QUESTIONS   RESPONSES 70
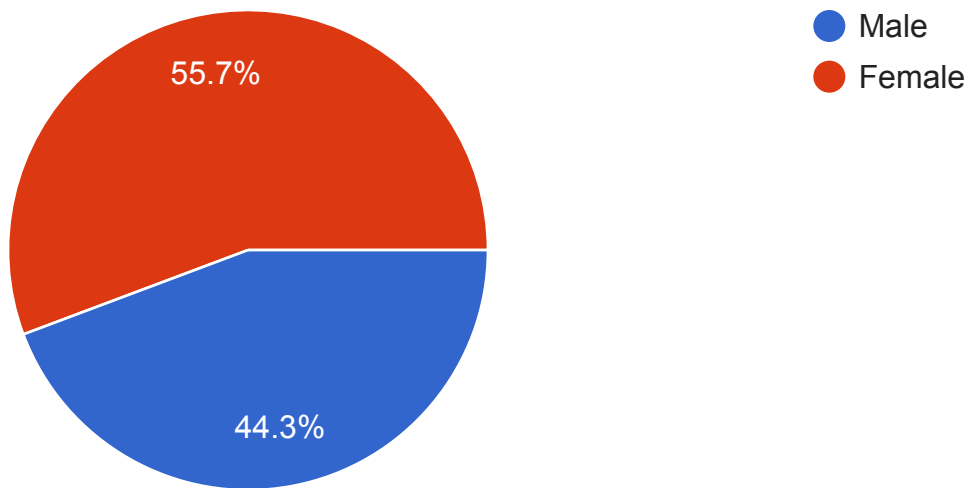
70 responses

SUMMARY	INDIVIDUAL

Accepting responses ⬤

Please select your gender: (70 responses)

- ⬤ Male
- ⬤ Female

55.7%

44.3%

Select your age range: (70 responses)

Please describe or define obesity in your own words: (70 responses)

fat

fat

fat

fat

fat

Fat

Fat

Fat

Fat

Overweight

Overweight

Overweight

Overweight and unhealthy

Overweight and unhealthy

too fat

too fat

very fat

very fat

Being over weight.

Obesity means that your weight is higher than what it is recommended for your height and weight (BMI).

Obesity is the result of poor eating habits and the lack of activity in ones lifestyle

Obesity is when a person is over weight.

Obesity is similar to diabetes, but obesity relates to eating too much, gaining weight, and then just keeping that weight because of lack of physical activity.

Obesity is having a weight that exceeds the max.

Obesity is to have an unhealthy amount of body fat that hinders your well-being.

Being unhealthy overweight

Significantly over the weight indicated as healthy for your bone,muscle mass and height.

Being overweight and unhealthy

a person that is overwaight

Obesity is when your weight is way higher than it's supposed to be.

When you're over your normal weight. The excess weight can affect your physical and emotional state of well-being.

being overweight but beyond.

Poor eating habits

Weight does not match a persons height.

Overweight to the point where it significantly increases health problems related to weight.

over average weight

optimal 24% I eat a lot 4000+ calories a day but exercise a lot too. I eat a lot of sweets too, but not liquid sweets (soda and teas)

Being over weight or weighing over the body mass index chart.

An unhealthy amount of fat, sugar, etc. in a person's body causing them weigh more than they're supposed to

Obese is being far more overweight than your ideal weight leading to illness

No control over the things you eat

A level of body fat that is unhealthy I don't recall the percentage. Maybe 28% and up

Too much fat in your body

Overweight for your age

Having too much fats in your body

A nonstop eating habit

Someone who has bmi higher than 29%

Too much fat

Obesity is used to define a physical condition when an individual's weight and body mass index is 25-30%

When you eat more than you should. Not exercising, couch patato

Being overweight with a problem controlling food intake

Unhealthy overweight individual

Eating habit, lifestyle

Being overly unhealthy and at risk of diabetes

A person that is overweight for their height

An individual who has an overweight issue

High bmi and fat percentage

BMI>30

Left in the past but not forgotten

Very fat, wide

Not healthy

too much fat

too fat and heavy not healthy

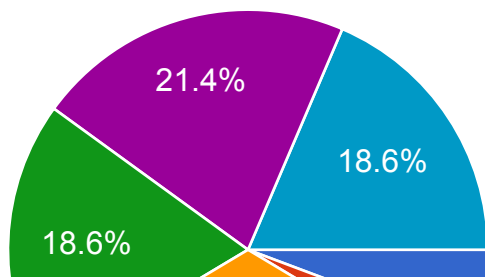too fat and unhealthy

high vmi

too heavy

too fat and heavy

too fat and not fit

unhealthy weight

Take a look at the BMI Chart above and indicate which category you fall into: (First find your height, then your weight in range according to the color code category)

