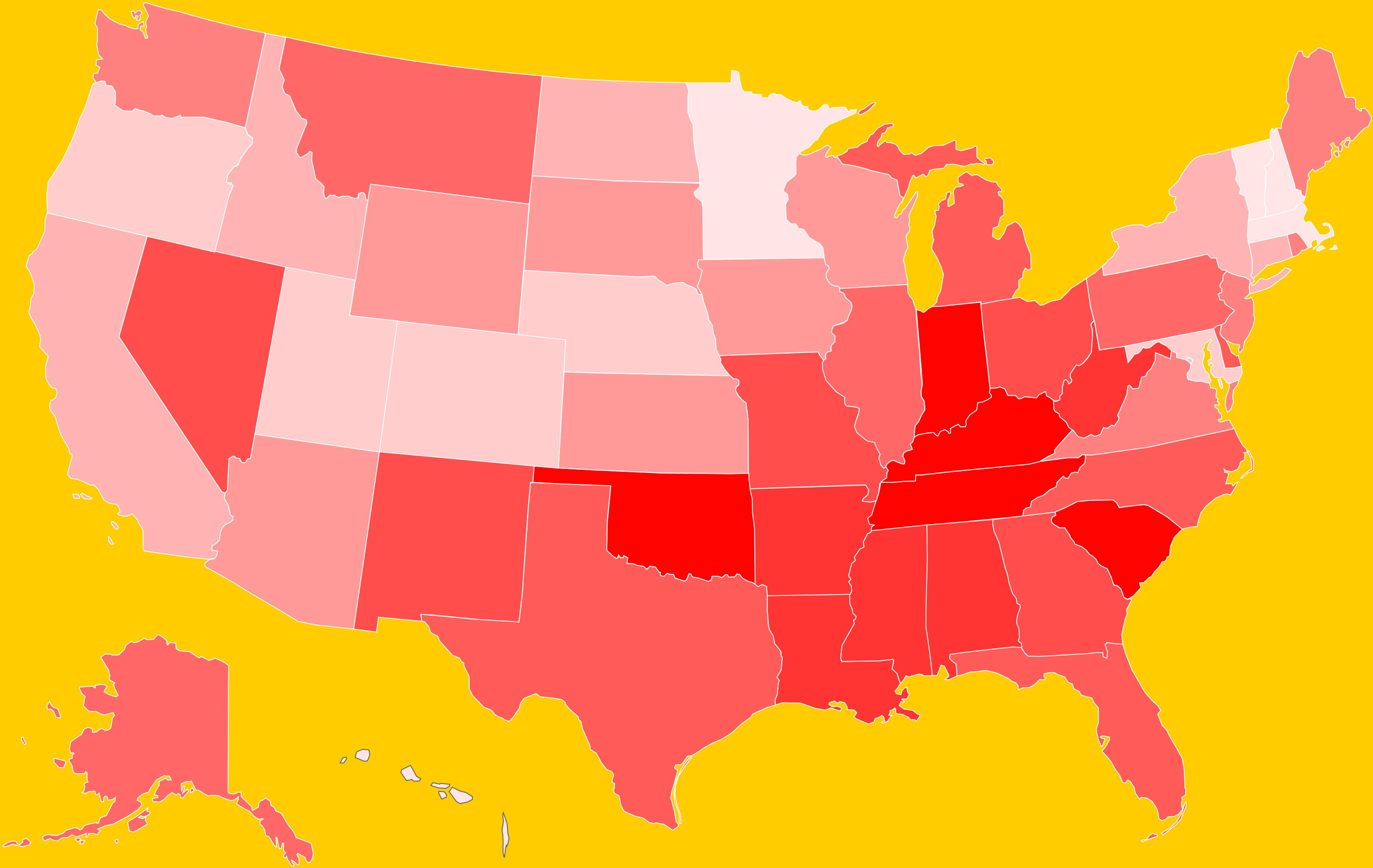
American Dream depicts the growing issue of health in America. Explore issues of weight, diet, and exercise from sea to shining sea



