

Overweight or Obese

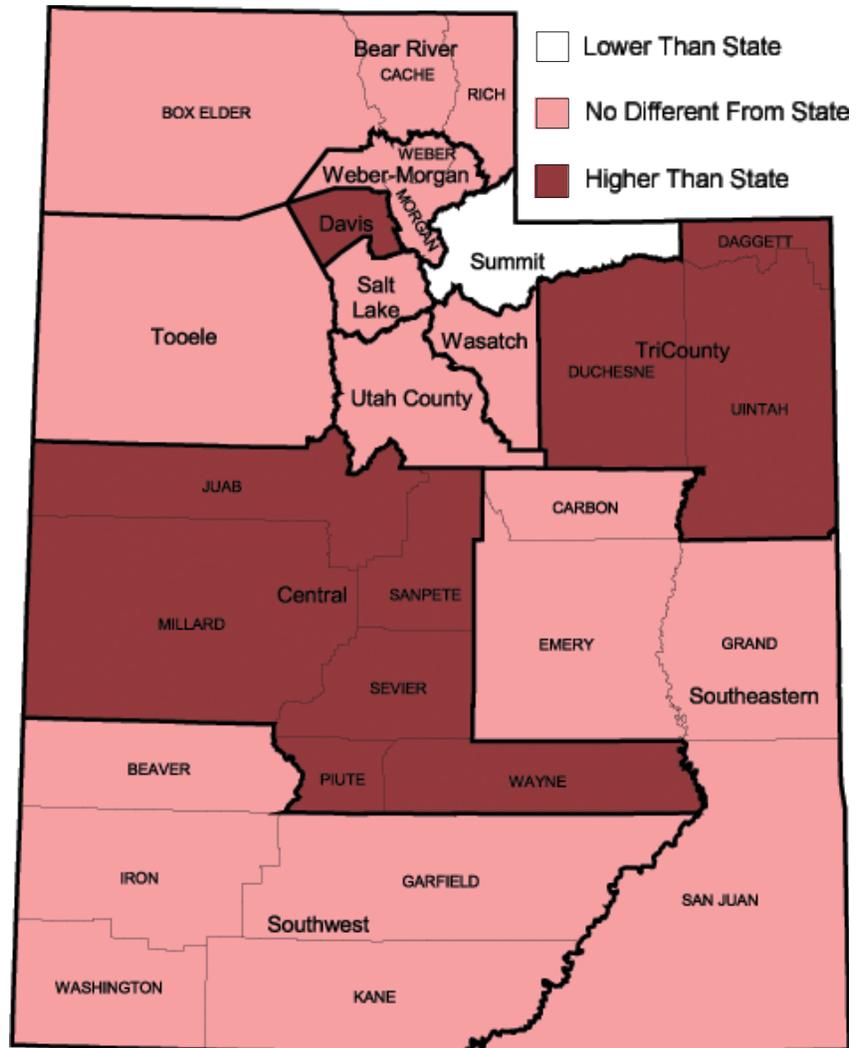


Questions: *About how much do you weigh without shoes? About how tall are you without shoes?*

Many diseases are associated with overweight and obesity. Persons who are overweight or obese are at increased risk for high blood pressure, diabetes, heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, and some types of cancer.^{20,25-26} The percentage of overweight and obese persons in Utah and the U.S. has increased dramatically in recent years.^{22,27} Obesity may have surpassed smoking as the leading cause of preventable death in the U.S. Studies have shown that weight loss will likely reduce the risk for heart disease and stroke and can improve the quality of life for persons with arthritis.²⁸ This report used self-reported height and weight to calculate Body Mass Index (BMI), which is defined as weight in kilograms divided by height in meters squared. Overweight or obese was defined as a BMI of 25 or greater.

- An astonishing 18.4% of Utah's adults were obese and another 35.0% were overweight. This combined rate of 53.4% is up from 35.9% in 1989. This amounts to an average increase of about 1½% per year, or an additional 23,000 adults in Utah becoming overweight or obese each year, or 64 persons every day.