(70 responses)

Legend:
- Severly Underweight < 17.5
- Underweight: 17.5 - 18.4
- Optimal/Normal Average Weight: 18.5 - 25
- Overweight: 25.1 - 30
- Obese 30.1 - 40

21.4%
18.6%
18.6%

Do you think obesity is a serious issue in the CNMI? (70 responses)

- Yes
- No

95.7%
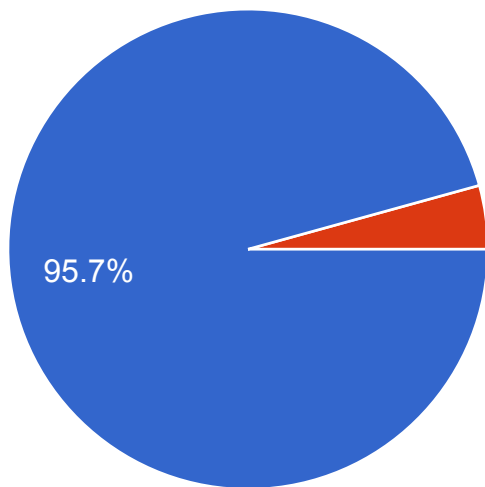
Please explain why you think obesity is a serious issue in the CNMI, or why not?

(70 responses)

It is a serious issue here in the CNMI because our locals like to eat and yet they don't move as much!

Some of our people are still eating unhealthy due to lifestyle and are not doing some type of physical activity to balance the food intake and the energy output.

Everyone is more immersed in technology today that they don't go out and play sports or care much about their health

Well, I think that Obesity is a serious issue in the CNMI because now a days even the younger generations are overweight. When I say younger generations, I am also including children who are only toddlers.

I think it is a serious issue because of the lifestyle. People are constantly eating and eating..and not doing anything after that. It's sad to see people becoming overweight or suffering the consequences of one of life's pleasures (eating), when it is something you can control.

Rates of obesity are rising and the issue seems to be ignored. People of the CNMI have a high consumption on foods with high sodium and cholesterol, like Spam, which can greatly trigger obesity.

I think its an issue because of the cause of obesity. It's quite normal to have big bodies in the Pacific Islands, and it is even considered a culturally good sign. However, if the cause of obesity is unhealthy food and poor exercise, then such habits are not good for our bodies.

Causes many very serious health problems

It is clear when out in public places the average person is generally overweight and children, teenagers, young adults and older adults are often overweight. In other words, weight issues do not just plague those that are working.

In my opinion, locals are naturally big-boned so that doesn't make them obese.

because people that are fat die from hard breathing and can't go running

Because the Saipan people love their aircon! We stay indoors too often and don't get enough exercise daily.

Many deaths due to complications from obesity

Obesity is a serious issue. Although, we are aware of it, parents can not affort to buy and prepare healthy menu to their family. Habits are hard to break and with the tradition on the island (weddings, funerals, BBQs,), it's hard to watch what you eat!

because people created the word obese. also because food is good.

It is because they don't eat food that are healthy for them.

Healthy food is very expensive so families buy can goods instead.

There are a lot of obese people and there is a lot of diabetes.

Surrounding local friends are mostly over weight

Most people are debilitated, and dying much faster than if they would make simple changes to their diet and exercise 60-90 minutes a day.

Cause it leads to diabetes or other health diseases.

There are too many gaining weight and not really doing anything about it. Some kids, younger than me are bigger and that is not good for their health if they want to live longer or move more flexibly.

