**Background**

* Methodist Le Bonheur Healthcare conducts a Community Health Needs Assessment every three years to understand what our region's health needs are and ensure they are met.
* Cancer and heart disease were identified as the top two causes of death in Shelby and DeSoto County. Obesity can be a contributing factor to these two diseases.
* Memphis bears the challenge of being the second heaviest city in our nation. We can play an important part in changing our future.
* Our physical health can be tied to our spiritual wellness, and our community is crying out for help. Every one of us knows someone touched by cancer or heart disease.
* Join us in participating in Healthier 901, a community-wide initiative with the goal of preventing obesity-related diseases and empowering individuals to take control of their health.
* Together, we can make a difference and save lives among our family, friends, neighbors and community members.

**The Challenge**

* Healthier 901, powered by Methodist Le Bonheur Healthcare, urges Mid-Southerners to collectively shed one million pounds over three years.
* In addition to Methodist Le Bonheur Healthcare, this important initiative is anchored by community pillars like Cigna Healthcare, Action News 5, Nike, Kroger, the YMCA of Memphis and the Mid-South and others.
* This initiative is not solely about numbers on a scale, but also about trying to prevent heart attacks, to lessen the odds of cancer diagnoses, and spreading hope that will save lives.
* The Healthier 901 challenge is open to everyone in our community, even if you don’t need to lose weight but simply want to focus on a healthier life.

**Healthier 901 App**

* The free Healthier 901 App is now available, giving you access to a calendar of community events, challenges, and a social hub to foster support and encouragement. It will also serve as an accountability partner.
* To access the app, download the Healthier 901 app from the Google Play Store or App Store for iPhones and create your account.
* Those who participate in the Healthier 901 challenge by registering for a free account will be eligible to win prizes from Healthier 901’s sponsors, like Nike shoes or membership to popular local fitness centers and other healthy lifestyle items in a monthly drawing announced on Methodist Le Bonheur Healthcare’s social media channels and on Healthier901.com beginning in September.

**Facts and Figures**

* Nearly 1 in 3 adults are overweight, with more than 2 in 5 having obesity. (Source: NIH)
* About 1 in 6 children are overweight, with 1 in 5 having obesity. (Source: NIH)
* The estimated annual medical cost of obesity in the United States was nearly $173 billion in 2019. Adults with obesity face much higher medical costs on average $1,861 higher annually than those with healthy weight. (Source: CDC)
* Health conditions related to obesity include heart disease, stroke, type 2 diabetes and certain types of cancer – all among leading causes of preventable, premature death. (Source: CDC)
* Other obesity related health issues can include high blood pressure, high cholesterol, joint issues and breathing problems like asthma and sleep apnea. (Source: CDC)
* Among regions in the United States, obesity is most prevalent in the South, where 36.3% have obesity. (Source: CDC)
* Losing weight, even 5 percent of your body weight, can reduce the risk for obesity-related conditions. (Source: CDC)