**ENTER**



OVERALL HEALTH OF AMERICANS BY STATE



LEAST HEALTHY



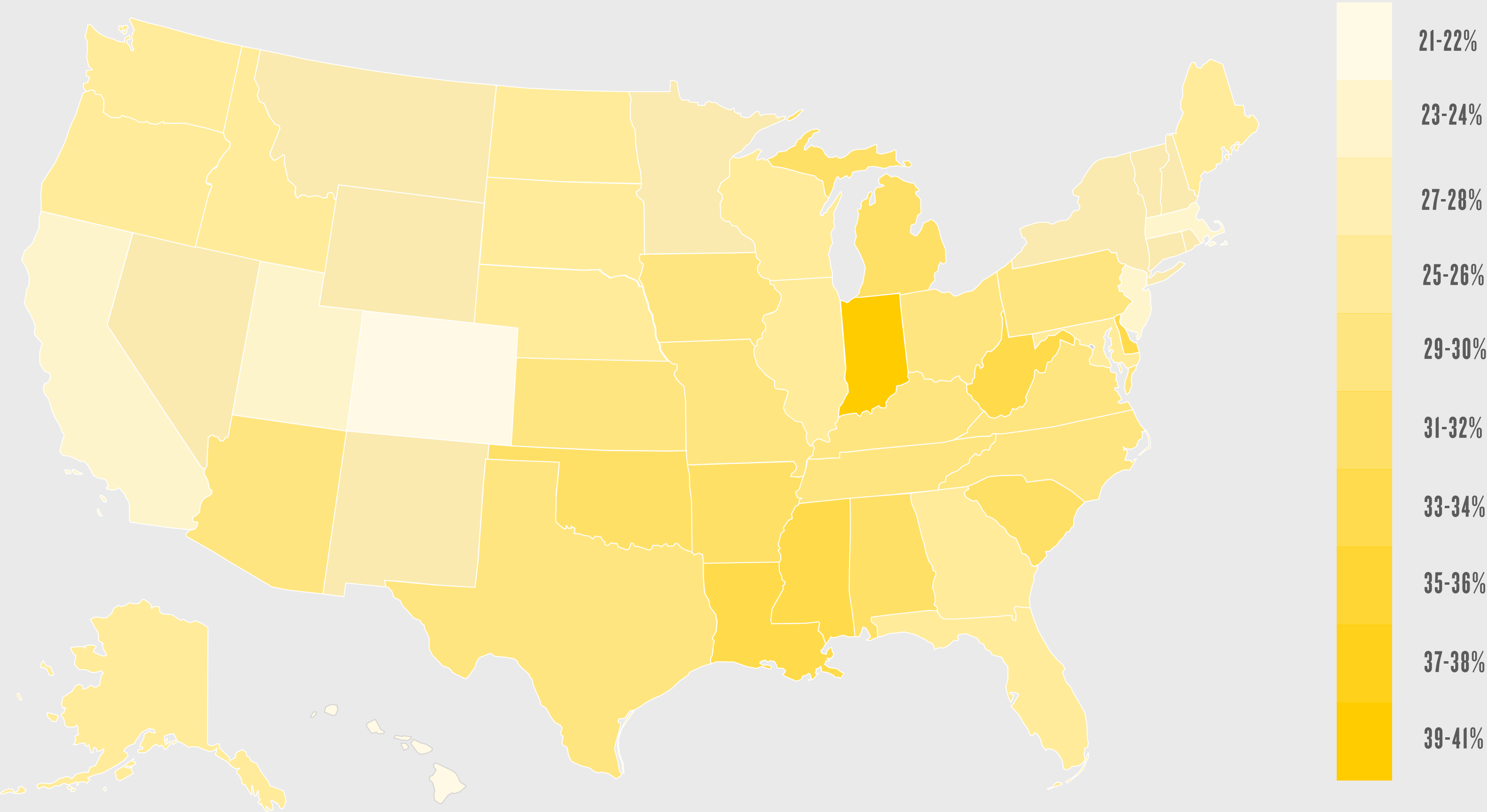
MOST HEALTHY



WEIGHT OF AMERICANS BY STATE



OBESE ☒ OVERWEIGHT

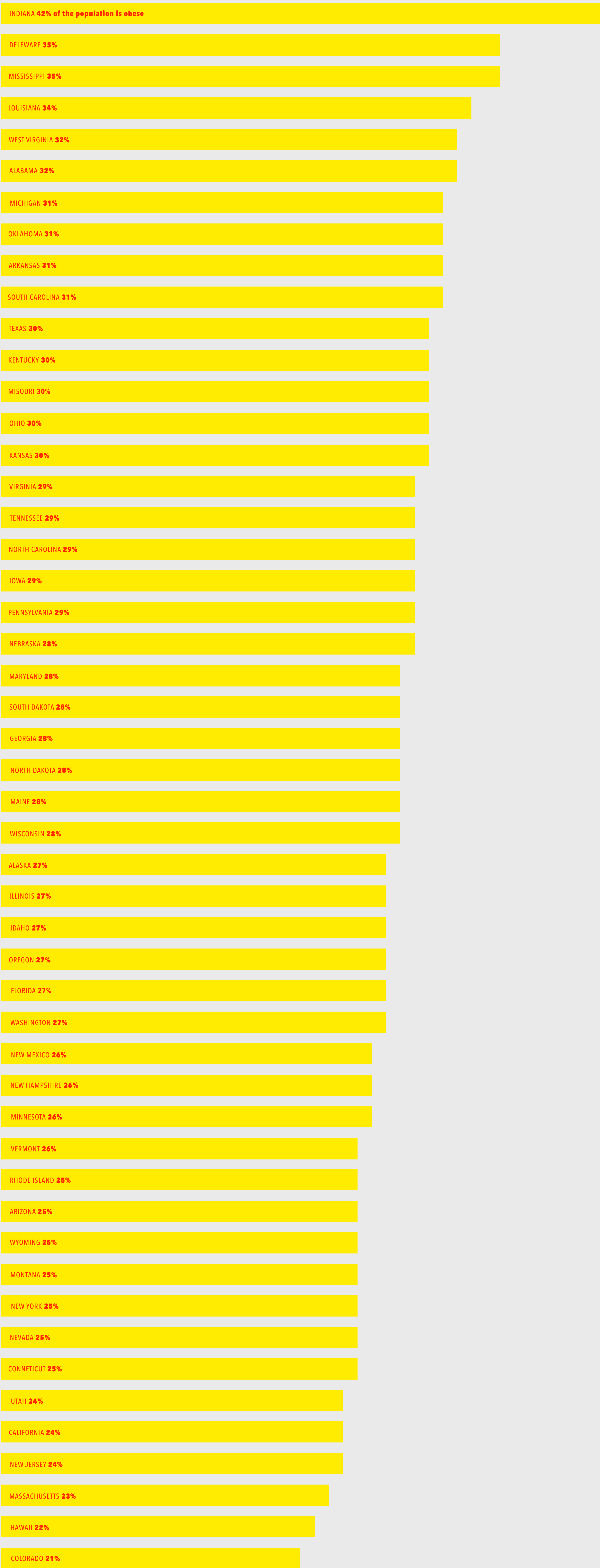




WEIGHT OF AMERICANS BY STATE