Eating habits

Lifespan decreases by about 30%, a lot of young people getting such

Spam because it tastes good with sushi and fried rice

There are morbidly obese people, poor nutrition, diabetes and related health issues. NCD prevention is essential

It is a very serious issue because people lack motivation and they just don't have the knowledge of getting fit and healthy

Cause lots of health issues, healthy food is important

High sodium

As a nursing student, this issue is important. Many people at CHC that are sick are overweight and obese

People eat a lot and don't exercise majority of people here are obese

Most people now don't care to watch what they eat

It causes diabetes

Because a lot of people eat unhealthy foods

Obesity stems from poor diet and a general lack of knowledge of good nutrition, diet plays a much larger role than exercising reducing weight

To many people eat too much and don't exercise

It is an issue because it effects your health and life longevity. It becomes serious when it runs in the family and then passed down to the next generation.

It is very serious reality in which obese individuals will be subject to increased health costs and a shortage in lifespan.

Health concerns

Due to the fun lifestyle locals believe that is the true way of living

Extensive obesity in population leads to circulatory problems and diabetes

Obesity is a serious health risk that comes with severe consequences like heart disease and maybe even cancer

In my opinion, obesity is an issue because it contributes to laziness

Honestly I don't really care if they're obese because it's not our fault they stay that way. Even how much I try to motivate them, lecture them about it they won't listen. Since I'm optimal, I'm alright, I know what I'm doing.

Young kids growing obese unhealthy

Because of the amount of people I see at the hospital that have disorders and illnesses because of obesity

Obesity is considered normal not the serious health risk that it really is

It is because people eat more and drink more than they exercise. Lack of motivation

Because type 2 diabetes is a serious issue here in the cnmi and the majority of our diabetics is due to obesity

Obesity is a very harmful state and can lead to diabetes

Food with salt

Depends on the person

many people eating unhealthy food/lack of exercise

many people don't exercise and eat bad

many people dying from disease because they are fat

not enough awareness and discipline

people always eat out or too much..lack awareness of portion

its up to them to eat

eating

eating too much canned food

fast pace life

too much fatty food

too much people eating fast food

because many are not healthy

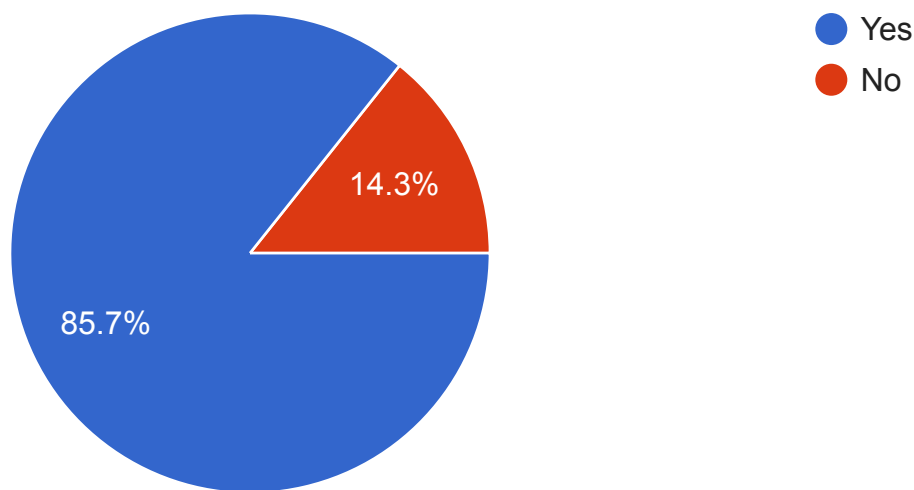nobody knows how to loose weight and keep it off

