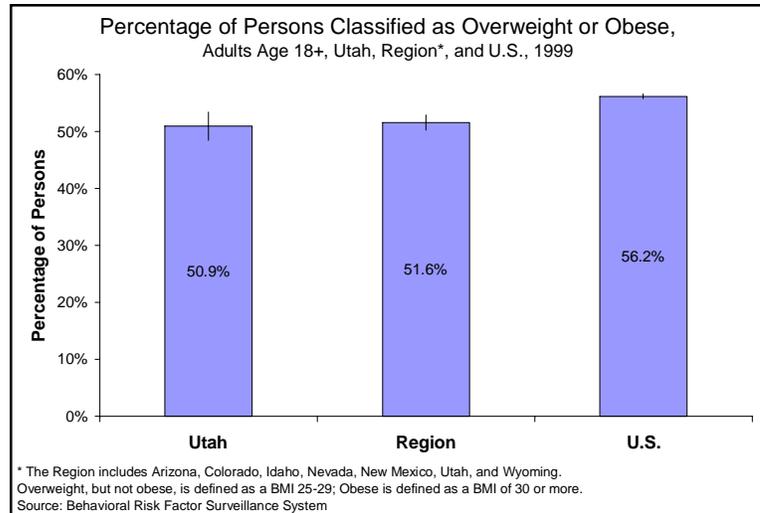


Overweight or Obese

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

Being overweight increases the risk of many chronic diseases, including heart disease, stroke, hypertension, Type 2 diabetes, osteoarthritis and some cancers. Obesity is a leading cause of preventable death in the U.S. The BRFSS uses self-reported weight and height to calculate the Body Mass Index (BMI), which is defined as weight in kilograms divided by the square of height in meters. In 1998, the National Heart, Lung and Blood Institute defined overweight as a BMI of 25 or more and less than 30, and obesity as a BMI greater than or equal to 30. The Institute of Medicine Committee on Using Performance Monitoring to Improve Community Health proposed that the proportion of the population aged 18 and older who are obese be included as one of 25 Community Health Profile indicators.



- The percentage of adults who were overweight or obese increased steadily and significantly in Utah, the Region and the U.S. from 1989 to 1999. Due to its large sample size, only the U.S. showed a significant non-linear trend suggesting slight changes in the magnitude of this upward trend over the years reported.
- The estimated percentage of adults who were overweight or obese was consistently lower in Utah and the Region as compared to the U.S. as a whole.
- The percentage of adults in Utah who were overweight or obese increased from 35.9% in 1989 to a staggering 50.9% in 1999. This represents roughly a 48% increase in the percentage of Utah adults who were overweight or obese.
- Utah, the Region, and the U.S. have all moved away from the Healthy People 2000 objective to reduce overweight to a prevalence of 20% for people 20 years or older. In Utah, in 1999, 29% of adults were overweight (based on the older definition of overweight as a BMI ≥ 27.8 for men and 27.3 for women).

Utah Objective: By 2010, reduce the proportion of adult Utahns who are obese (BMI ≥ 30) to 15%.

HP2000 Goal 2.3: Reduce overweight to a prevalence of no more than 20% among people aged 20 and older (overweight is defined as BMI ≥ 27.8 for men and ≥ 27.3 for women).

HP2010 Goal 9-1: Increase the proportion of adults who are at a healthy weight to 60% ($18.5 \leq \text{BMI} \leq 25$).

