

Healthy People 2030

Goal: Improve health by promoting healthy eating
and making nutritious foods available.



OASH

Office of
Disease Prevention
and Health Promotion



Overview

Many people in the United States don't eat a healthy diet. To reduce the risk for chronic diseases and improve overall health, it is recommended to eat healthier foods like whole fruit.

The goal of this presentation is to provide **regional** analysis of obesity and consumption behaviors along with optimal fruit tree planting zones. By combining this data we can gain insight as to **which areas and demographics would benefit most from localized fruit growth.**

Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life.



SDOH Item Topics Covered:

- Education, job opportunities, and income.
- Access to nutritious foods and physical activity opportunities.

Key Issues

Education:

- Groups with higher education tend to have healthier diets and more whole fruit consumption rates.
- Groups with higher education see less obesity among adults than the less educated.
- Which regions would be most positively impacted by educational initiatives?

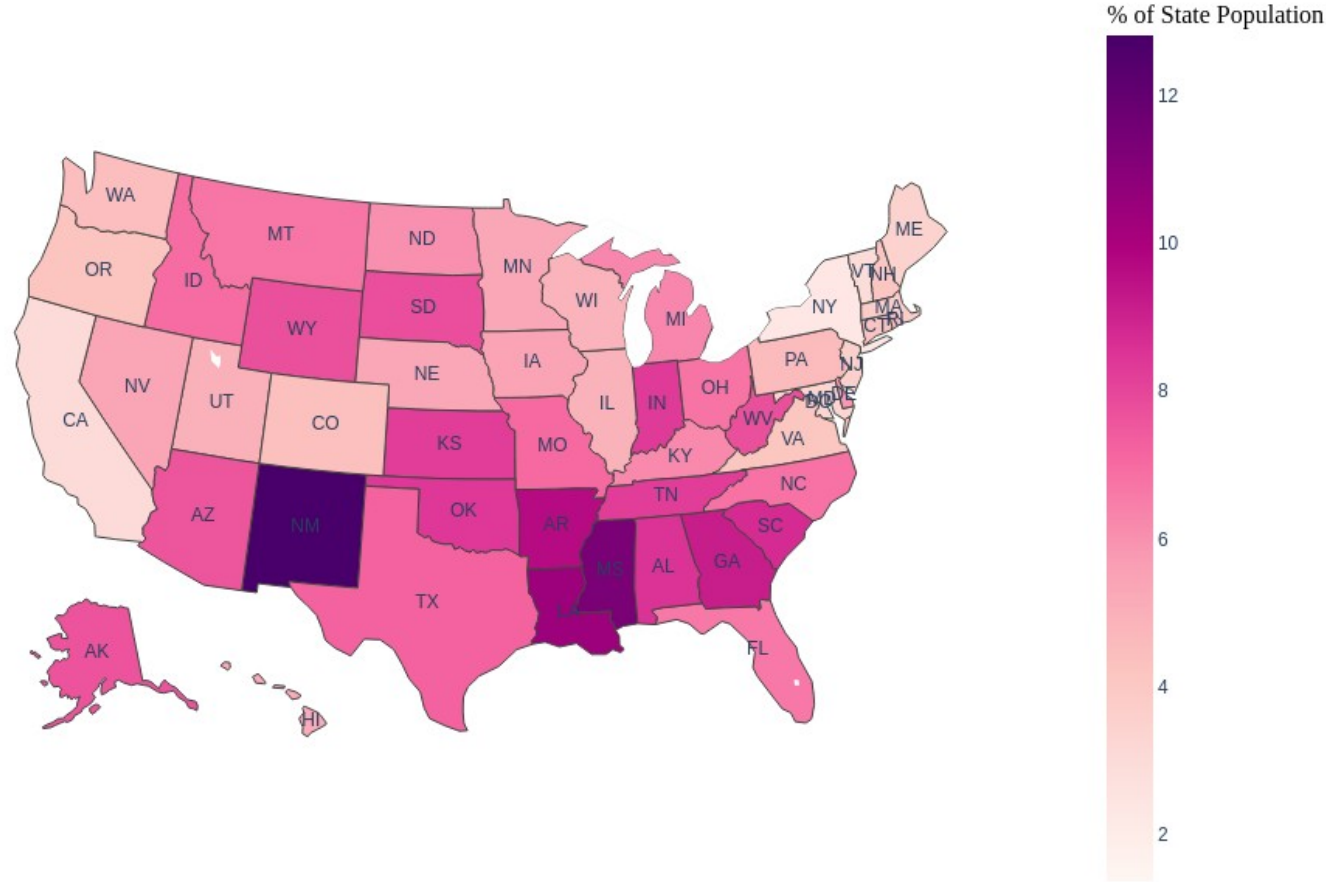


Access:

- People with low income and low accessibility tend to consume less whole fruit, which can lead to chronic illness.
- Localizing and maximizing food growth in these areas can benefit local economy, food supply, and consumption behavior.
- Which regions would be most positively impacted by local fruit growth initiatives?



Low Income and Low Access Population



Low Access defined as:

Urban populations living 1 or more miles from a food store.

Rural populations living 10 or more miles from a food store.

Low Income defined as:

The tract's poverty rate is 20 percent or greater; or

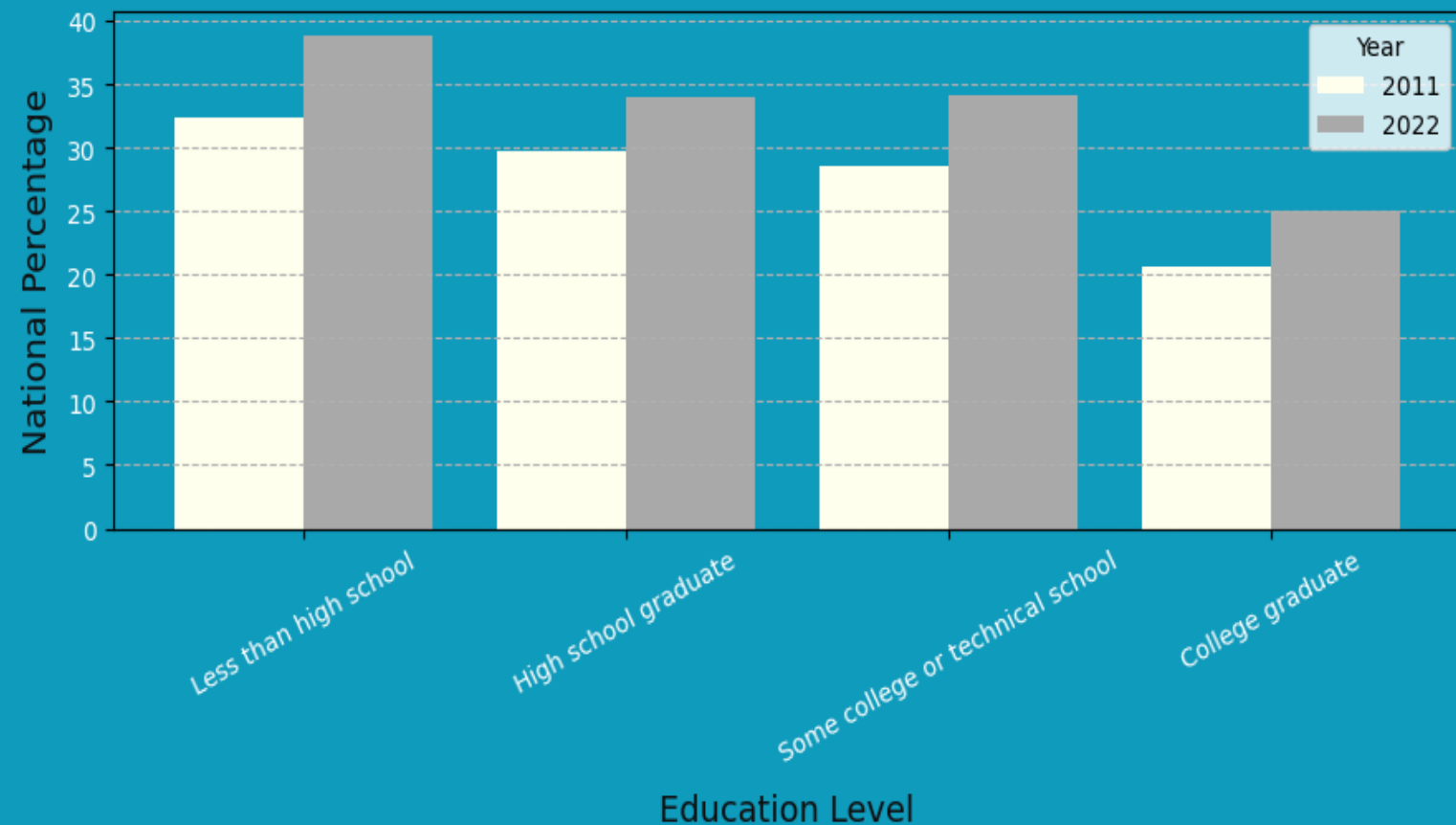
The tract's median family income is less than or equal to 80 percent of the State-wide median family income; or

The tract is in a metropolitan area and has a median family income less than or equal to 80 percent of the metropolitan area's median family income.