many people have not enough time to exercise

life is hard..no time to eat good. healthy food is expensive

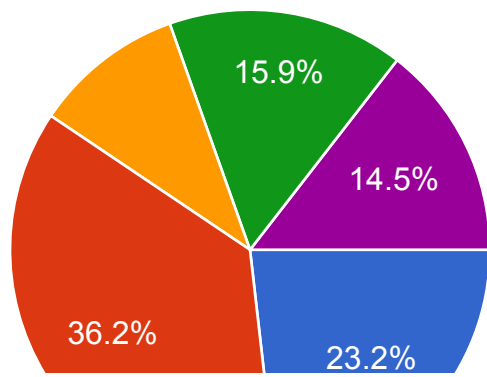too much unhealthy food on the island

because i am obese too and many are

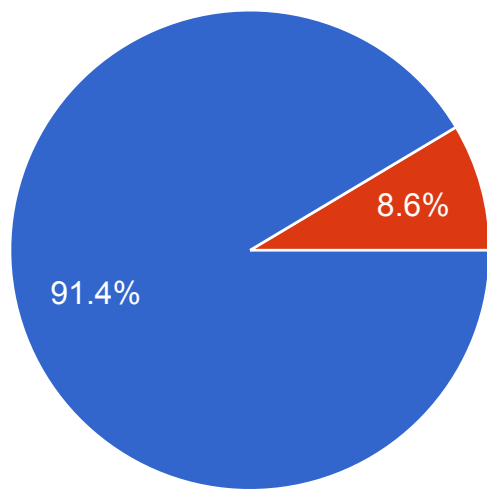## Do you have family members or friends who are obese? (70 responses)

- Yes
- No

14.3%

85.7%

How often do you eat fast-food or eat out at restaurants? (This question is optional and does not need to be answered.)

(69 responses)

Legend:
- 0 times a week
- 1-2 times a week
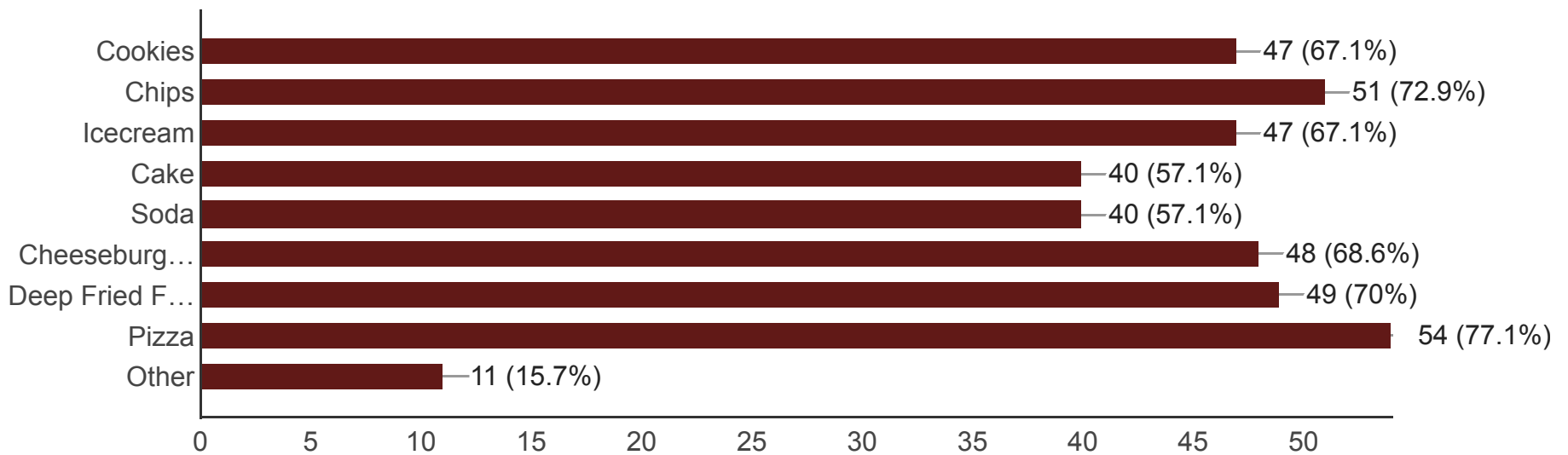- 3-4 times a week
- 4-6 times a week
- 6 or more times a week

Pie chart values: 15.9%, 14.5%, 23.2%, 36.2%

Do you eat any type of junk food or unhealthy snacks/food? (70 responses)

Legend:
- Yes
- No

Pie chart values: 91.4%, 8.6%

Please check any of the following items of junk food or fast-foods that you consume. Check all that apply:

(70 responses)

