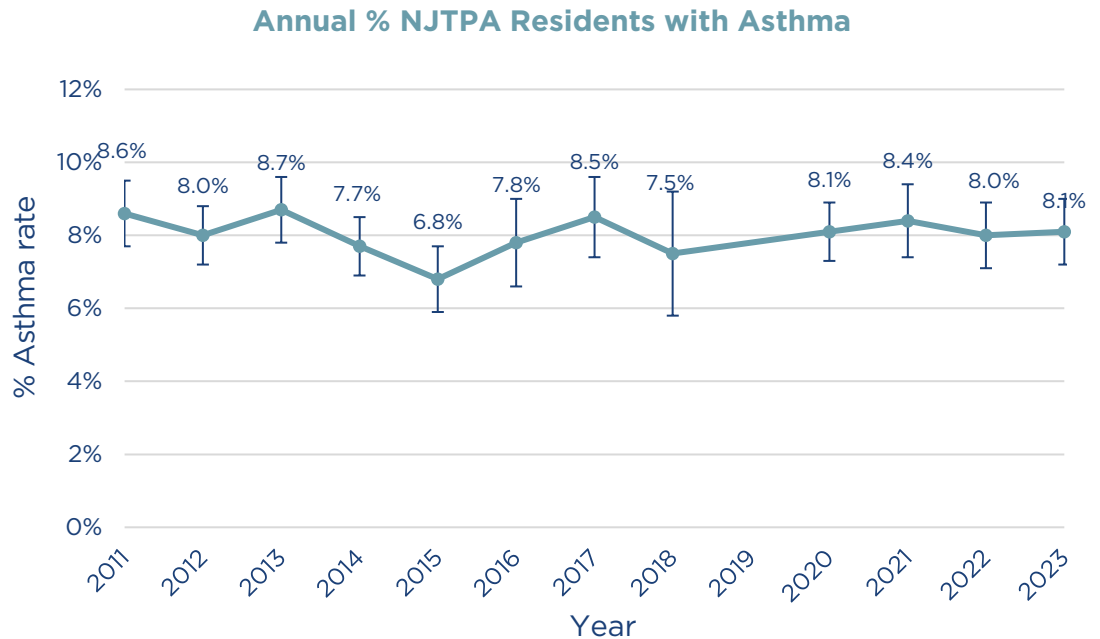


# Regional Performance Measures

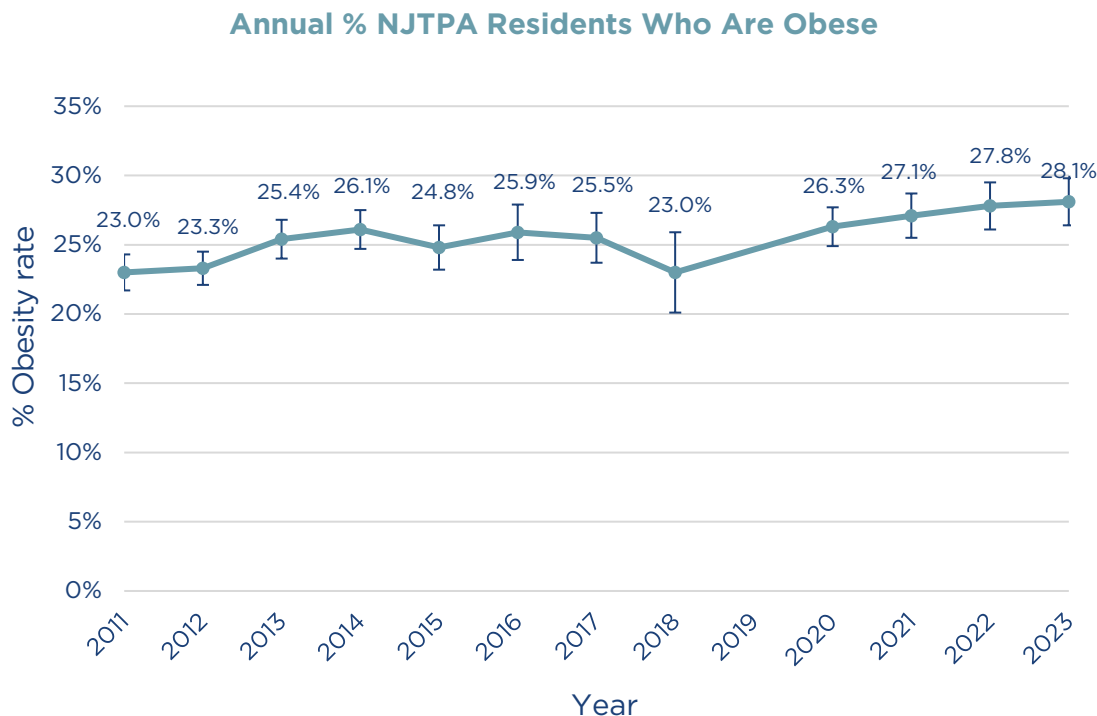
## Healthy Living Performance Measures: How healthy are NJTPA residents?