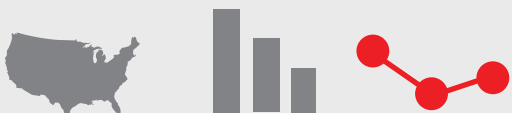


OBESE ☒ OVERWEIGHT

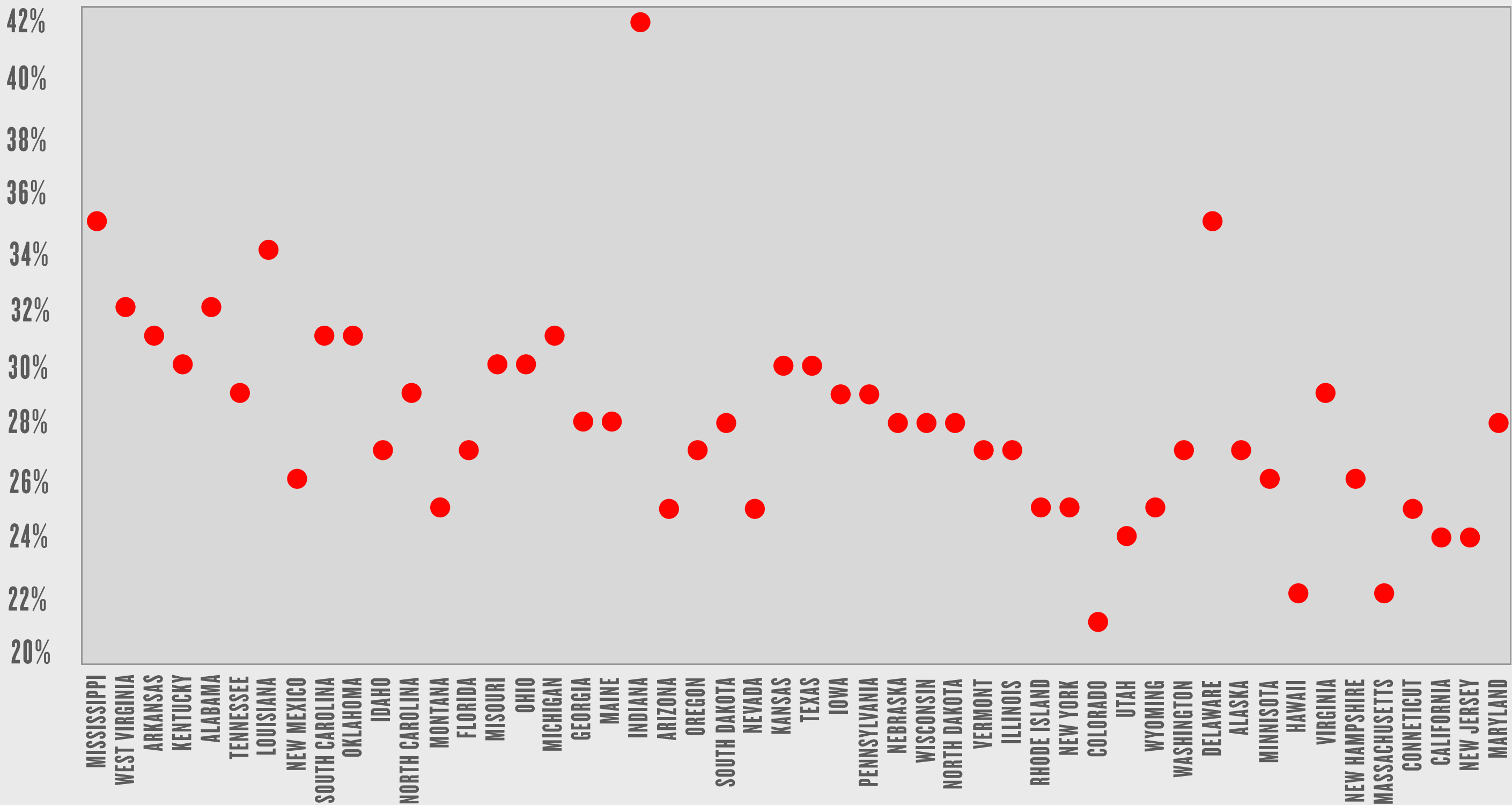




WEIGHT OF AMERICANS BY STATE



OBESE ☒ OVERWEIGHT

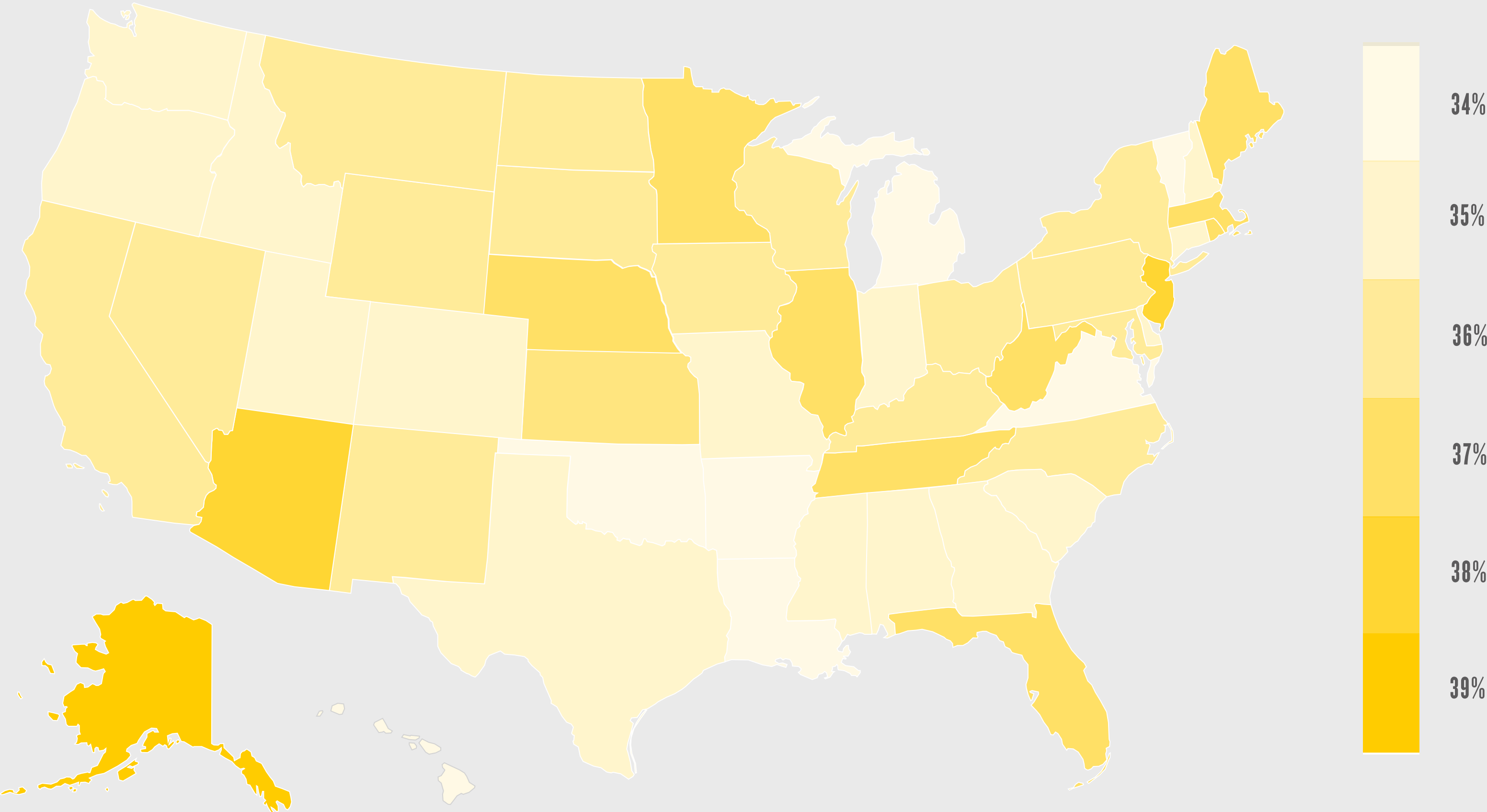




ADULTS WHO DO NOT CONSUME FRUIT DAILY



FRUITS ☒ VEGETABLES

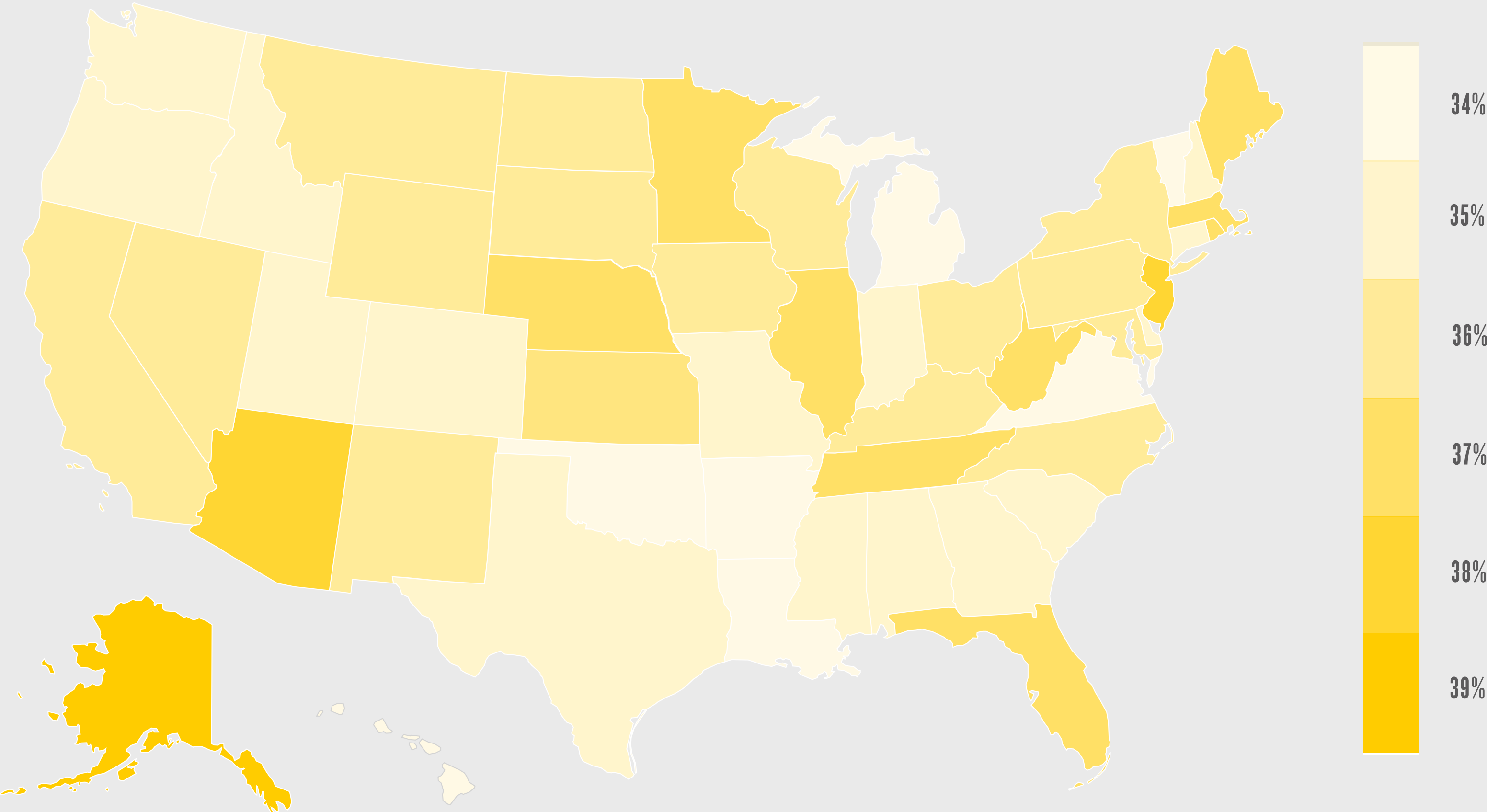




ADULTS WHO EXERCISE WEEKLY



**MODERATE AEROBIC ACTIVITY** INTENSE AEORBIC ACTIVITY MUSCLE STRENGTHENING ACTIVITY LEISURE ACTIVITY





WHERE DO I STAND?