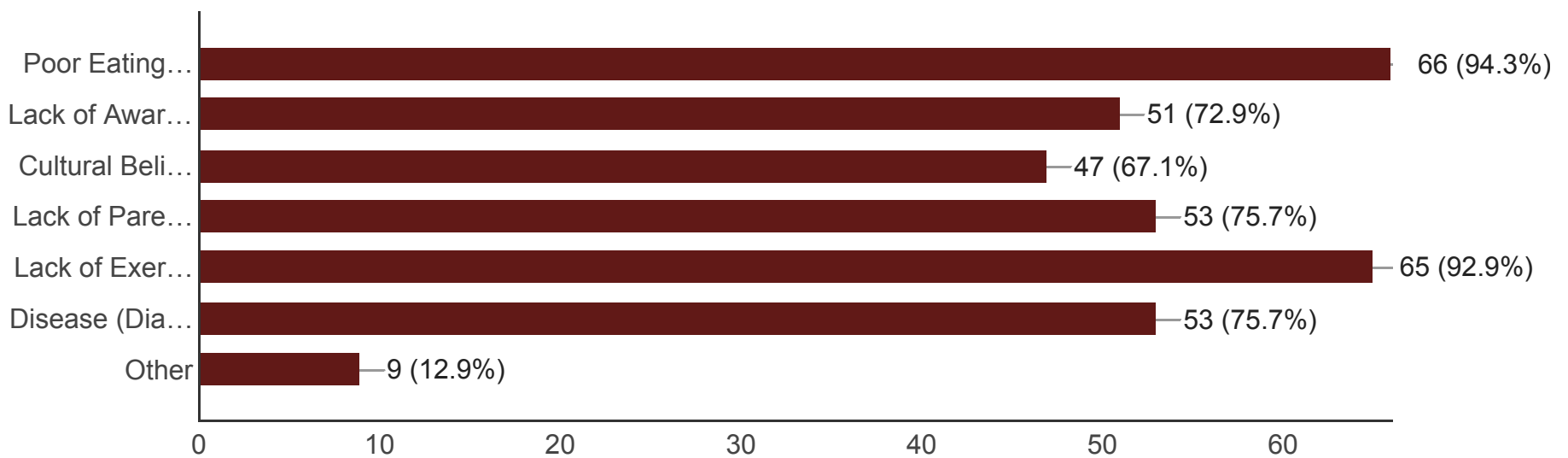| Item	Responses
Cookies	47 (67.1%)
Chips	51 (72.9%)
Icecream	47 (67.1%)
Cake	40 (57.1%)
Soda	40 (57.1%)
Cheeseburg…	48 (68.6%)
Deep Fried F…	49 (70%)
Pizza	54 (77.1%)
Other	11 (15.7%)

How often do you exercise? (70 responses)
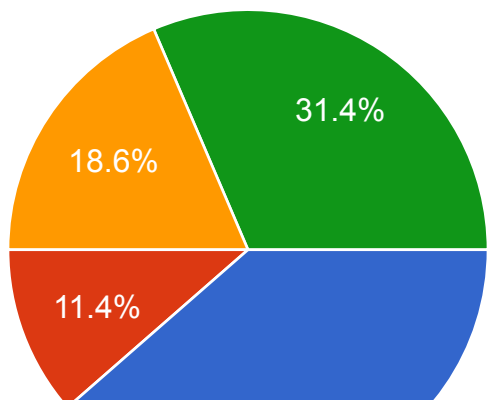
- 0 times a week
- 1-2 times a week
- 3 times a week
- 4 or more times a week

31.4%
18.6%
11.4%

Place a check next to each category if you think it has an influence in being obese or links to obesity. Check all that apply:

(70 responses)

Category	Value
Poor Eating…	66 (94.3%)
Lack of Awar…	51 (72.9%)
Cultural Beli…	47 (67.1%)
Lack of Pare…	53 (75.7%)
Lack of Exer…	65 (92.9%)
Disease (Dia…	53 (75.7%)
Other	9 (12.9%)

Rate your daily schedule or prioritization of work/family and other outside influences on a scale of 1 to 5 on how it affects your lifestyle (in the way you eat, sleep, exercise) from 1 being not at all to 5 being extremely:

(70 responses)