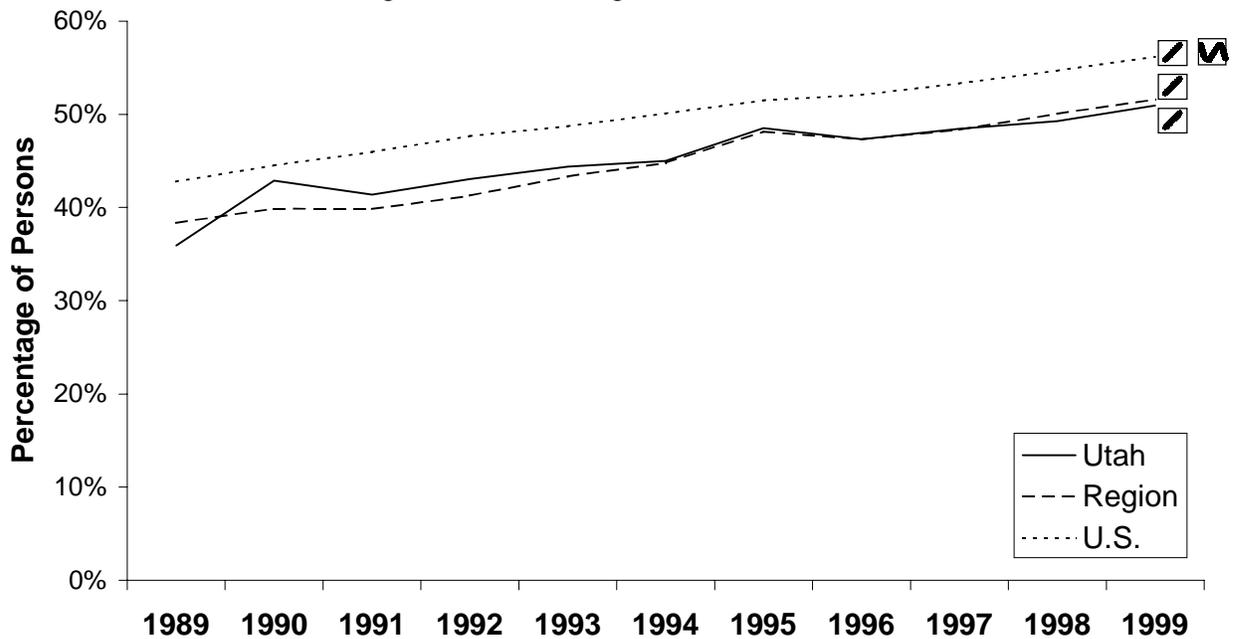
HP2010 Goal 9-2: Reduce the proportion of adults who are obese (BMI ≥ 30) to 15%.

CDI 53: Overweight prevalence among adults (percent of respondents age 18 years or older who have a BMI > 25.0 kg/m² calculated from self-reported weight and height).

CHSI: Obesity: The measure used is really 'overweight': defined as BMI > 27.8 for males and 27.3 for females.

Overweight or Obese

Percentage of Persons Classified as Overweight or Obese,
Adults Age 18+, Utah, Region*, and U.S., 1989-1999



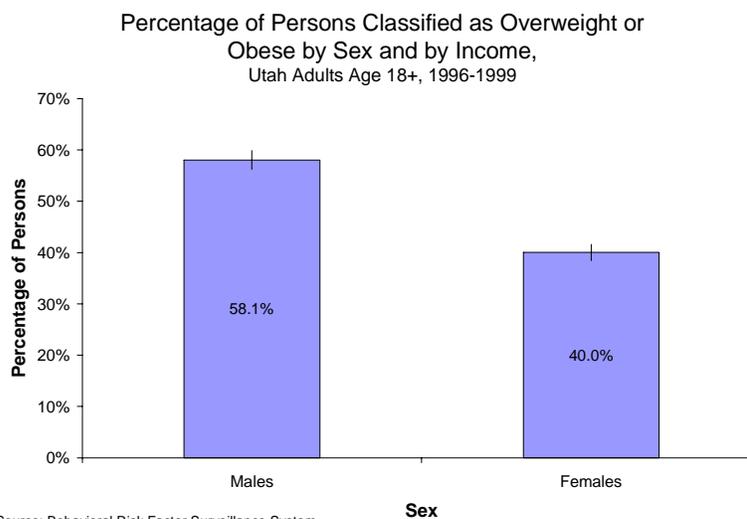
* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.
 Note: Overweight, but not obese, is defined as a BMI 25-29; Obese is defined as a BMI of 30 or more.
 Not all states participated in the BRFSS until 1994 (see Appendix A)
 Source: Behavioral Risk Factor Surveillance System