Overweight or Obese by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999-2001



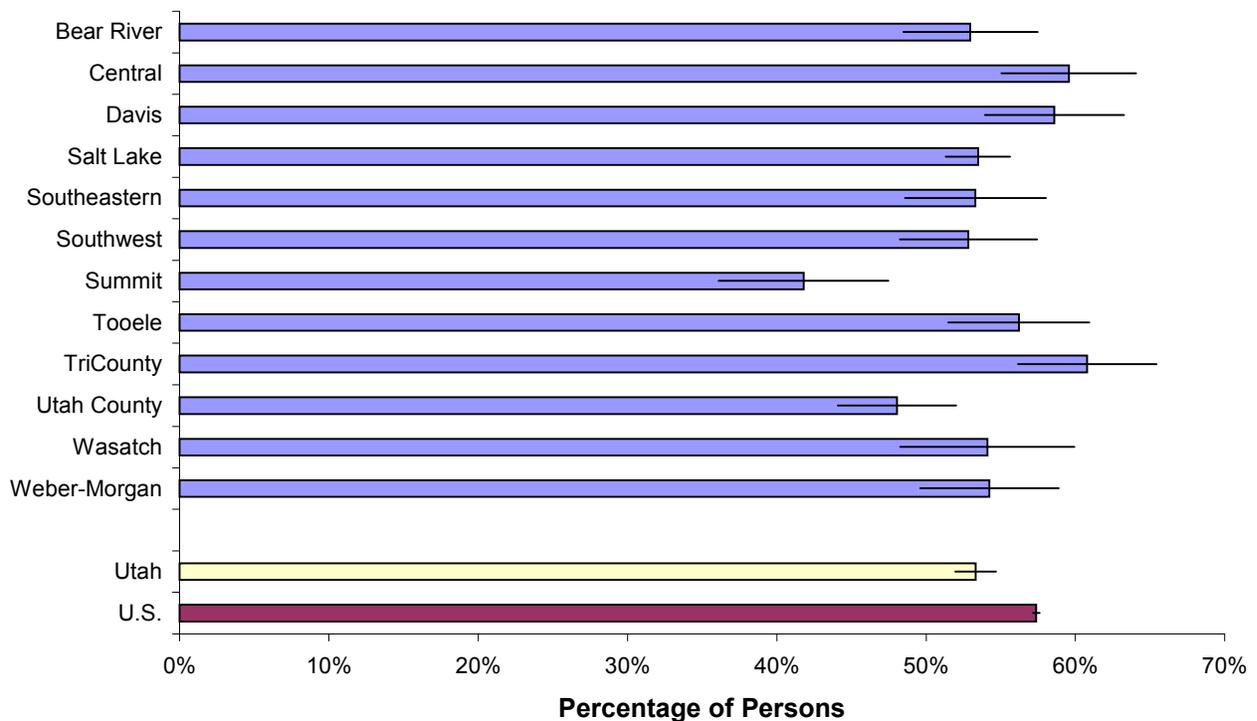
Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Note: Overweight, but not obese, is defined as BMI 25-29; obese is defined as BMI of 30 or more. Source: Behavioral Risk Factor Surveillance System

- Davis County, Central Utah, and TriCounty Health Districts all had higher rates of overweight or obese than the state. Summit County Health District had a lower rate than the state.
- Utah's rate of overweight or obese was only slightly better than the U.S. (54.1% and 57.1% respectively, age-adjusted rates). The U.S. experienced a similar trend of rapidly increasing obesity rates over time.²²



Overweight or Obese

Percentage of Persons Classified as Overweight or Obese*
by Local Health District, Utah, and U.S., Adults Ages 18+, 1999-2001



* crude rates

Note: Overweight, but not obese, is defined as BMI 25-29; obese is defined as BMI of 30 or more.

Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number Overweight or Obese	Percent	95% CI Range	Percent	95% CI Range	
Bear River	588	91,817	48,600	53.0%	48.5% 57.5%	55.6%	51.1% 60.0%	
Central	596	43,286	25,800	59.6%	55.0% 64.1%	60.3%	56.1% 64.5%	
Davis	561	155,816	91,300	58.6%	53.9% 63.3%	58.9%	54.5% 63.4%	
Salt Lake	2,597	627,857	335,700	53.5%	51.3% 55.6%	53.8%	51.7% 55.9%	
Southeastern	573	36,451	19,400	53.3%	48.6% 58.0%	52.9%	48.4% 57.4%	
Southwest	630	97,595	51,600	52.8%	48.2% 57.4%	53.5%	49.0% 58.0%	
Summit	590	21,092	8,800	41.8%	36.1% 47.5%	42.0%	37.1% 47.0%	
Tooele	691	27,012	15,200	56.2%	51.5% 60.9%	55.4%	51.0% 59.8%	
TriCounty	582	26,359	16,000	60.8%	56.2% 65.4%	60.3%	55.6% 64.9%	
Utah County	853	245,264	117,800	48.1%	44.1% 52.0%	52.1%	48.3% 55.9%	
Wasatch	537	10,154	5,500	54.1%	48.3% 59.9%	53.4%	47.9% 58.9%	
Weber-Morgan	597	140,822	76,400	54.2%	49.6% 58.9%	53.7%	49.3% 58.1%	
Utah	9,395	1,523,525	812,200	53.3%	52.0% 54.7%	54.1%	52.8% 55.4%	
U.S.				57.4%	57.1% 57.6%	57.0%	56.8% 57.3%	

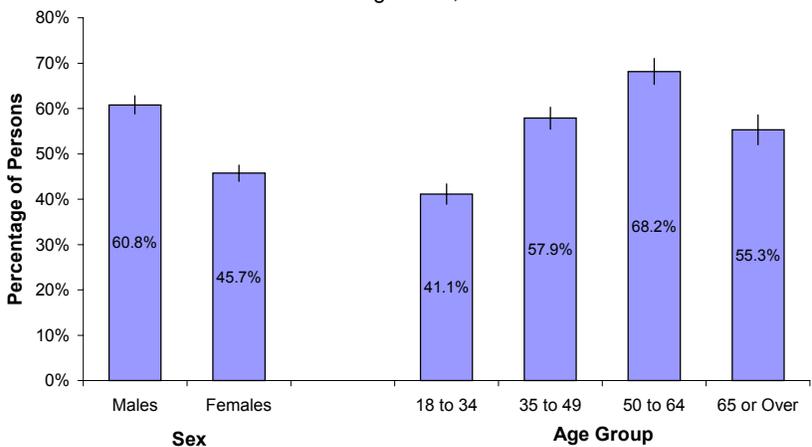
** Age adjusted to U.S. 2000 standard population

Overweight or Obese



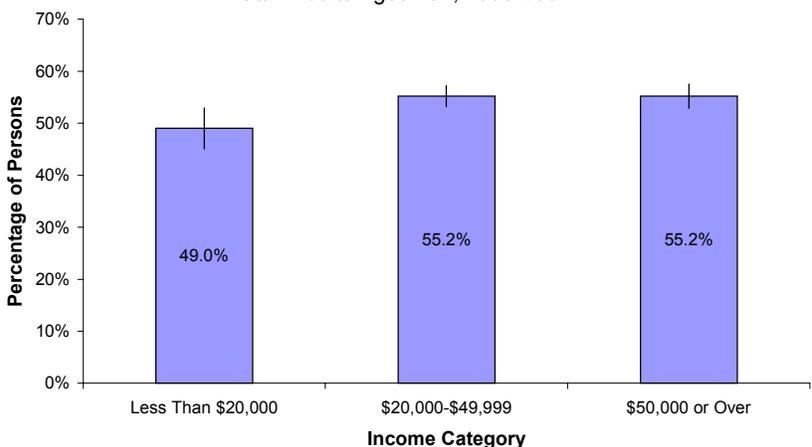
- Significantly more males were overweight or obese in Utah than females, a pattern that was different than that found in the U.S.
- The rate of overweight or obese increased according to age until about age 65, when it declined slightly.