National Health

Influence of Education

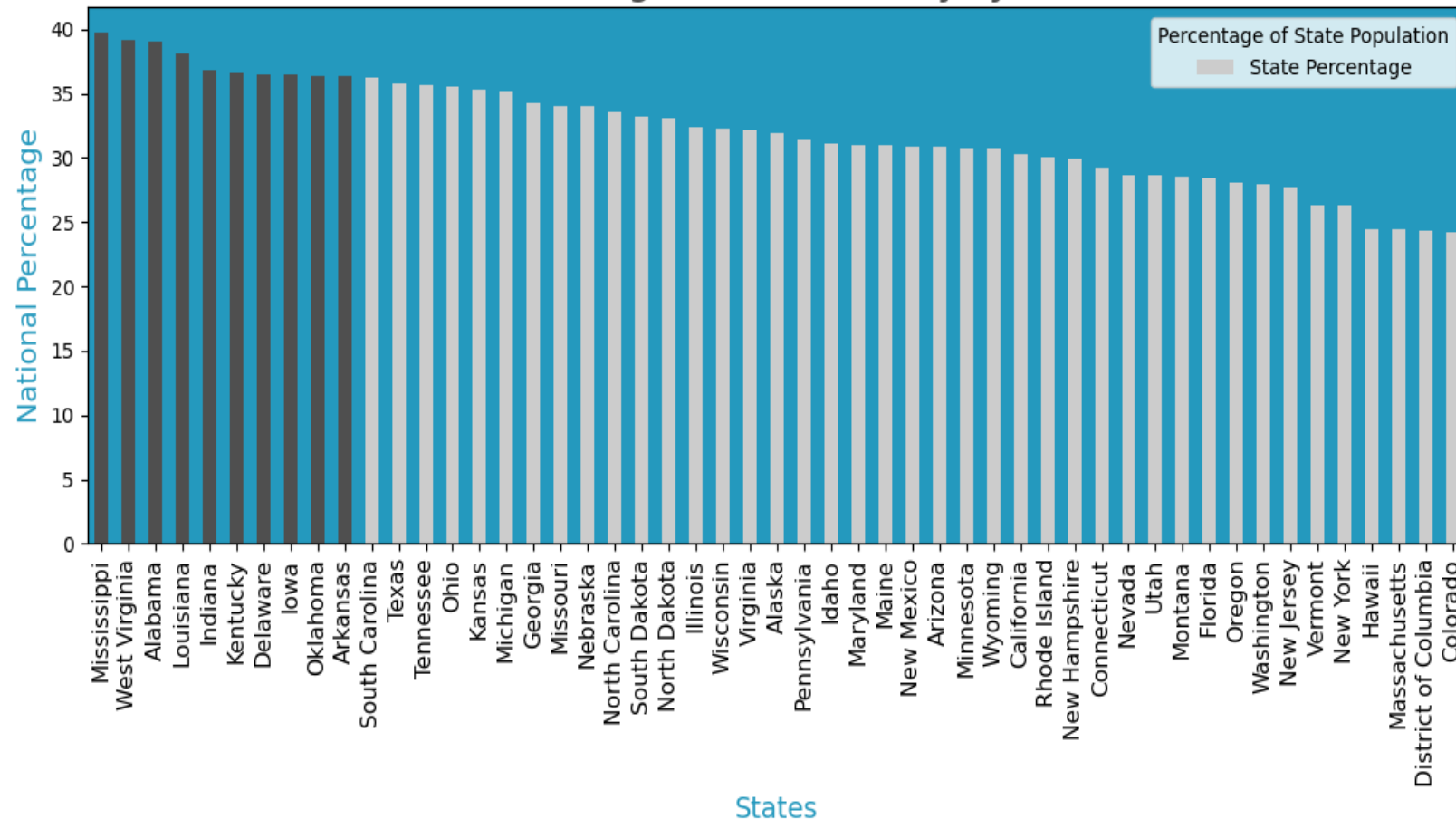
Percentage of Obesity in Adults by Level of Education



As obesity rates steadily rise, there is a consistent higher percentage of obesity among less educated populations. Health programs should engage with this demographic of the population to provide nutritional information and access to healthy foods.

