

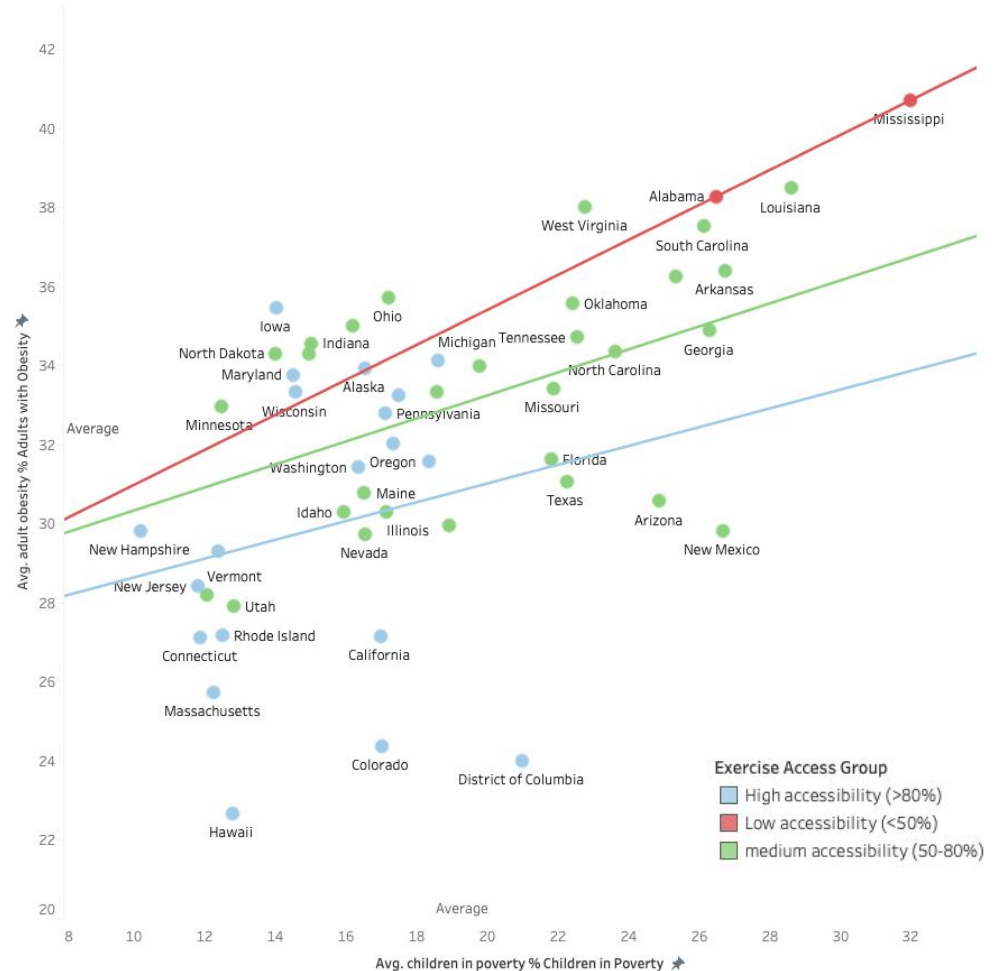


Breaking the Cycle: How Exercise Access Transforms the Poverty-Obesity Connection

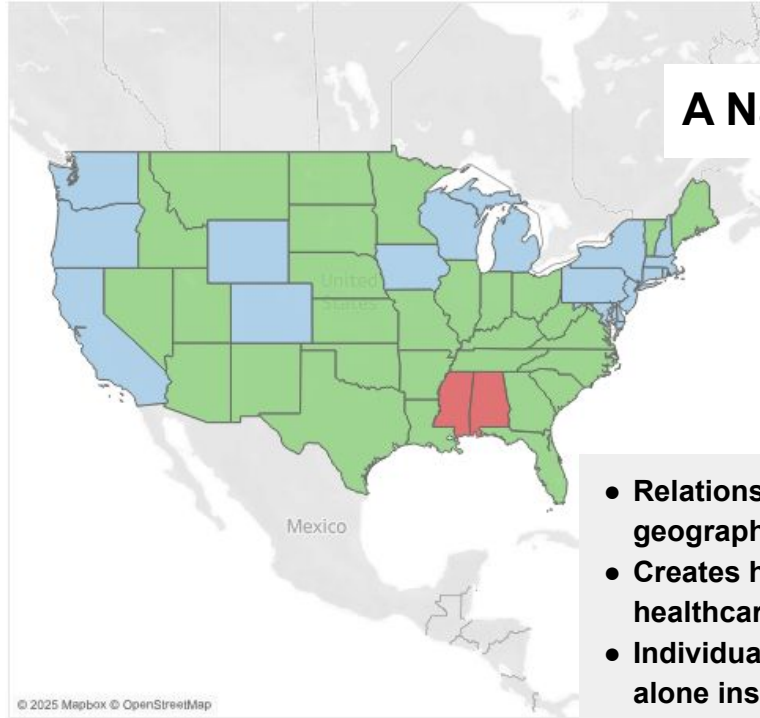
Celine Zheng

Poverty-Obesity Connection

- Strong correlation between poverty and obesity across states
- States like Mississippi, Alabama show highest rates of both
- Pattern suggests structural factors beyond individual choices