Percentage of Persons Classified as Overweight or Obese by Sex and Age, Utah Adults Ages 18+, 1999-2001



- Adults of Hispanic ethnicity were more likely to be overweight (not graphed).
- Adults with annual household incomes of less than \$20,000 were less likely to be overweight than adults with higher incomes.

Percentage of Persons Classified as Overweight or Obese by Income, Utah Adults Ages 18+, 1999-2001



* Overweight, but not obese, is defined as a BMI 25-29.
 ** Obese is defined as a BMI of 30 or more.

The Utah Cardiovascular Health Program is implementing strategies to address overweight issues in schools, communities, worksites, and among health care professionals.

Utah Objective: Same as HP2010 Objective.

HP2010 Objective 19-2: Reduce the proportion of adults who are obese (BMI > 30) to 15% (age adjusted to the U.S. 2000 standard population).



Overweight or Obese

Percentage of Persons Classified as Overweight* or Obese** by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 - 2001.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Classified as Overweight or Obese ²			Number of Persons ^{1,3}	Distribution of Persons Classified as Overweight or Obese by Category
			95% Confidence Intervals	Lower	Upper		
Overweight or Obese							
Not Overweight or Obese	46.7%	711,300					
Overweight but Not Obese	35.0%	532,600					
Obese	18.4%	279,600					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	60.8%	58.8%	62.8%	458,300	56.6%
Females	50.5%	769,800	45.7%	43.9%	47.6%	352,100	43.4%
Total, All Adults	100.0%	1,523,500	53.3%	52.0%	54.7%	812,200	100.0%
Age Group							
18 to 34	42.6%	648,500	41.1%	38.9%	43.4%	266,700	33.6%
35 to 49	28.5%	433,700	57.9%	55.5%	60.3%	251,000	31.6%
50 to 64	16.4%	250,000	68.2%	65.3%	71.1%	170,500	21.5%
65 or Over	12.6%	191,300	55.3%	52.0%	58.6%	105,800	13.3%
Total, All Adults	100.0%	1,523,500	53.3%	52.0%	54.7%	812,200	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	53.0%	51.6%	54.4%	713,500	87.7%
Hispanic	8.3%	126,000	57.8%	51.9%	63.8%	72,800	8.9%
Non-White, Non-Hispanic	3.4%	51,500	53.6%	46.1%	61.0%	27,600	3.4%
Total, All Adults	100.0%	1,523,500	53.3%	52.0%	54.7%	812,200	100.0%
Income							
Less Than \$20,000	13.6%	207,700	49.0%	45.1%	53.0%	101,800	12.3%
\$20,000-\$49,999	47.8%	727,500	55.2%	53.2%	57.2%	401,700	48.5%
\$50,000 or Over	38.6%	588,400	55.2%	52.9%	57.6%	324,900	39.2%
Total, All Adults	100.0%	1,523,500	53.3%	52.0%	54.7%	812,200	100.0%
Education							
Less Than High School	6.0%	91,700	50.4%	44.1%	56.8%	46,200	5.7%
H.S. Grad or G.E.D.	30.1%	458,100	52.9%	50.5%	55.3%	242,200	29.8%
Some Post High School	35.1%	534,100	53.5%	51.2%	55.9%	286,000	35.2%
College Graduate	28.9%	439,500	54.1%	51.6%	56.6%	237,900	29.3%
Total, All Adults	100.0%	1,523,500	53.3%	52.0%	54.7%	812,200	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

* Overweight, but not obese, is defined as a BMI 25-29.

** Obese is defined as a BMI of 30 or more.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.