State Health

National Percentage of Adult Obesity by State (2020)



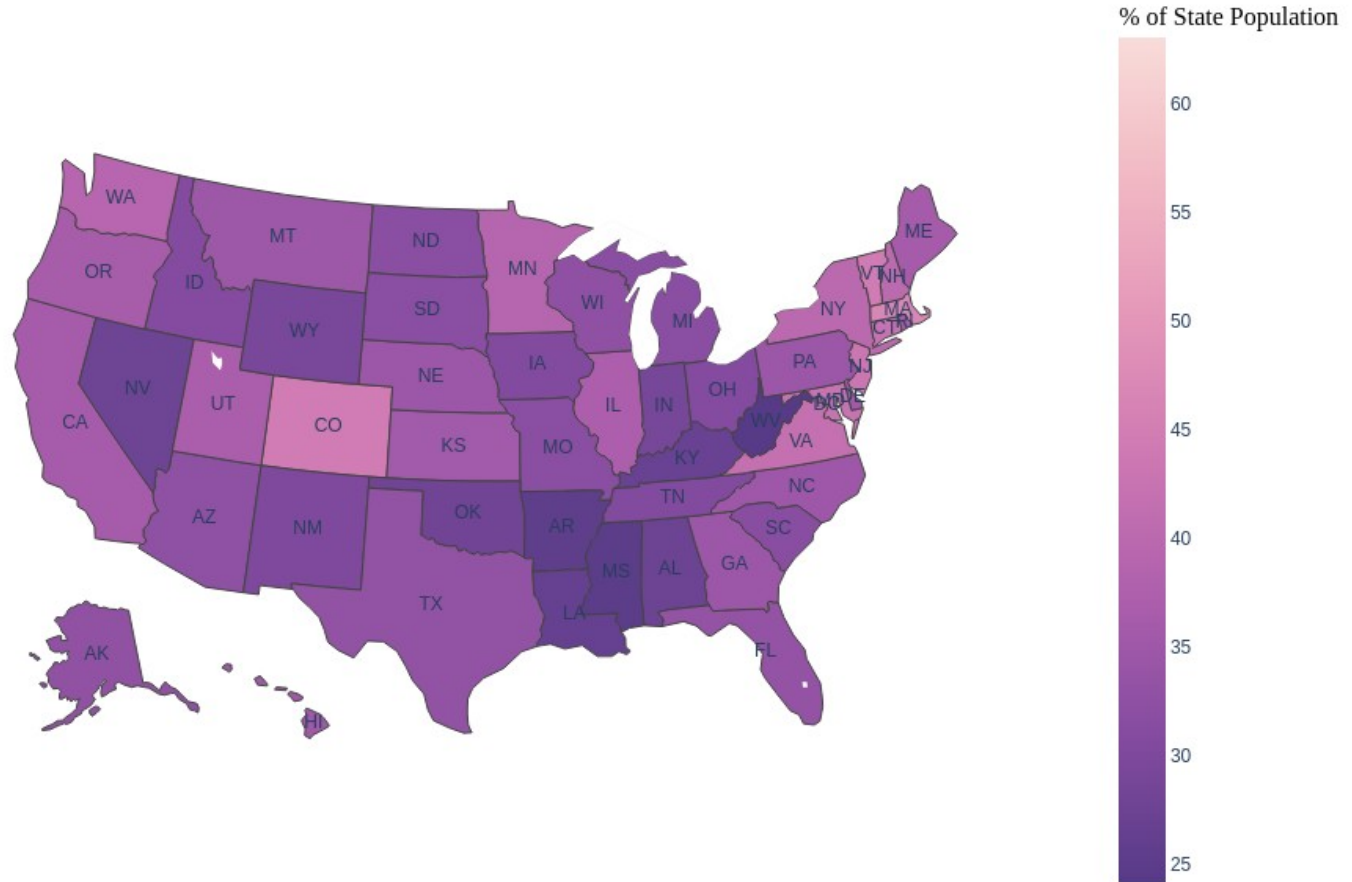
10 States with Highest % Obesity

- 1) Mississippi
- 2) **West Virginia**
- 3) Alabama
- 4) Louisiana
- 5) Indiana
- 6) **Kentucky**
- 7) Delaware
- 8) Iowa
- 9) **Oklahoma**
- 10) Arkansas