### What is the asthma rate?

Asthma causes air flow blockage and breathing related difficulties in people. Current asthma rates could indicate poor air quality. Asthma rates are derived from the annual New Jersey Behavioral Risk Factor Survey. Rates are developed for each county and for the NJTPA region.



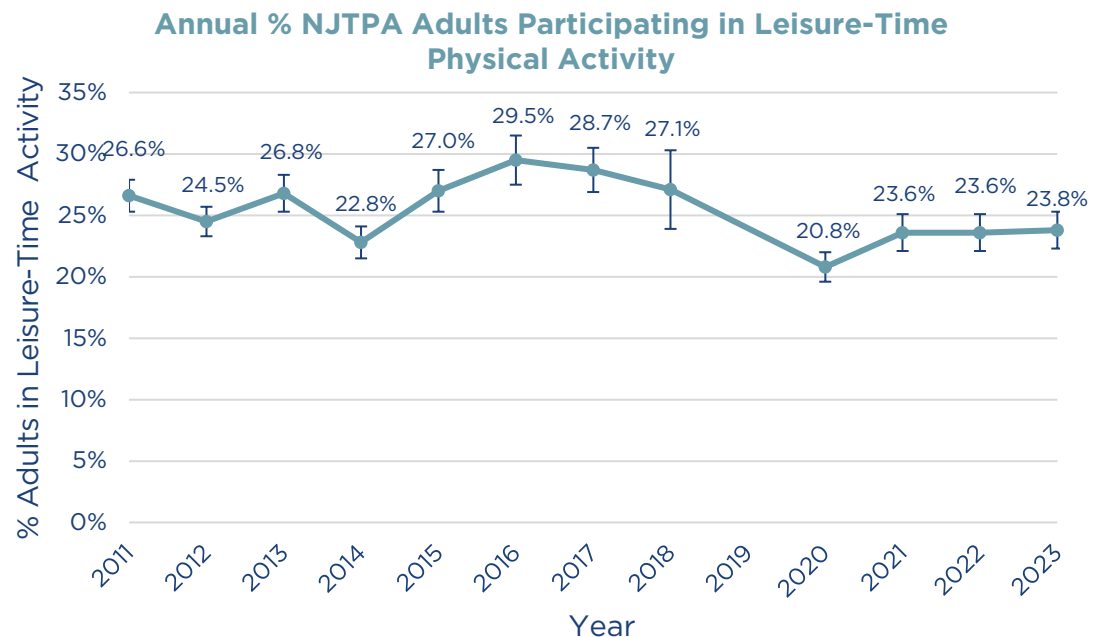
### What is the obesity rate?