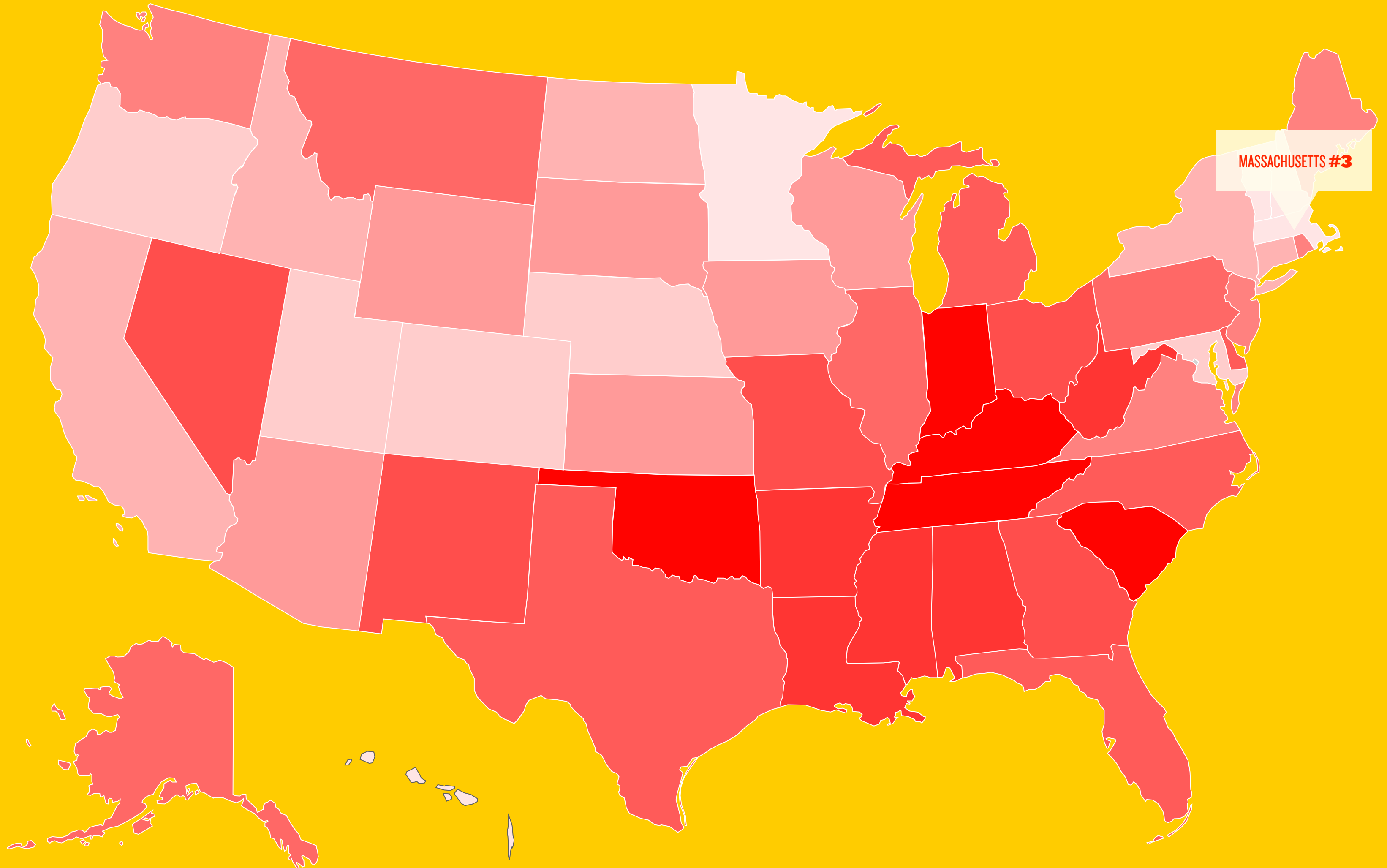
Select your state

NEXT





OVERALL HEALTH OF AMERICANS BY STATE ⓘ



LEAST HEALTHY



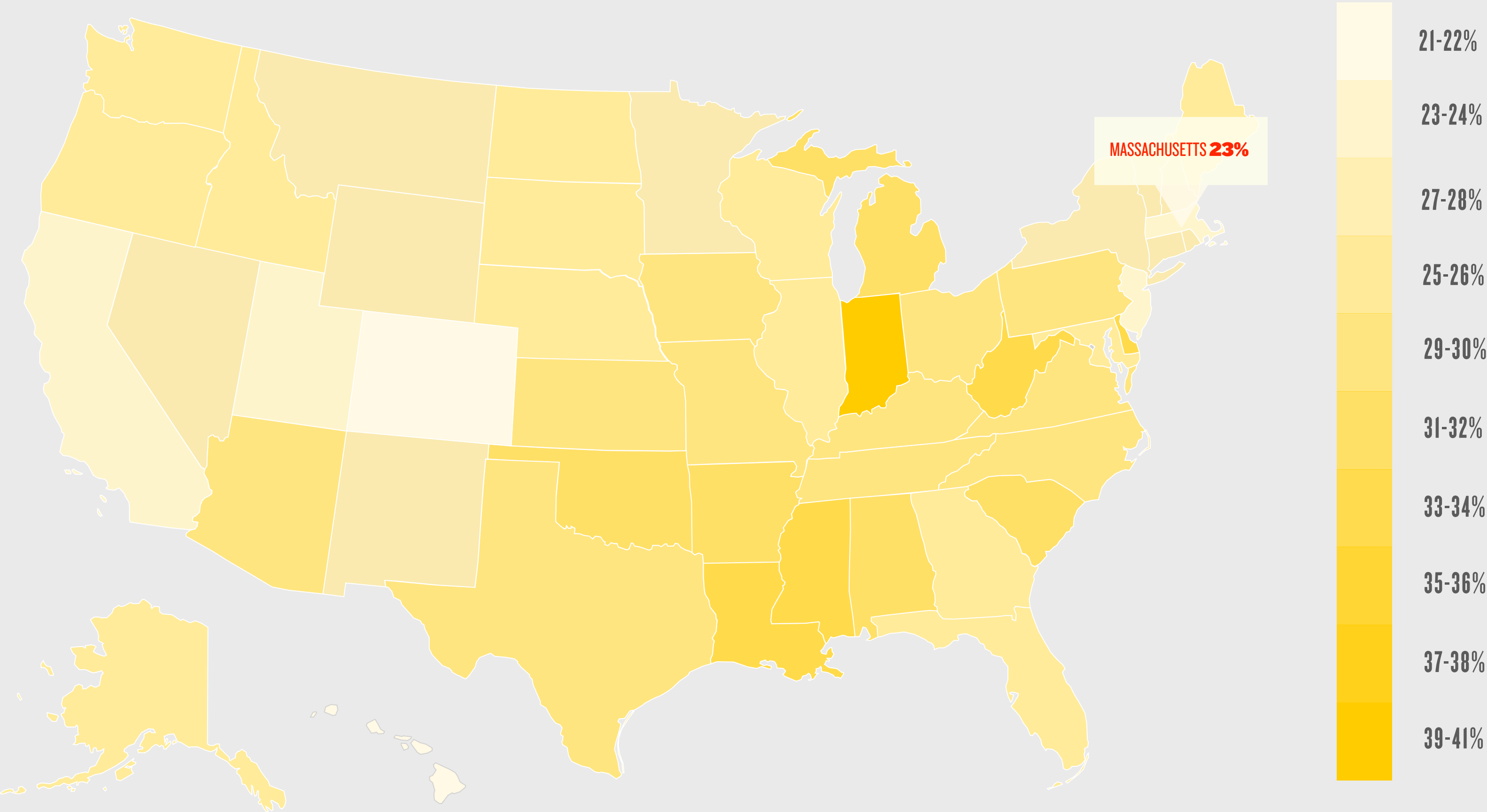
MOST HEALTHY



WEIGHT OF AMERICANS BY STATE



OBESE ☒ OVERWEIGHT

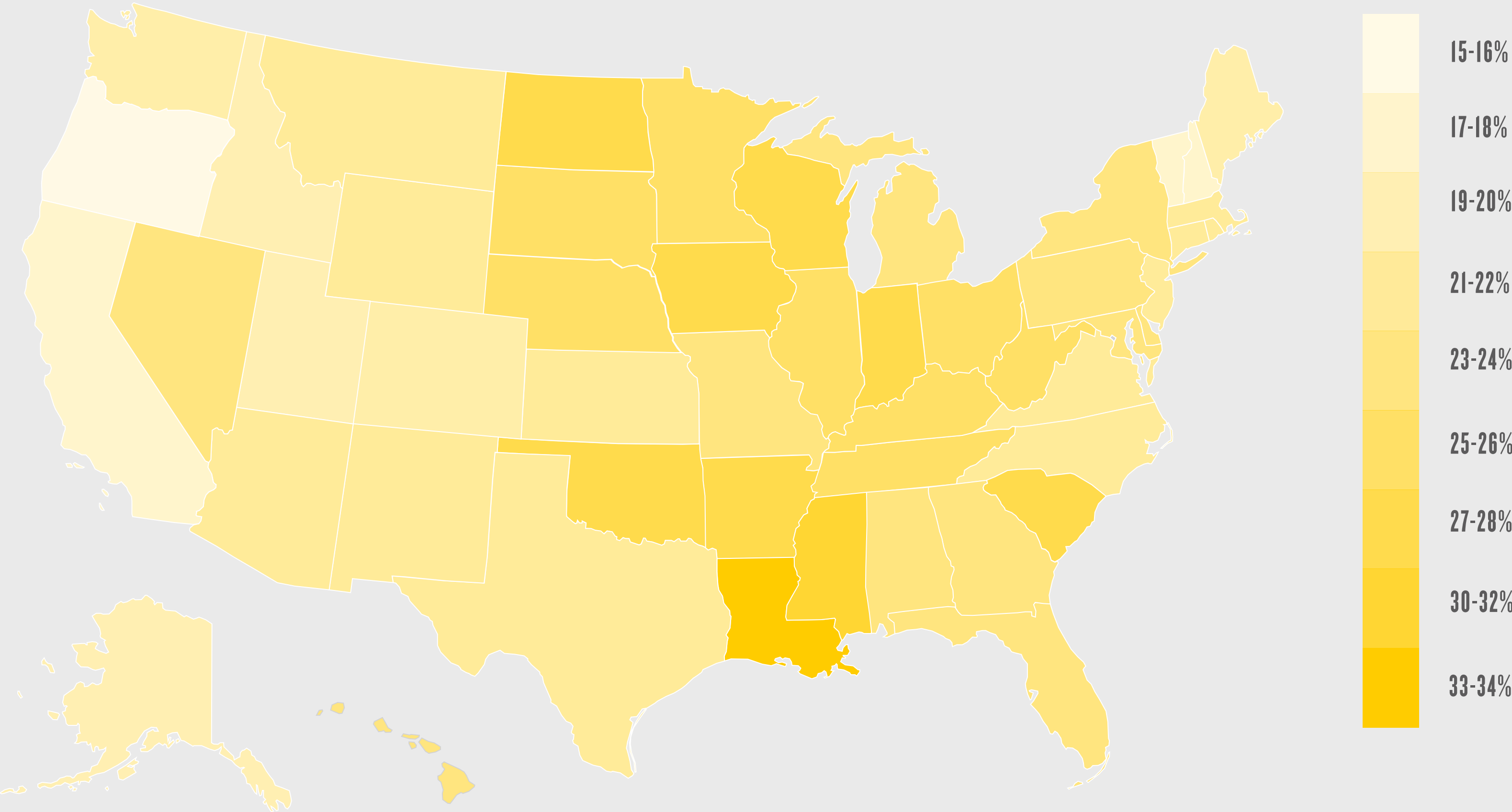




ADULTS WHO DO NOT CONSUME VEGETABLES DAILY



FRUITS ☒ VEGETABLES





How many servings of fruit do you eat in a day?

How many servings of vegetables do you eat in a day?

How often do you eat at fast food restaurants?

How often do you do aerobic exercise?

How often do you do muscle building exercise?

How often do you do leisure activities?