Percentage of State Population with BA Degree or Higher

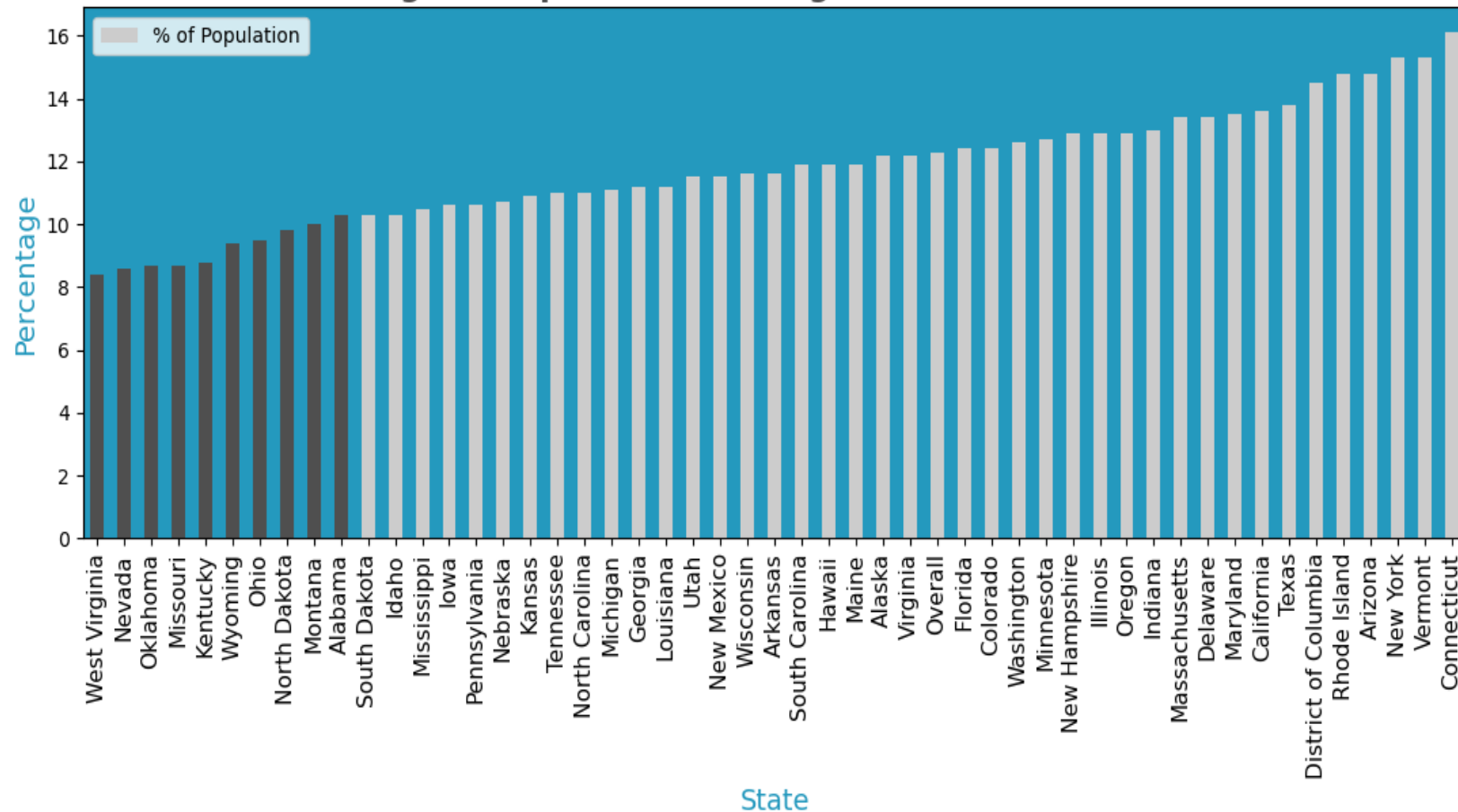
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State Health

