



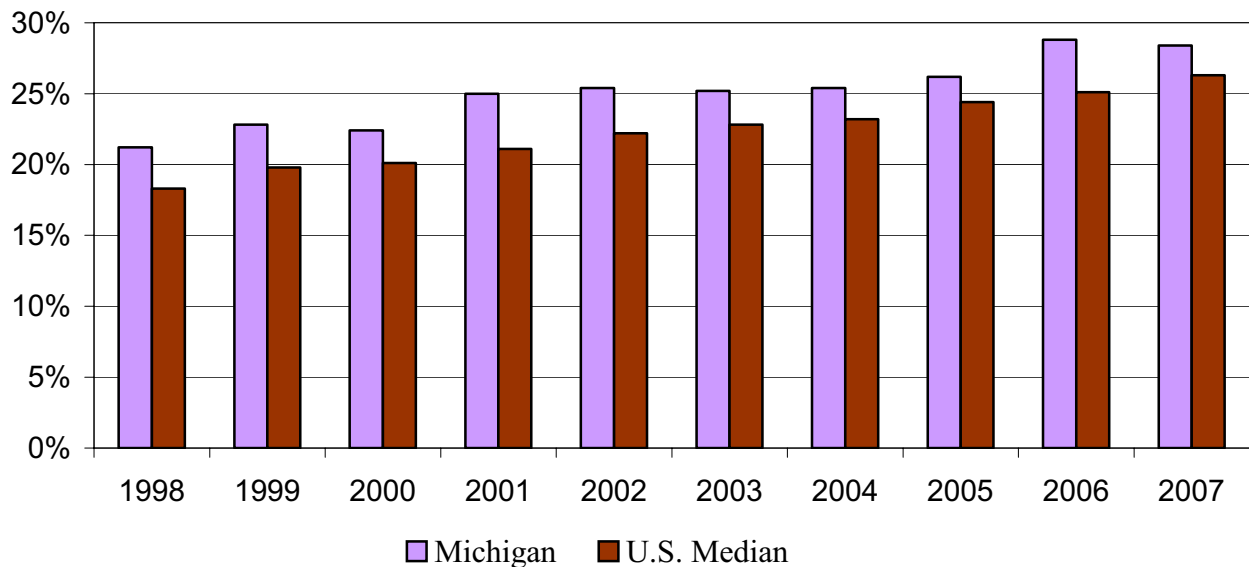
Topic: Risky Health Behaviors

4. Adult Obesity

Adult obesity is defined by a body mass index (BMI) of 30 or greater. Eighty percent of Michigan adults report that they are actively trying to either lose weight or maintain their weight. Higher weights are associated with chronic disease. Obesity increases the risks for long-term health problems such as osteoporosis, heart disease, stroke and cancer among people at all weights. Some conditions can be improved without weight loss if physical activity is increased and eating patterns are improved.

How are we doing?

Percentage of Adults Who Are Obese (BMI 30 or Greater)



An estimated 28.4% of Michigan adults were obese in 2007, according to the BRFSS survey. Obesity has steadily increased in Michigan over the past decade, from 21.2% in 1998 to 28.4% in 2007.

How does Michigan compare with the U.S.?

Michigan consistently has higher obesity rates than the U.S. median. In 2007, Michigan had the fifteenth highest obesity rate among all states.

How are different populations affected?

In Michigan, males (29.1%) were more likely than females (27.8%) to be obese. Black non-Hispanics (37.4%) and Hispanics (38.1%) have a higher prevalence than White non-Hispanics (26.8%). The proportion of adults who were obese in 2007 increased with age from 15.6% of those aged 18-24 years to 38.4% of those aged 55-64 years, and then decreased to 19.5% of those aged 75 years and older.



What is the Department of Community Health doing to improve this indicator?

The Michigan Department of Community Health (MDCH) works with communities and organizations to help them make it easier for residents to be active and eat healthy. Michigan's state-wide campaign to promote healthy lifestyle messages to the general public, *Michigan Steps Up*, provides resources for evidence-based physical activity and nutrition strategies and can be found at www.michiganstepsup.org.

Local health departments receive grant funding, training and technical assistance to promote policy and environmental changes that support physical activity and healthy eating through the *Building Healthy Communities* project.

MDCH is working with the National Kidney Foundation of Michigan (NKFM) to offer educational programs in African-American hair salons and barber shops via salon stylists and barbers who deliver health messages to clients on nutrition, physical activity and chronic disease prevention.

MDCH also works with faith-based organizations to create church health teams that support active lifestyles in their congregations as well as program aimed at churches adopting policies to include more fruits and vegetables in church events.

Professional statewide conferences such as *Designing Healthy Livable Communities* and schools conferences provides new tools, best practices and evidence-based strategies for implementation throughout Michigan.

MDCH collaborated with the *Michigan Quality Improvement Consortium (MQIC)* and drafted adult obesity guidelines based on a comprehensive review of literature, input of an experts and discussion with the Consortium. These guidelines are now published and disseminated to health care providers in Michigan. Assessment tools published on www.mihealthtools.org provide a range of resources for community groups to evaluate their community, worksite, or church for health policies, environments and practices with a goal of planned action to improve the health of their members.