Year	Utah			Region			U.S.		
	Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1989	35.9%	33.3%	38.6%	38.4%	36.7%	40.0%	42.8%	42.2%	43.4%
1990	42.9%	40.3%	45.5%	39.9%	38.5%	41.3%	44.5%	44.0%	45.1%
1991	41.4%	38.8%	43.9%	39.9%	38.5%	41.2%	46.0%	45.4%	46.5%
1992	43.1%	40.5%	45.6%	41.3%	39.9%	42.6%	47.7%	47.2%	48.1%
1993	44.4%	41.8%	47.0%	43.3%	41.9%	44.8%	48.7%	48.2%	49.2%
1994	45.0%	42.4%	47.6%	44.8%	43.5%	46.1%	50.1%	49.6%	50.6%
1995	48.5%	46.1%	51.0%	48.2%	46.8%	49.5%	51.5%	51.0%	52.0%
1996	47.3%	44.9%	49.8%	47.3%	46.0%	48.7%	52.1%	51.6%	52.5%
1997	48.4%	46.1%	50.8%	48.4%	47.0%	49.7%	53.3%	52.9%	53.7%
1998	49.3%	46.7%	51.8%	50.1%	48.7%	51.4%	54.7%	54.3%	55.1%
1999	50.9%	48.4%	53.4%	51.6%	50.3%	52.9%	56.2%	55.8%	56.6%

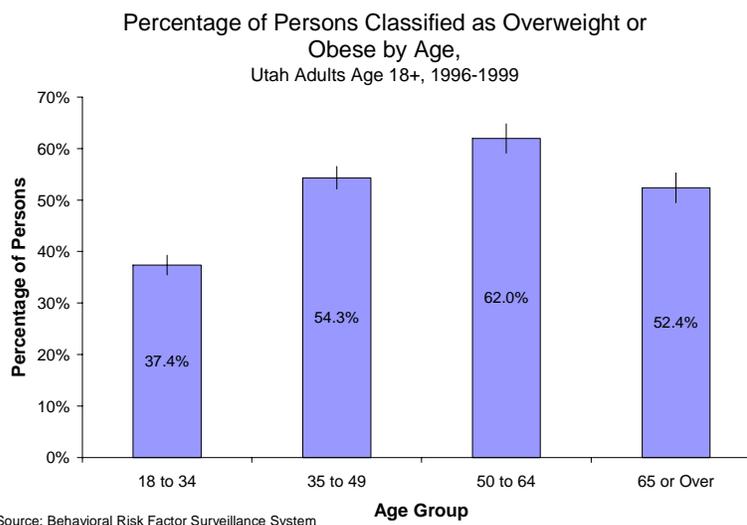
-  upward linear trend
-  non-linear trend

Overweight or Obese

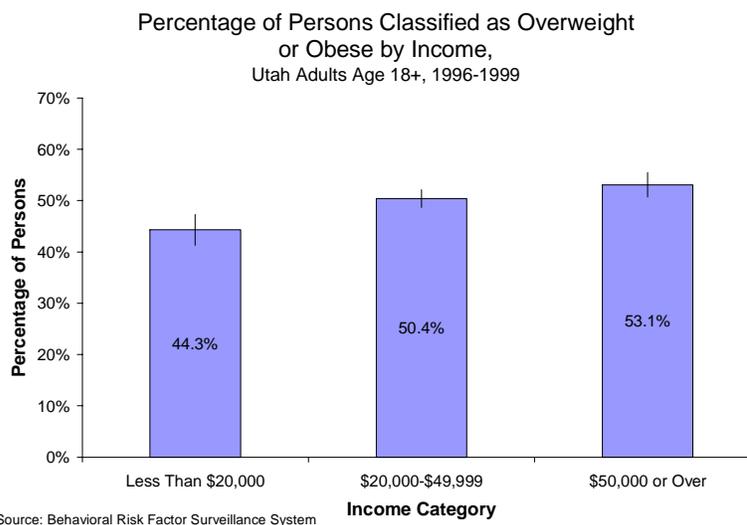
- In Utah, adult males were significantly more likely to be overweight or obese than females. ($p < 0.0001$)