	Value
1 (Not at All)	3 (4.3%)
2	6 (8.6%)
3	16 (22.9%)
4	15 (21.4%)
5 (Extremely)	30 (42.9%)
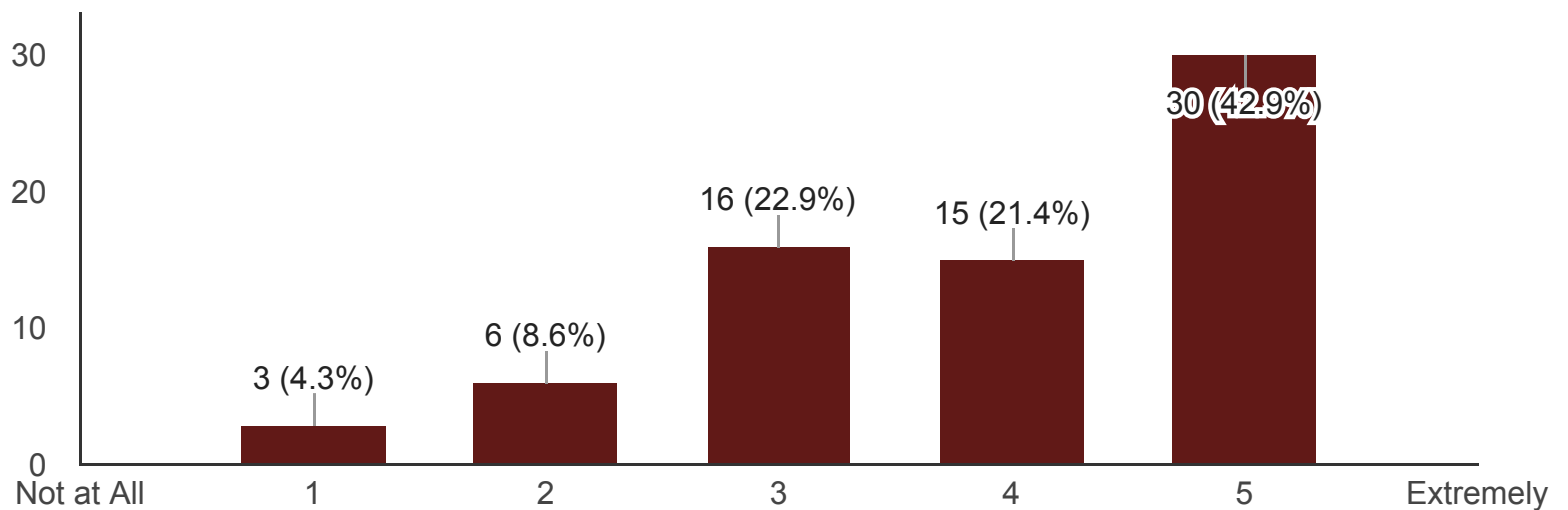
What are some places that you know that may help people who are

struggling with obesity?

(70 responses)

hospital

hospital

hospital

hospital

hospital

hospital

hospital

None

None

None

Golds gym

Golds gym

Golds gym

Cross fit

Cross fit

gym

gym

Public Health, Public School System

Public heath and gyms

the gym

CHCC or Clinics

Health center or even physical fitness centers

Fitness groups and health and nutrition

The gym, the school system, government programs

Gym?

The gym, clubs, sporting activities and exercise events i.e. yoga, karate

The gym

gym

Gold's Gym, or the hospital

NMC, PSS

I don't know. I'm struggling.

None.

Dietrisian people at clinics

N/A

churches? government organizations? hospital?

Actually, i don't know anyplace like that in the CNMI.

Walking as a family for 30 mins and building up to an hour each day on Beach path, AMC, Kagman trail, or airport. . Join sports activities. Train as a fighter for some "cage fight." Cut tanggan tanggan for several hours, garden or work the ranch.

Hardt Eye Clinic classes for pregnancy with gestational or DM diabetes.

I do not know at all

Golds gym or simply running along the beach

Not sure on island

Gym everyday, jog in the morning, workout buddy, diet

Stay active, exercise

Health clinics

Hospital

Gym

O.V.R

Gym,home

Friends and family members who lead a healthy lifestyle and maintains a healthy weight. They're the ones to help encourage others

Golds gym, sporting, swim, organizations, farm, healthy restraints, swim, clubs, school

Golds gym, get fit cnmi, latte built, the shack subway caravan

Golds gym get fit cnmi

Recreational centers such as basketball courts, public gyms, tracks, sidewalks

The hospital, most people don't think hard about their weight until the doctor tells them so