Percentage of Population Meeting Recommended Fruit Intake



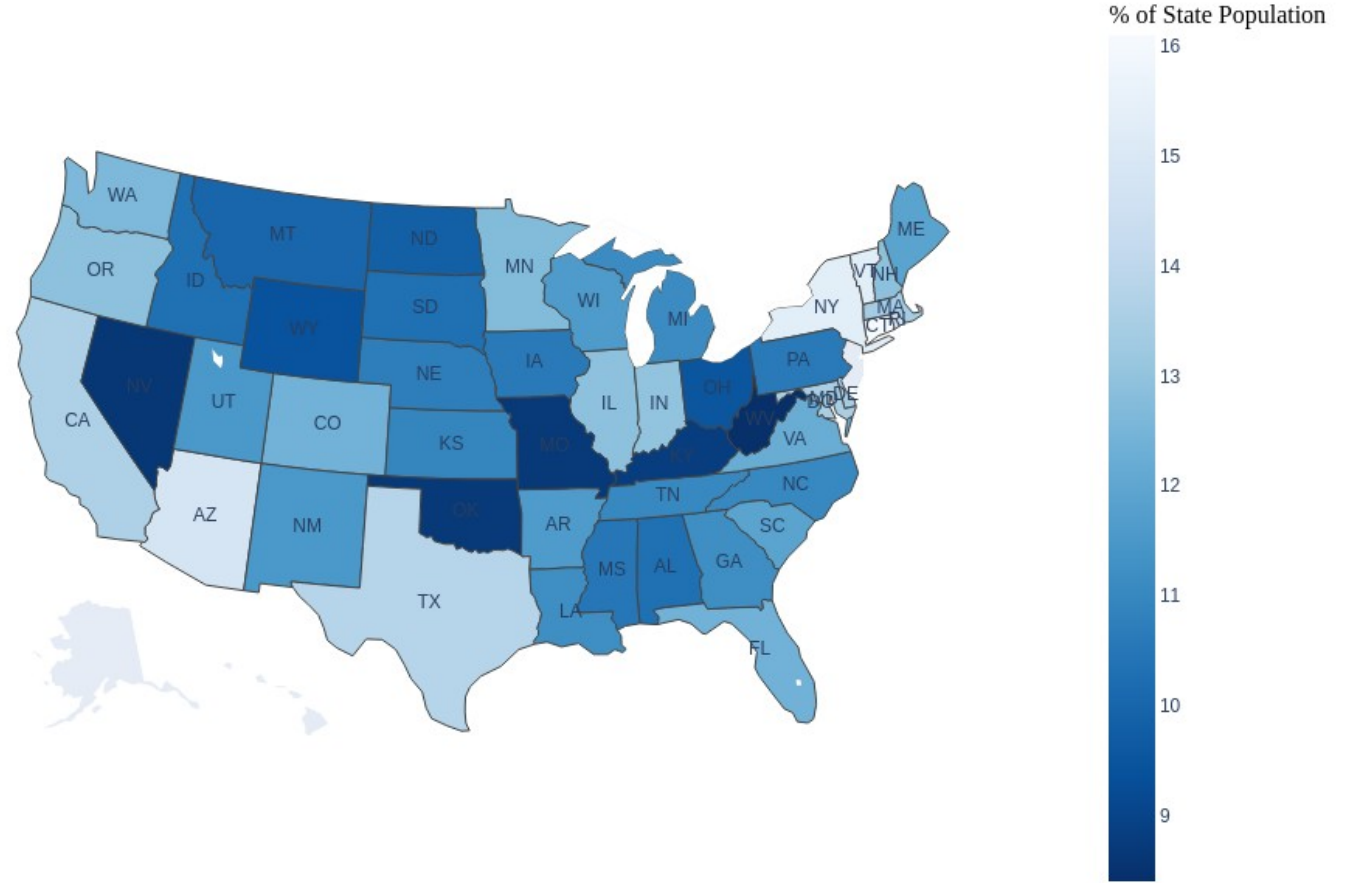
10 States with
Lowest %
Meeting
Recommended
Intake

- 1) **West Virginia**
- 2) Nevada
- 3) **Oklahoma**
- 4) Missouri
- 5) **Kentucky**
- 6) Wyoming
- 7) Ohio
- 8) North Dakota
- 9) Montana
- 10) Alabama

Percentage of States Meeting Recommended Intake

* The United States Department of Health and Human Services (HHS) recommends that adults consume:

at least two cups of fruit per day as part of a healthy and balanced diet.

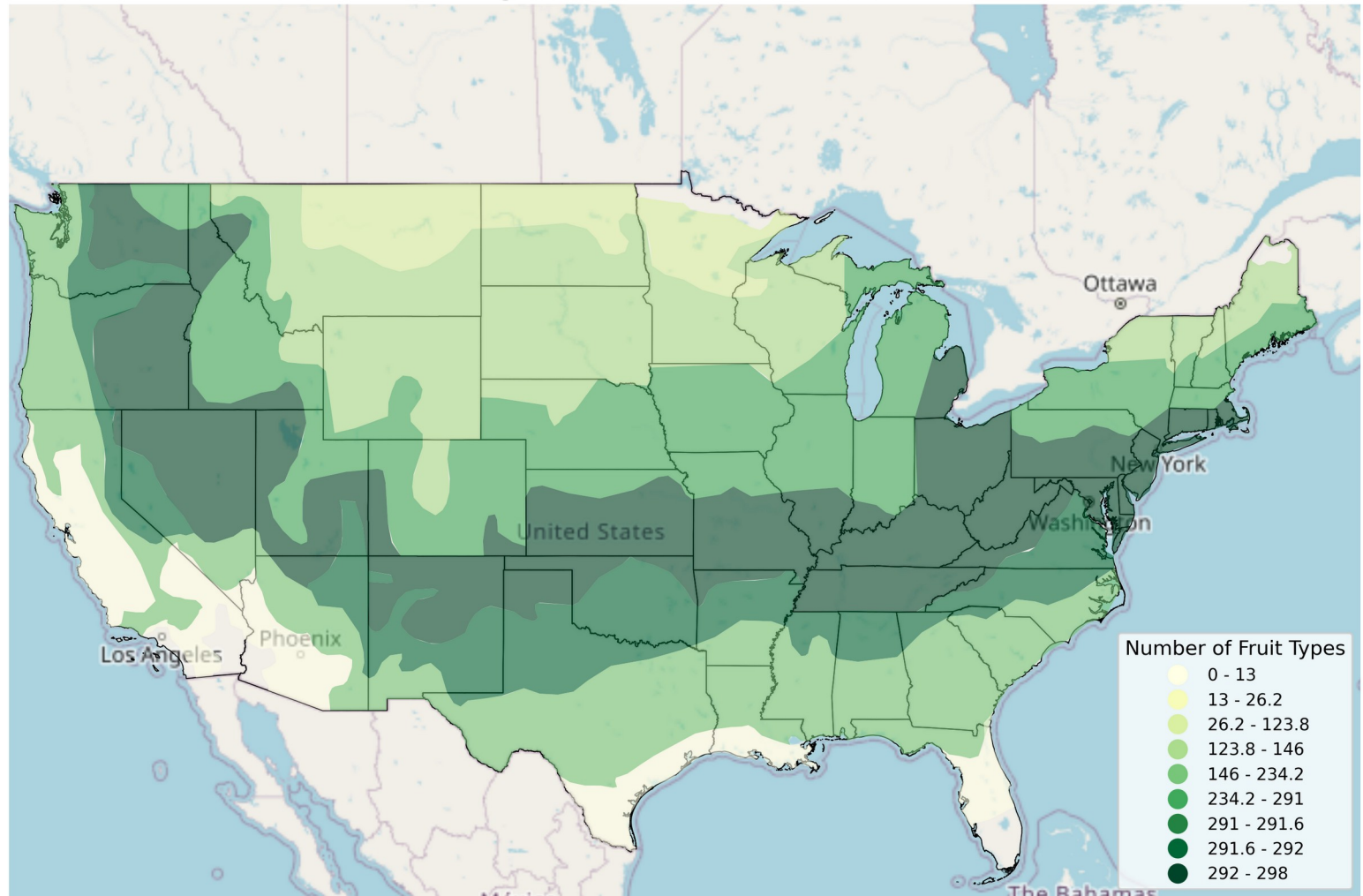


Regional Fruit Varieties Possible

*Numbers represent
unique variety total
in all categories.

Categories
included are:

- Apple
- Peach
- Pear
- Plum
- Cherry
- Nectarine
- Apricot



[Click to view interactive map.](#)

Thank you