

CHOCTAW LIVING

STUDIES CONTINUE TO SHOW HEALTH-WEIGHT LINK

Alabama still ranks high in obesity, diabetes

■ *State Department of Public Health highlighting November as National Diabetes Month*

By Dee Ann Campbell
Sun-Advocate Publisher

MONTGOMERY, BUTLER – The State of Alabama remains one of the ‘fattest’ states in America, according to a recent survey of obesity rates in the nation, and the state also ranks high in the numbers of residents struggling with diabetes.

According to a recently-released WalletHub study, the state ranks 4th in the nation when it comes to the percentage of adults who are considered obese, listed behind the states of West Virginia, Mississippi, and Oklahoma, respectively. Alabama also gained poor rankings when it comes to health issues that are often related to weight.

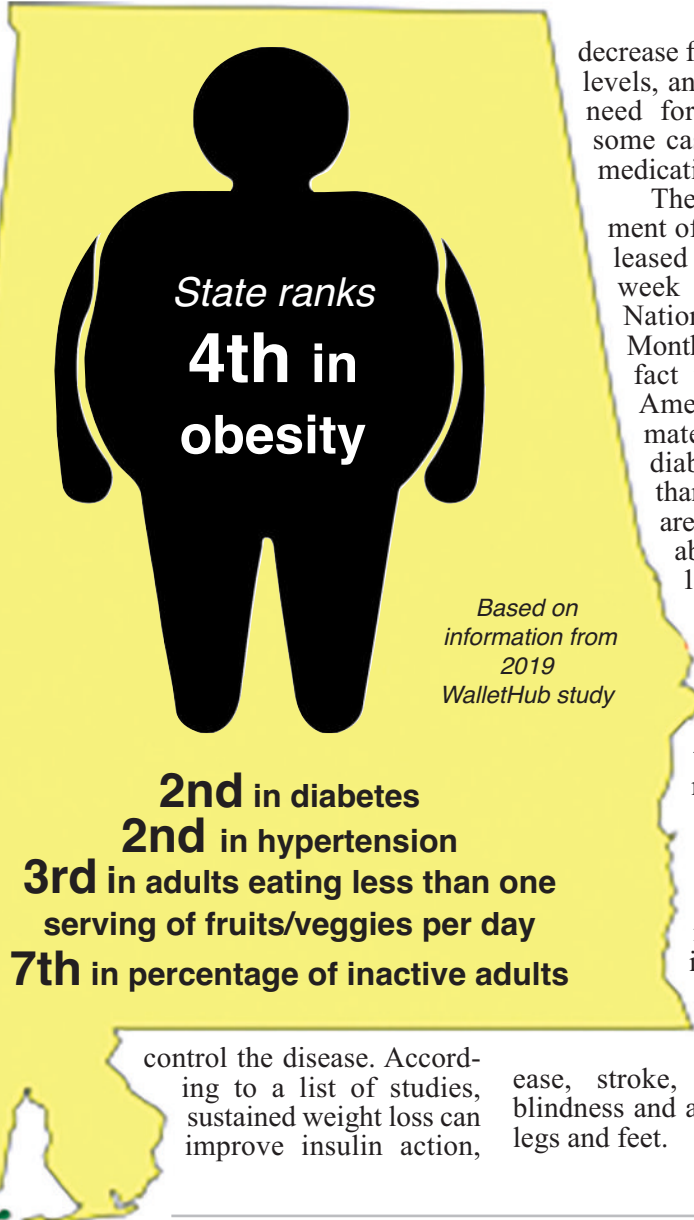
Like other areas of the state, Choctaw County also has a high obesity rate, according to data from the Robert Wood Johnson Foundation, which also produces health rankings for state and individual counties. The county’s obesity rate, as of 2015, was 40.20%.

The study ranked all 50 states

and the District of Columbia based on a list of metrics measuring obesity, overweight factors, exercise and eating habits, and health problems that are often related to obesity.

The study showed that Alabama is ranks 2nd in the nation in the percentage of adults with hypertension – and 2nd in the percentage of adults with Type II diabetes. Only West Virginia ranks worst in that measurement.

Diabetes and weight often go hand-in-hand. According to figures from the U.S. Centers for Disease Control (CDC), about 30% of overweight individuals have diabetes and 85% of all diabetics are overweight or obese. Weight can also be a factor in how much the patient struggles to



decrease fasting blood sugar levels, and even reduce the need for some – and in some cases all -- diabetes medications.

The Alabama Department of Public Health released a statement last week in observance of National Diabetes Month, highlighting the fact that 30.3 million Americans are estimated to suffer with diabetes and more than 84 million adults are prediabetic. In Alabama, an estimated 14.5% of adults reported having been diagnosed with diabetes, not counting those with gestational (pregnancy-related) diabetes.

The ADPH said that diabetes was the 8th leading cause of death in Alabama in 2017, and is a leading contributor to heart disease, stroke, kidney damage, blindness and amputations of the legs and feet.

The numbers of overweight and obese Alabamians can also be linked to dietary habits. The study showed that the state is 3rd in the nation in the percentage of adults eating less than one serving of fruits and vegetables per day.

Residents in Louisiana have the highest percentage of adults eating less than one serving of fruits and veggies, while Vermont showed the lowest.

Kids are not immune to the obesity problem in Alabama. The study showed that the state ranked 26th in the percentage of overweight children, and 10th in the percentage of kids who are considered obese.

