

Howard County Health Statistics:

- 40.2% of residents rate their health status as very good. 30.7% - excellent, 22.5% - good, 6.6% - fair to poor
- 45% of residents are of normal weight, 37% are overweight, and 18% are obese.
- Only 28% of residents consume the recommended serving of 5 fruits and vegetables per day.
- Only 36% of residents meet the objective for moderate physical activity of exercise for 30 minutes or more per day, 5 or more days per week.
- Only 33% of residents meet the objective for vigorous physical activity of exercise for 20 minutes or more per day, 3 or more days per week.
- During the last 30 days, approximately 83% of residents say that they had leisure time activities that included running or walking.
- Of the employed residents surveyed, 79% mostly sit or stand at work. Only 14% held jobs that included walking.

Source: Behavioral Risk Factor Surveillance System, 2007