

➔ STRATEGIES FOR A HEALTHY WEIGHT

Healthy lifestyles can keep you at a healthy weight, lowering your risk of developing other chronic diseases⁵. Talk to your doctor for more information.

MANAGE STRESS

High stress over time can lead to poorer health. Learning how to manage it can help⁵.

HEALTHY FOOD AND DRINK

Choosing healthy, balanced meals can help you reach a healthy weight⁵.

➔ CHOOSE LEAN PROTEIN

This includes 90%+ lean ground meats, bison, venison, and poultry without skin.

➔ EAT LOTS OF VEGETABLES AND FRUITS

Low in calories and high in fiber, vitamins, and minerals, these foods are important for overall health.



SLEEP

Getting enough sleep can help you reach a healthy weight⁵.

EXERCISE

Staying active can help you achieve a healthy weight. Moderate intensity activity, like brisk walking or biking is best⁵. Talk to your doctor before starting exercise.

➔ ADULTS: 30 MINUTES EACH DAY

➔ KIDS: 1 HOUR EACH DAY



Sources:

1. Oneida Community Health Center EMR data retrieved January 2025
2. 2022 CHA: Oneida Community Health Survey
3. U.S. Centers for Disease Control and Prevention. "Adult BMI Categories". Retrieved 2/6/2025. <https://www.cdc.gov/bmi/adult-calculator/bmi-categories.html>
4. CDC BRFSS 2023
5. U.S. Centers for Disease Control and Prevention. "Obesity Strategies: What Can Be Done". Retrieved 12/16/2025. <https://www.cdc.gov/bmi/adult-calculator/bmi-categories.html>



Chronic Conditions Data:

BODY MASS INDEX (BMI)

OVERWEIGHT & OBESITY INDICATOR

Community health assessment and electronic medical record (EMR) data from Oneida Community Health Center shared here provides information as of 2025 age 20 years and older.



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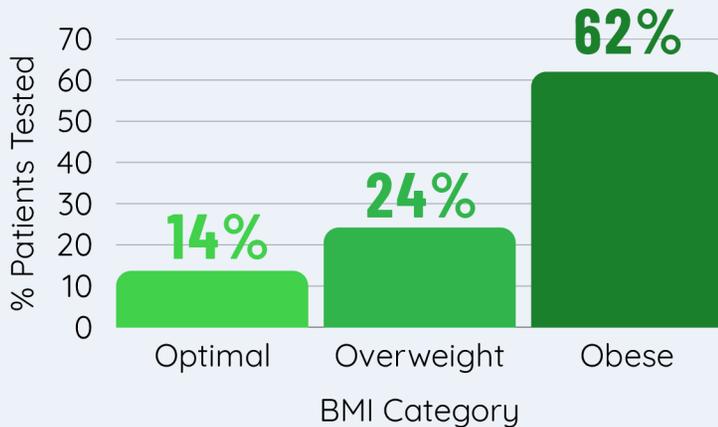
BMI: INDICATOR FOR OVERWEIGHT AND OBESITY

Body Mass Index (BMI) is a calculated measure of weight relative to height. Having a BMI outside the healthy weight range can increase a person's risk for certain health problems³. However, BMI is one potential health indicator and should be considered with other factors when assessing an individual's health.



BMI by Age Group

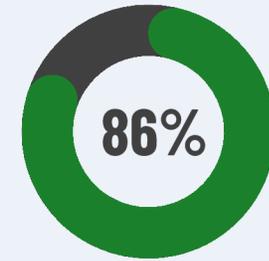
The age group with highest average BMI is age 40-49 years. The lowest average BMI is age 80+¹.



BMI by Category

About 62% of recorded BMI values were in the obese range and about 24% were in the overweight range¹.

Overweight or Obese



EMR data shows 86% of patients with height and weight taken at appointments have a BMI that falls into the overweight or obese range¹. This is greater than American Indian/Alaska Native rates averaging 73% in Wisconsin⁴.

Community Health Assessment (CHA) Data

Health surveys and focus groups provided direct feedback from the Oneida Community to better understand health needs². This information shows:

