

# Section 4: Lifestyles

Lifestyle statistics for Kalamazoo County residents are presented in this section. Nutrition, physical activity, weight status, sun exposure and sleep in the population all provide information about the health status of the community. These areas can impact quality of life, the risk for developing chronic diseases, and the degree of morbidity due to chronic diseases. All are modifiable risk factors in which individuals can make behavior changes that positively impact their own health.

## 4.1 Nutrition

- 4.1.1 Fruit and Vegetable Consumption
- 4.1.2 Youth Nutrition Status

## 4.2 Physical Activity

- 4.2.1 No Leisure-Time Physical Activity
- 4.2.2 Moderate and Vigorous Physical Activity: Duration and Frequency
- 4.2.3 Occupational Physical Activity Level
- 4.2.4 Youth Physical Activity Status

## 4.3 Weight Status

- 4.3.1 Weight Status
- 4.3.2 Weight Control
- 4.3.3 Youth Weight Status

## 4.4 Sun Exposure

## 4.5 Sleep