A Nationwide Challenge



Exercise Access Group

Blue High accessibility (>80%)

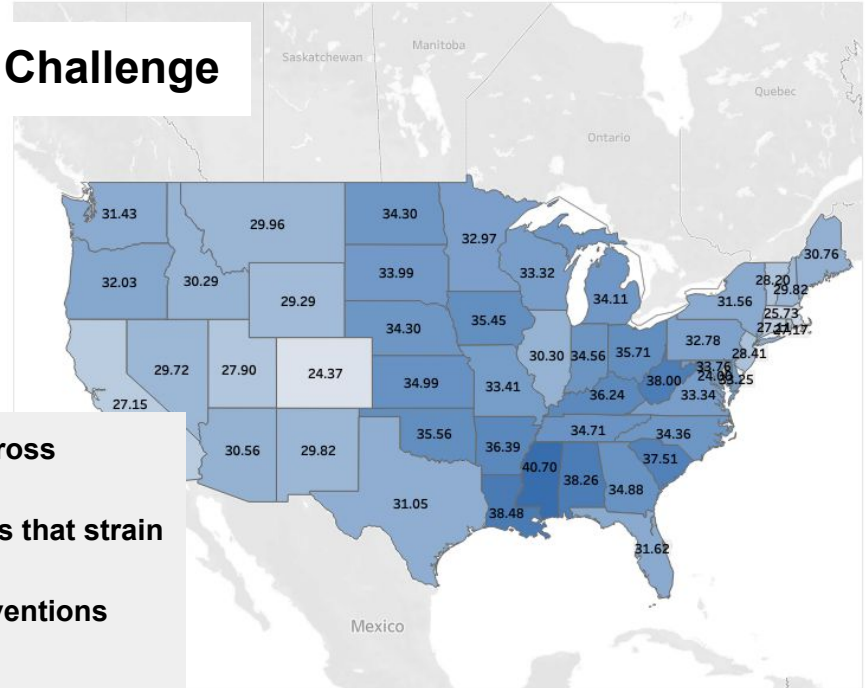
Red Low accessibility (<50%)

Green medium accessibility (50-80%)

- Relationship persists across geographic regions
- Creates health disparities that strain healthcare systems
- Individual-focused interventions alone insufficient

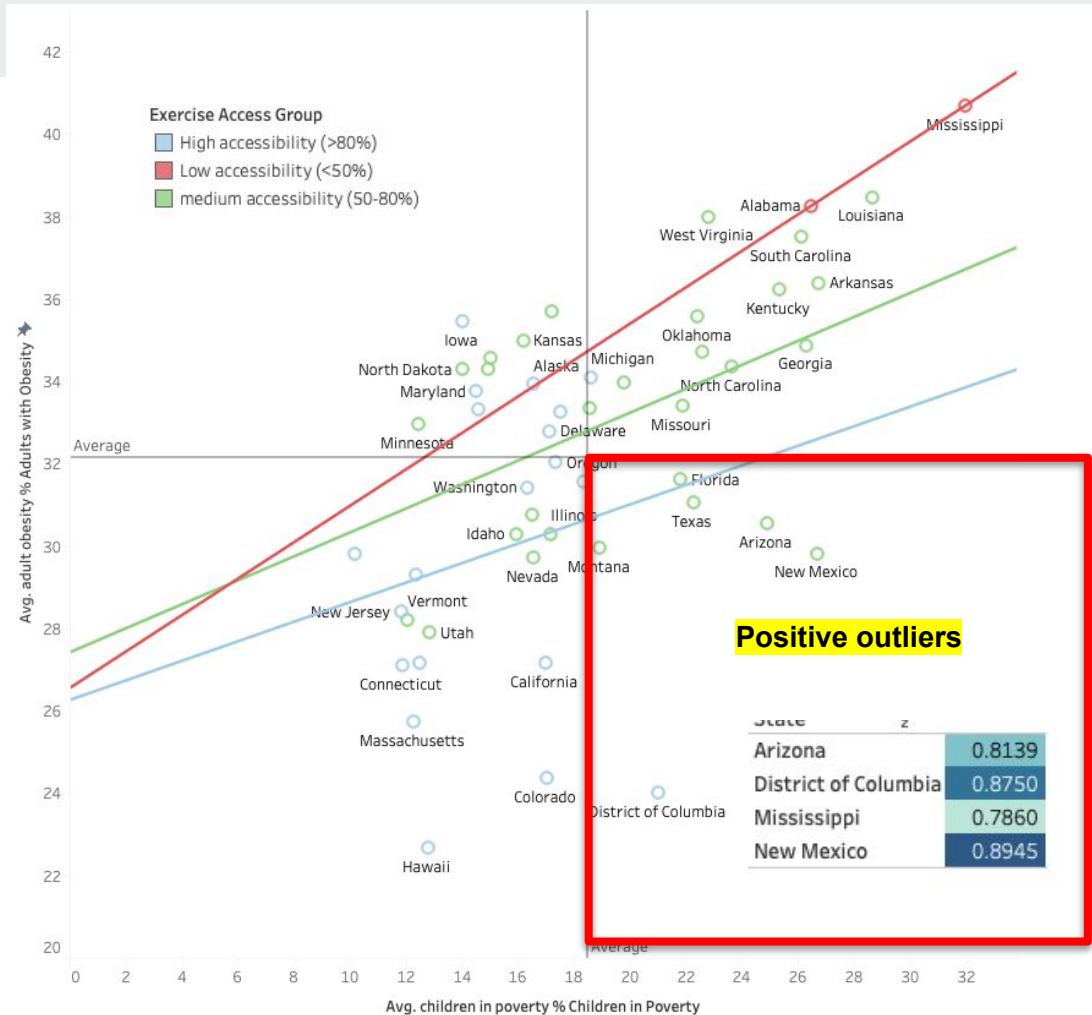
State

(All)



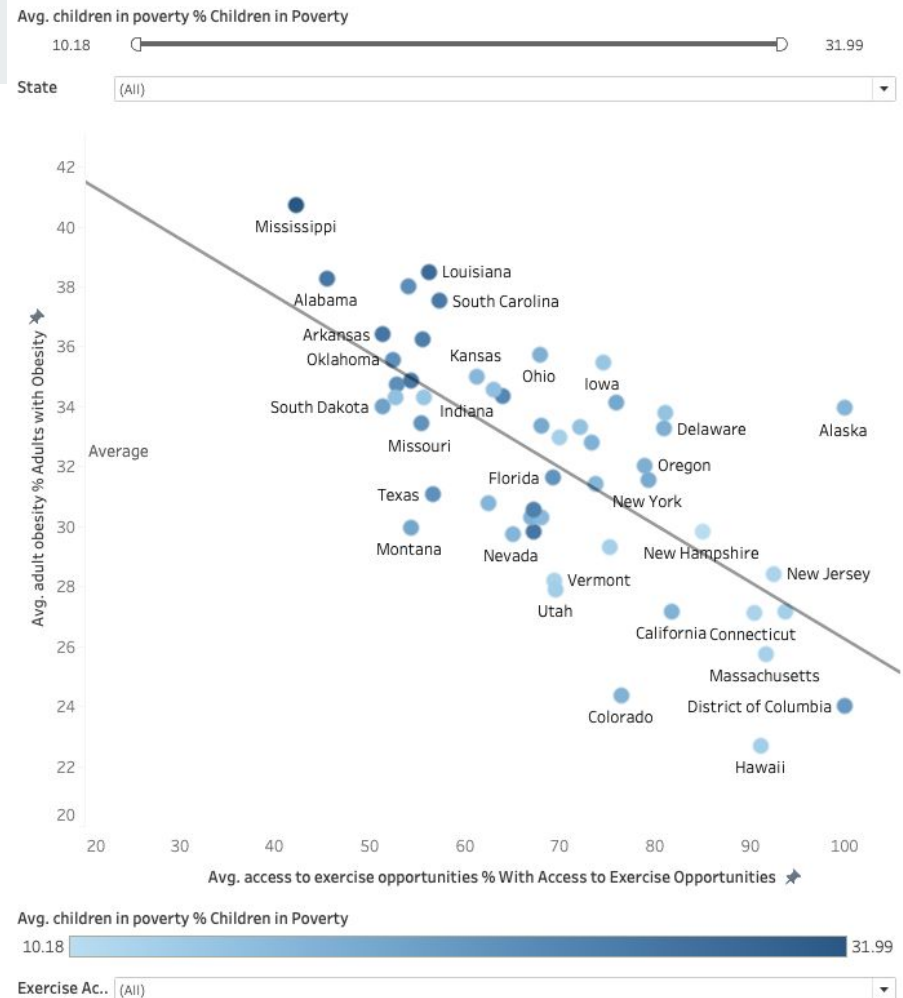
Identifying the Outliers

- Some communities defy expectations despite economic challenges
- "Positive outliers" like Florida and New Mexico breaking the pattern
- What makes these communities different?



Exercise Access – Intervention Point

- Communities with better exercise access show lower obesity rates
- Relationship holds regardless of income level
- Physical infrastructure may be more impactful than other approaches





From Data to Action

1. Prioritize physical activity infrastructure
2. Focus on high-impact communities
3. Integrate health impact assessments
4. Implement cross-sector collaboration

Data Sources

<https://www.countyhealthrankings.org/explore-health-rankings/rankings-data-documentation>

National data & documentation

2025 Annual Data Release

NATIONAL DATA	TREND DATA
2025 County Health Release National Data	2025 CHR CSV Trends Data
2025 CHR CSV Analytic Data	2025 CHR SAS Trends Data
2025 CHR SAS Analytic Data	2025 CHR Trends Data Documentation
2025 CHR CSV/SAS Analytic Data Documentation	
2025 Data Dictionary (PDF)	
2025 Data Dictionary (XLSX)	
2025 Comparability Across States	
2025 Technical Document	