# MASSACHUSETTS

23% ARE OBESE

35% ARE OVERWEIGHT

10% EAT LESS THAN 1 VEGETABLE A DAY

10% EAT LESS THAN 1 SERVING OF FRUIT A DAY

EXCERSIZE 1

EXCERSIZE 2

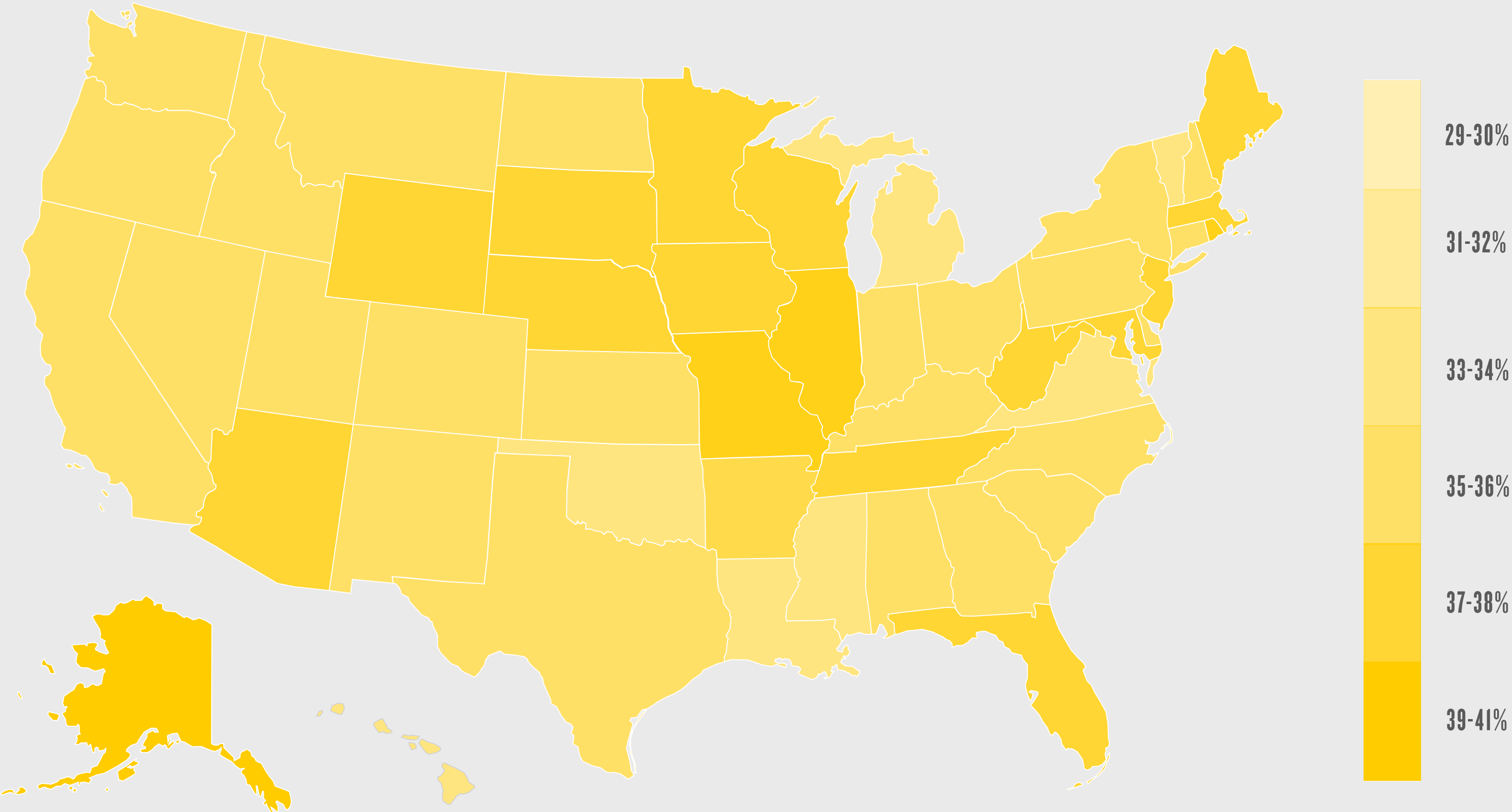
EXERSIZE 3



WEIGHT OF AMERICANS BY STATE



OBESE ☐ OVERWEIGHT





How many servings of fruit do you eat in a day?

How many servings of vegetables do you eat in a day?

How often do you eat at fast food restaurants?

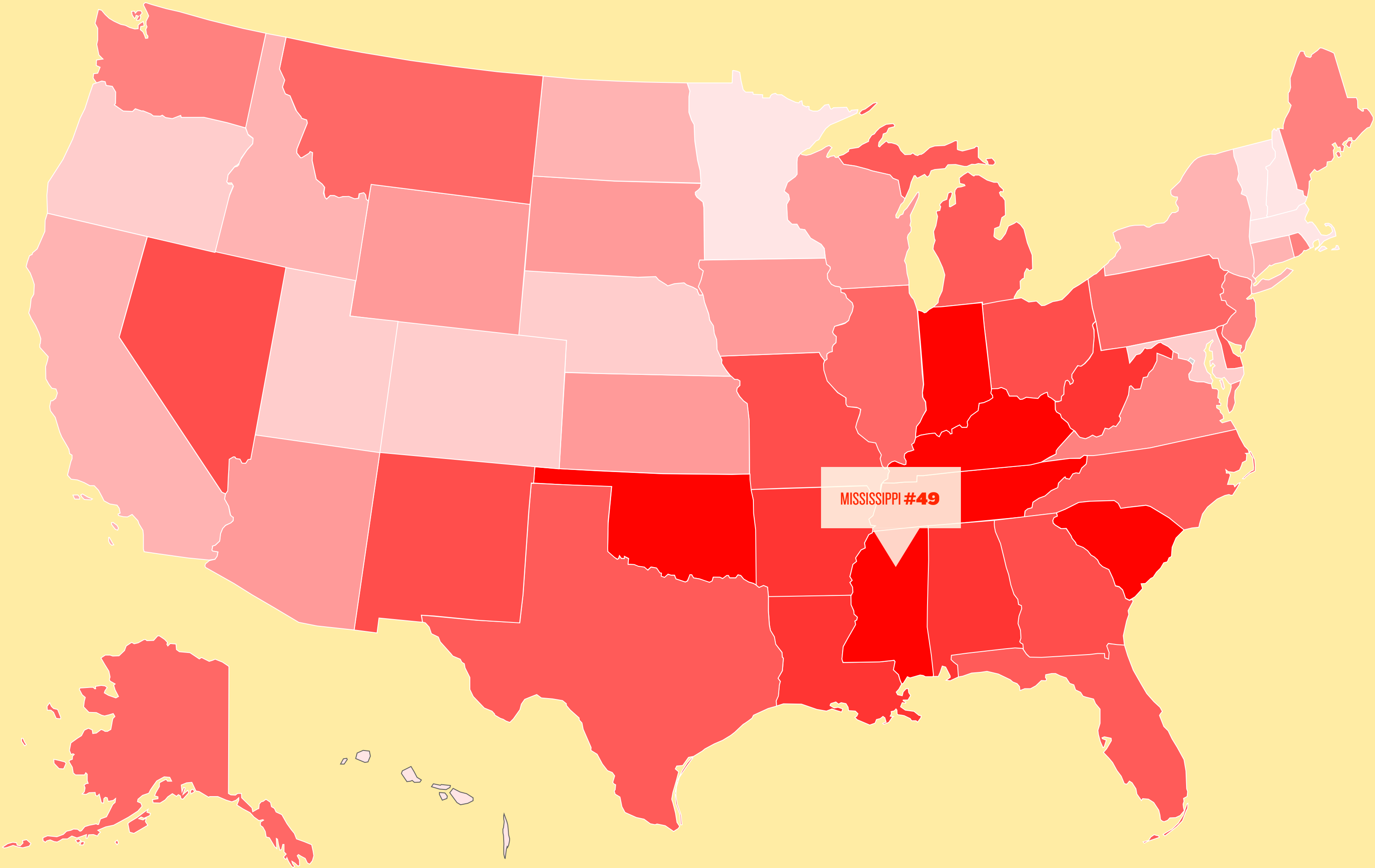
How often do you do aerobic exercise?