- The prevalence of overweight or obese in Utah adults increased with age through 64 years and then decreased for those 65 years and older. ($p < 0.0001$)



- The percentage of Utah adults who were overweight or obese increased with increasing annual household income level. ($p < 0.0001$)



Overweight or Obese

Percentage of Persons Classified as Overweight* or Obese**
by Selected Demographic Characteristics, Utah Adults Age 18+, 1996-1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Classified as Overweight or Obese				
	Distribution	Number of Adults ¹	Percentage of Adults Classified as Overweight or Obese	95% Confidence Intervals			Number of Adults ^{1, 2}
				Lower	Upper		
Overweight or Obese							
Not Overweight or Obese	51.0%	700,700					
Overweight but Not Obese	33.6%	461,700					
Obese	15.4%	212,200					
Total, All Adults Age 18+	100.0%	1,374,400					
Sex							
Males	48.7%	669,400	58.1%	56.2%	59.9%	388,700	57.9%
Females	51.3%	705,000	40.0%	38.4%	41.6%	282,100	42.1%
Total, All Adults Age 18+	100.0%	1,374,400	49.0%	47.8%	50.3%	673,700	100.0%
Age Group							
18 to 34	37.0%	507,900	37.4%	35.4%	39.3%	189,800	28.1%
35 to 49	31.4%	432,100	54.3%	52.2%	56.5%	234,800	34.8%
50 to 64	17.5%	239,900	62.0%	59.1%	64.9%	148,700	22.0%
65 or Over	14.2%	194,500	52.4%	49.5%	55.3%	101,900	15.1%
Total, All Adults Age 18+	100.0%	1,374,400	49.0%	47.8%	50.3%	673,700	100.0%
Race							
White, Non-Hispanic	90.9%	1,249,100	48.9%	47.7%	50.2%	611,300	90.7%
Hispanic	5.6%	77,200	53.6%	48.3%	58.8%	41,300	6.1%
Non-White, Non-Hispanic	3.5%	48,100	44.7%	37.8%	51.6%	21,500	3.2%
Total, All Adults Age 18+	100.0%	1,374,400	49.0%	47.8%	50.3%	673,700	100.0%
Income							
Less Than \$20,000	18.3%	251,300	44.3%	41.3%	47.3%	111,300	16.2%
\$20,000-\$49,999	50.5%	694,200	50.4%	48.7%	52.2%	350,000	50.8%
\$50,000 or Over	31.2%	428,900	53.1%	50.7%	55.5%	227,600	33.0%
Total, All Adults Age 18+	100.0%	1,374,400	49.0%	47.8%	50.3%	673,700	100.0%
Education							
Less Than High School	6.6%	90,700	49.4%	44.3%	54.5%	44,800	6.7%
H.S. Grad or G.E.D.	30.5%	418,800	47.6%	45.4%	49.7%	199,200	29.6%
Some Post High School	34.0%	467,100	48.7%	46.6%	50.8%	227,500	33.8%
College Graduate	28.9%	397,800	50.8%	48.5%	53.1%	202,100	30.0%
Total, All Adults Age 18+	100.0%	1,374,400	49.0%	47.8%	50.3%	673,700	100.0%

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of 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.

Source: Utah Behavioral Risk Factor Surveillance System