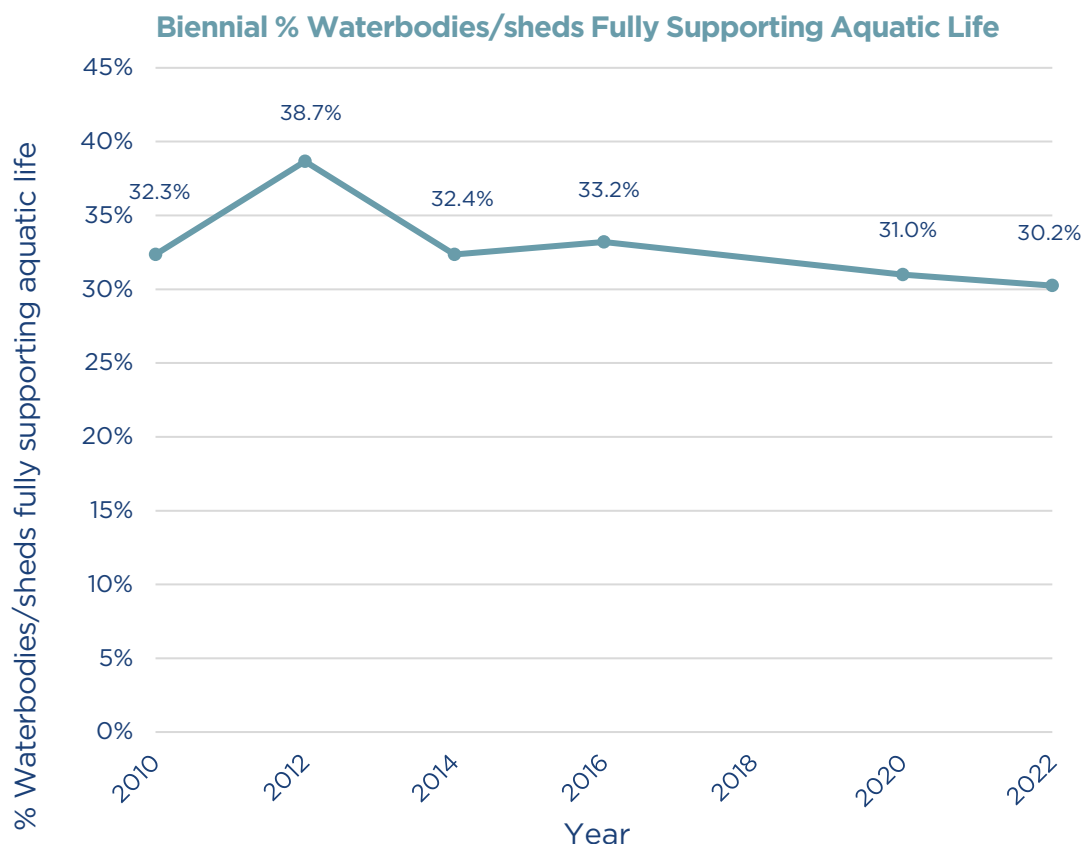
Both adults and youths who are obese are at an increased risk of many health problems. Obesity is defined as having a Body Mass Index (BMI) of 30 or more. Obesity rates for residents aged 18 and older are derived from the annual New Jersey Behavioral Risk Factor Survey and, like the asthma rate, are developed for each county and for the NJTPA region.

## How much leisure-time physical activity occurs in the NJTPA region?

Adults were asked by the New Jersey Behavioral Risk Factor Survey if they participate in physical activities like running, calisthenics, golf, gardening, or walking. Those who report some level of activity are used to calculate a weighted average for the NJTPA region.



## Do waterbodies and watersheds support aquatic life?



The health of aquatic ecosystems affects many of the other ecosystems found in the NJTPA region and has implications for human health. The Biennial Integrated Water Quality Monitoring and Assessment Report is conducted by the New Jersey Department of Environmental Protection. It measures if water quality fully supports or does not support aquatic life.