How often do you do muscle building exercise?

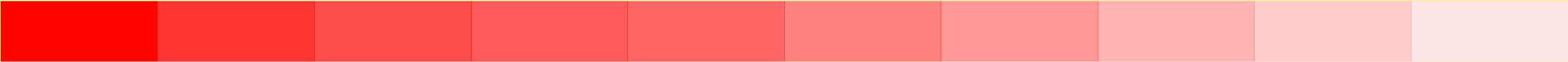
How often do you do leisure activities?



OVERALL HEALTH OF AMERICANS BY STATE



LEAST HEALTHY



MOST HEALTHY

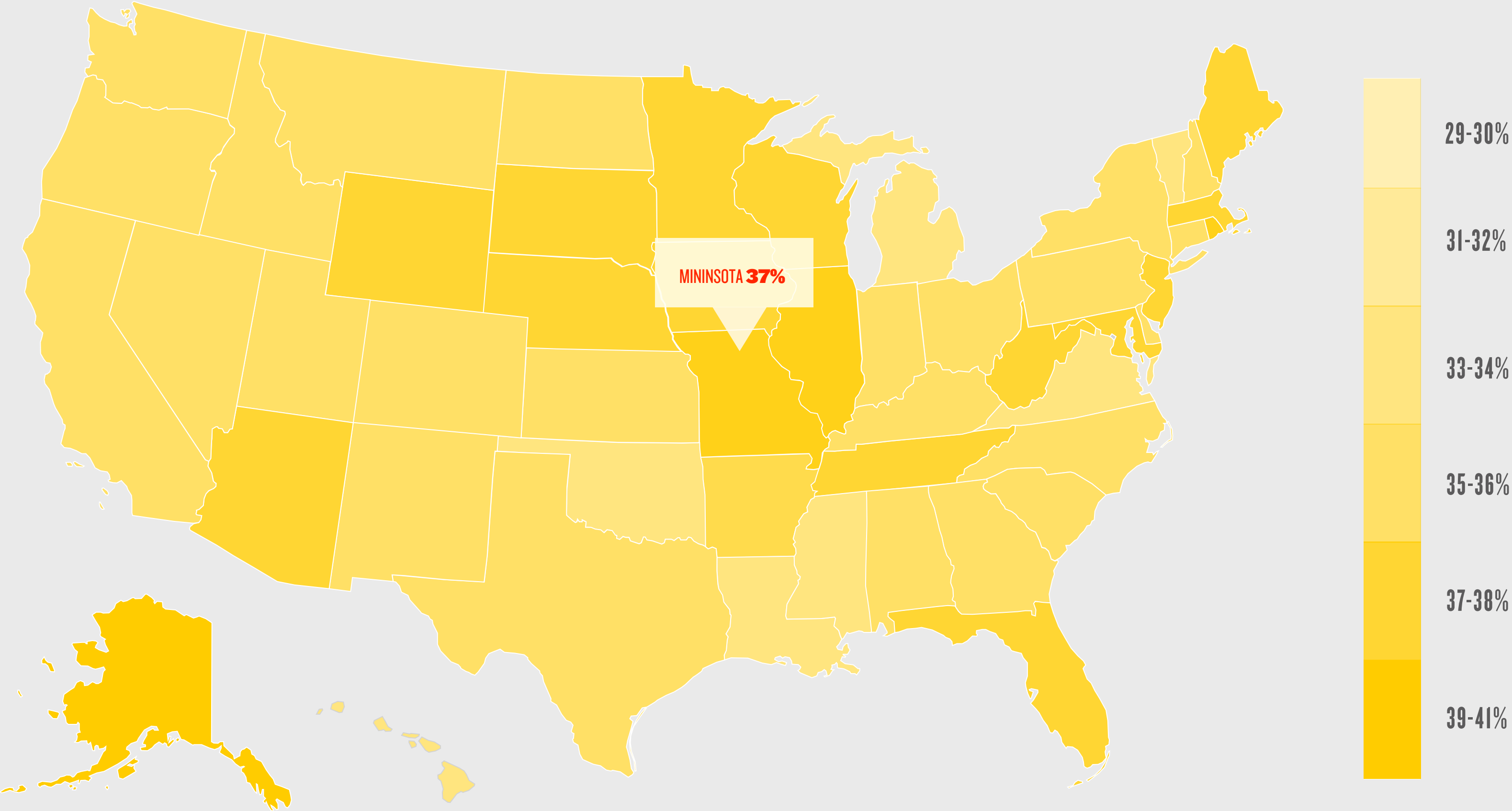




WEIGHT OF AMERICANS BY STATE



OBESE ☐ OVERWEIGHT





How many servings of fruit do you eat in a day?

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How often do you do aerobic exercise?

How often do you do muscle building exercise?

How often do you do leisure activities?



# MISSISSIPPI

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35% ARE OVERWEIGHT

10% EAT LESS THAN 1 VEGETABLE A DAY

10% EAT LESS THAN 1 SERVING OF FRUIT A DAY

EXCERSIZE 1

EXCERSIZE 2

EXERSIZE 3



How many servings of fruit do you eat in a day?

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How often do you do aerobic exercise?

How often do you do muscle building exercise?

How often do you do leisure activities?



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