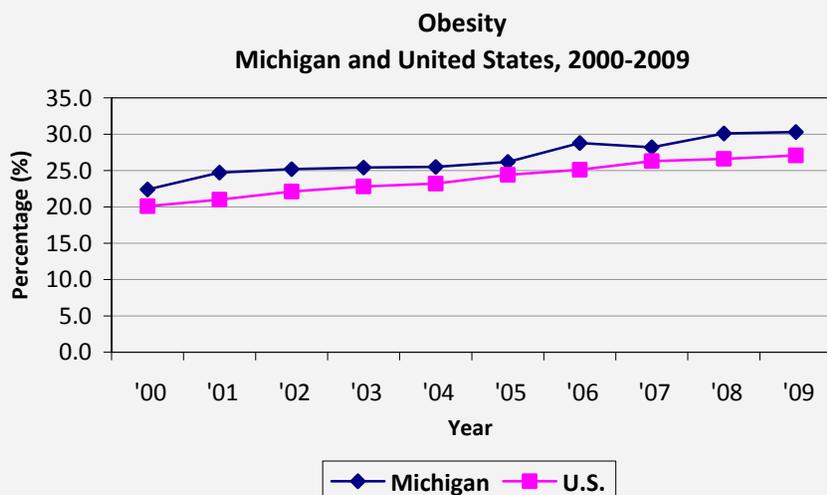


Obesity

Indicator Definition: Percentage of adults reporting a body mass index of ≥ 30 .

Indicator Overview:

- Obesity is one of today’s most pressing public health issues. The rates of obesity (defined as having a body mass index equal to or greater than 30) have risen dramatically over the past 30 years. Nationwide, obesity prevalence doubled among adults between 1980 and 2004, from 15 percent to 32.2 percent.
- Obesity has been shown to be associated with several poor health outcomes, including: hypertension, osteoarthritis, dyslipidemia, Type 2 Diabetes, coronary heart disease, stroke, gallbladder disease, sleep apnea and respiratory problems, and some cancers (i.e., endometrial, breast, and colon).

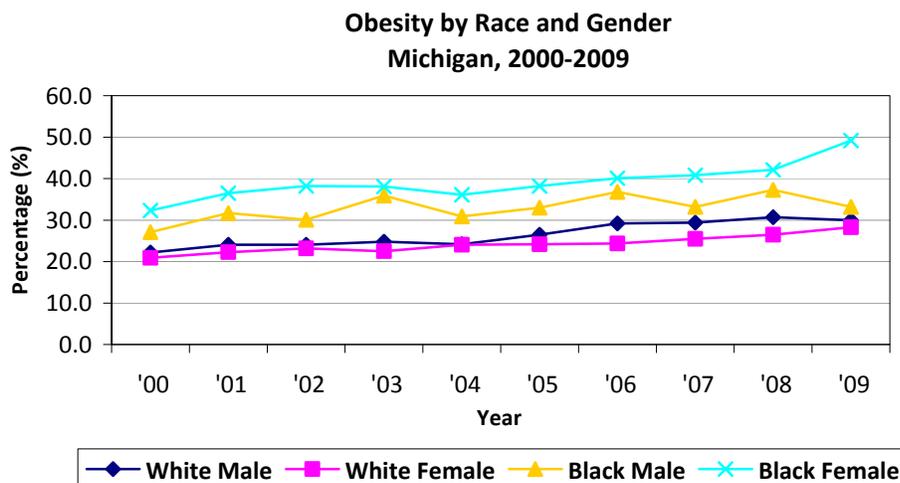


← Trends:

The prevalence of obesity has been increasing in Michigan and the U.S. over the past decade. Michigan has consistently reported higher obesity prevalence rates than the U.S. median. In 2009, Michigan reported the 10th highest obesity rate in the nation.

→ Health Disparities:

In Michigan, Black females have consistently reported higher prevalence rates of obesity when compared to White males, Black males, and White females. White males and females have reported the lowest obesity rates over the past decade, with Black males reporting comparable obesity rates over the past few years. In 2009, Black females reported the highest obesity rate at 49.2%.



Links to Other Sources of Information:

Michigan Department of Community Health. Michigan Behavioral Risk Factor Surveillance System, 2000-2009. (www.michigan.gov/brfs)
Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2000-2009. (www.cdc.gov/brfss)

Links to Related Public Health Programs:

MDCH: Nutrition, Physical Activity and Obesity Prevention: <http://www.michigan.gov/preventobesity>
CDC: Overweight & Obesity: <http://www.cdc.gov/obesity/index.html>