Golds gym, CHC dietician

Doctor, nutritionist, gym, and athletes

Gyms could help

City recreational center

The doctors office

Golds gym, tropical blends resteraunt

Hospital, dialysis center

Golds gym, latte built,and a clear mind that wants to lose it

duh

wic

pharmacy

gym hospital

hospital gym

wic hospital

Please list down types of recreations that can be created or built that you think will help or prevent obesity in the CNMI:
(70 responses)

free gym

free gym

free gym

free gym

Fun run

Fun run

Zumba, Sports, Bigger Loser,

If not daily then weekly health walks or fun activities that will get the entire family involved.

free public swimming pools, more gyms that doesn't require you to be a member or require a membership fee, more basketball courts, more tennis courts, wider pedestrian lanes for jogging

Im not sure of this

Maybe a youth health center that can have info sessions or do occasional BMI testings.

As mentioned, fitness groups to make the people active.

Swimming pool, a local sports center that is free and open most of the day

More of nice and safe walking pathways, bicycle path

Time off of work to exercercise, built in activities at school and work that promote exercercise. A public pool. An airconditioned recreational area for walking or jogging.

Implement a proper nutrition program in schools so kids are aware of the issue at a young age
Make sure P.E. classes have complete & proper equipment available for students

IDK

A community center open to the public that has stations for activities. Like a basketball court, tennis court, field for running and stretching. To promote more exercise in the community they should hold monthly events or competitions.

Community gyms

implement sparks at school, do exercise indoor or outdoor, walkathons,

FREE gym access with elliptical machines, treadmills, weights,

More awareness on the subject and what preventions will work in the CNMI.

Side walks all around and dogs need to be tied up.

more walking paths

More hiking or jogging groups or clubs, more sport events.

Adult swim clubs, adult walking clubs, adult exercise classes, Biggest Winner, longest lifestyle changes, healthy restaurant choices. FUND after-school programs for students. Summer day camps for kids.

The walking/jogging while talking, singing , or cadence could be the cheapest to implement. USE the Buddy/Gachong system to get people to walk or work out together. Telephone tree with your buddies/gachongs/amigas calling each other. "to be their at 5 p.m. for an hour of walking, bicycling, swimming." I guess you might call it a "support group" to keep going when a person or friend feels like crap after work, but

deep down knows 95% it will make them feel better after the exercise. Maybe make it a competition to get teams/families to make their quota.

Anyway, I talk plenty, but so sad to see my friends and colleagues losing their toes, legs, kidney function due to poor diet and exercise. Then to read their death notices when they don't even make 50. Most of the generation born in the 20s and 30s are outliving the middle aged who were born after 1955. WTF!

Encourage others to walk regularly, share information about diabetes and how to prevent it, invite them on walkathon or fun run event in the CNMI.

More gatherings for families but like a field day.

Free athletic/gym center with daycare

Wellness clinics and outreach programs

More programs like sports and get fit marianas

Biking, walking paths Elementary P.E. Everyday

Free classes once a week

Tennis swimming walking path

Bigger parks

More public Zumba and group exercises and gyms with lower fees

Discipline classes like Zumba or walkathon a or just walk a pathway daily. Be consistent

1 day a week dedicated to working out or some physical activity

Walking, running, swimming, biking programs that allow our community to come together on a week basis to exercise together

Run, walk, bike swim

Outdoor activities, biking, weight loss challenge

Island wide sidewalks that stretches along coastal areas

Volleyball, basketball courts, public gym, more sidewalks, ect.

People need to get their heads out of their asses and consider their lives carefully. Fun doesn't have to be food and alcohol. Living a long life is fun

Walking exercise classes parks

More gyms

A gym

Subway

City recreational center

Gym, running, walking, playing with your kids outside and interacting

Group exercise that is fun, simple workout, encourage social interaction, folk dancing

Lowered price gym memberships

Walking jogging groups

Workout programs, nutrition education programs community calisthenics

Walk run bike group activities

Cross fit gyms

more sports

more active events

encourage more active sports and free participation

more physical activities for people to go out to and join

more physical fun activity

free events

more activities for the community

more awareness and promotion

free activities for exercising

more awareness and activities for people to come to

free gymnasium

more places to join and exercise that is not expensive or reasonable price

more recreational facilities for exercising