The State of Mississippi ranked at the top in obesity among kids, with Minnesota listed as having the lowest percentage.

The obesity rate in the state is linked, at least in part, to the overall inactivity of adult residents. According to the WalletHub study, the state ranks 7th in the nation in the percentage of physically inactive adults.

The State of Kentucky showed the highest percentage of inactive adults, and Washington posted the lowest percentage.

According to Robert Wood Johnson Foundation data, the physical inactivity rate in Choctaw County was 34.80% as of 2015.

Lisman to hold parade on December 14

By Dee Ann Campbell
Sun-Advocate Publisher

LISMAN – The Town of Lisman has announced plans for its annual holiday celebrations.

The Christmas parade will be held on Saturday, December 14, with line-up be-

ginning at 10 a.m. The parade is set to begin at 11 a.m.

This year’s parade route will begin on Commerce and Broad St. to Crowell Dr. (Hwy. 10) and ends on Municipal Dr. at the Lisman Municipal Complex.

Individuals, organizations, and businesses may enter floats, cars, vans, trucks, horses, motorcycles, four wheelers,

groups, etc. No entry fee will be required. Vendors are also welcome to set up during the day of the parade. Deadline for all entries will be Friday, December 13 at 4:00 pm.

For additional information, contact Lisman Town Hall on Mondays, Wednesdays, or Fridays between the hours of 8:00 am to 4:00 pm at 205-398-3889.

Kids Fitness Camp to be held at Butler library

By Dee Ann Campbell
Sun-Advocate Publisher

BUTLER – Local kids are invited to take part in an event designed to encourage fitness and good health.

The Choctaw County Public Library will hold a free Kids Fit Camp on December 3 and 10 at the Butler branch. The event is open to kids age 5 to 12 years.

The camp will feature local fitness

trainer Libby Singley who will work with participants to provide exercise and fitness information.

Space is limited, and parents are urged to sign up their kids by calling 205-459-2542.



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CHOCTAW County Yr 2018-2019 Combined Statement of Revenues & Expenditures September 2019

Governmental Fund Types					Proprietary Funds		T & A	
	General	Special Revenue	Debt Service	Capital Projects	Special Assessment	Enterprise Internal Service	Trust & Agency	Total
REVENUES								
410 TAXES	1987683	3381273						5368956
430 LICENSES AND F	1747							1747
440 INTERGOVERNMENT	597361	2261016		280			5986	2864643
450 CHARGES FOR SR	474565	4395					3715	482675
460 FINES AND FORF								
470 MISCELLANEOUS	141102	159274	4910	26			200	305512
TOTAL REVENUES	3202458	5805958	4910	306			9901	9023953
EXPENDITURES								
510 GENERAL GOVERN	2054444	424388					17453	2496285
520 PUBLIC SAFETY	1283697	80627						1364324
530 HIGHWAYS AND R	3776	3498304		192092				3694172
540 SANITATION	572497	1310003		7827				1890327
550 HEALTH	26334							26334
560 WELFARE	10500							10500
570 CULTURE AND RE	16214							16214
580 EDUCATION	67358							67358
590 DEBT SERVICE	119928	6500	605521	313714				1045663
TOTAL EXPENDITURES	4154748	5319822					17453	10611277
EXCESS OF REVENUES OVER((-) UNDER (-) EXPENDITURES								
	(952290)	486136	(600611)	(513327)			(7552)	(1587644)
OTHER FINANCING SOURCES (USES)								
611 OPERATING TRAN	856060	493193	601967	100				1951320
612 OTHER FINANCING	350019	985726	909219	1619249				3864213
621 OPERATING TRAN(-)	58543	(1892677)	(2597)	(979400)				(2933217)
TOTAL OTHER FINANCING	1147536	(413758)	1508589	639949				2082316
EXCESS OF REVENUES AND OTHER FINANCING SOURCES OVER((-) UNDER (-) EXPENDITURES AND OTHER FINANCING								
	195246	72378	907978	126622			(7552)	1294672
BEGINNING FUND BALANCE								
October 1, 2018	727001	4779078	242136	422808			32863	6203886
TOTAL RESIDUAL EQUITY								
ENDING FUND BALANCE								
September 2019	922247	4851456	1150114	549430			25311	7498558

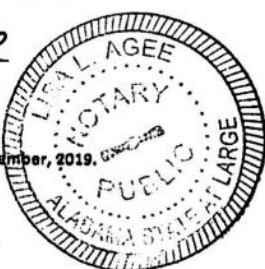
Bonds payable-Series 2011	36,890.00
Various Interest rates 4.4%-6.5%	
Bonds payable-Series 2017	2,660,000.00
Various Interest rates 2.45%-3.8%	
Bonds payable-Series 2017-A	2,055,000.00
Interest Rate 1.6%-3.50%	
Bonds payable-Series 2017-B	2,010,000.00
Interest Rate-1.9-3.65%	
Bonds payable-Series 2019	1,135,000.00
Interest Rate-1.5-3.00%	
Book Estimated closure costs for landfill	2,322,928.55

I, Jessica K. Hare, County Administrator, Choctaw County, Alabama, do hereby certify that the above and foregoing is a true and correct statement of the financial condition of Choctaw County, Alabama, as of September 30, 2019 according to the best of my knowledge and belief.

Jessica K. Hare
Jessica K. Hare, County Administrator

Sworn to and subscribed before me this 22 day of November, 2019.

David L. Agee
NOTARY PUBLIC



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