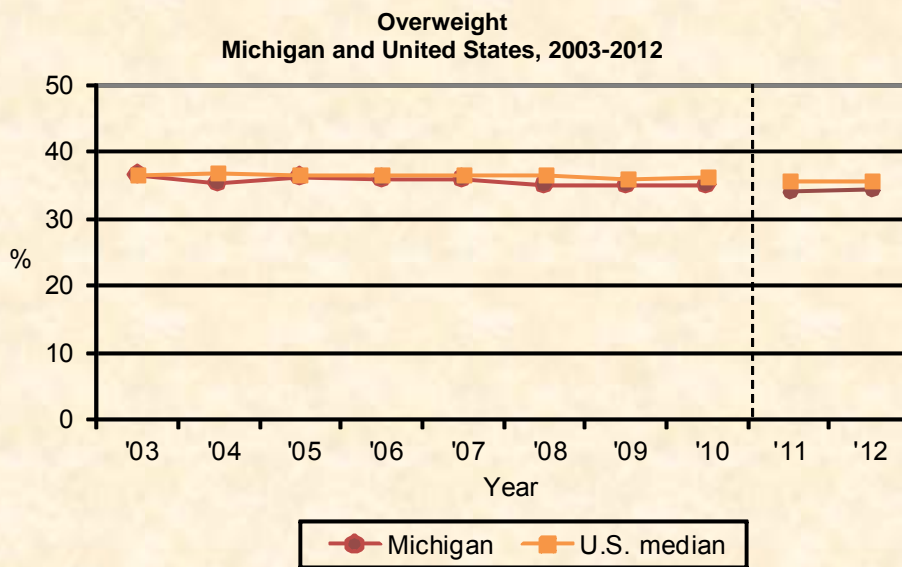




OVERWEIGHT AND OBESITY FACTS ABOUT MICHIGAN ADULTS (2003-2012)

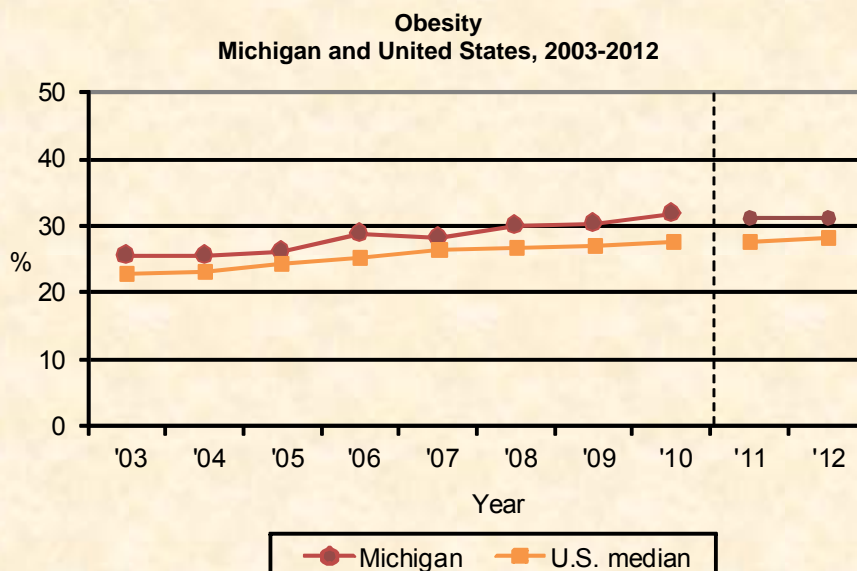
Background

- Obesity is defined as a Body Mass Index (BMI) of 30 or higher; while a BMI between 25 and 29.9 is considered overweight.¹
- In 2011, the Centers for Disease Control and Prevention made changes to the Behavioral Risk Factor Surveillance System (BRFSS) methodology.² Data was collected from both landline and cell phone respondents in order to more accurately represent the current state adult population (18+ years), and a new raking weighting methodology (i.e. iterative proportional fitting) was introduced to improve the accuracy of BRFSS prevalence estimates.^{2,3}
- Due to these BRFSS methodology changes, the BRFSS overweight and obesity prevalence estimates for 2011 and beyond cannot be compared to BRFSS prevalence estimates from 2010 and prior. This results in a break in the trends.



In 2012, 34.6% of Michigan's adult population was overweight, which was comparable to 2011 (34.2%). The U.S. median prevalence was 35.8% both in 2011 and 2012.

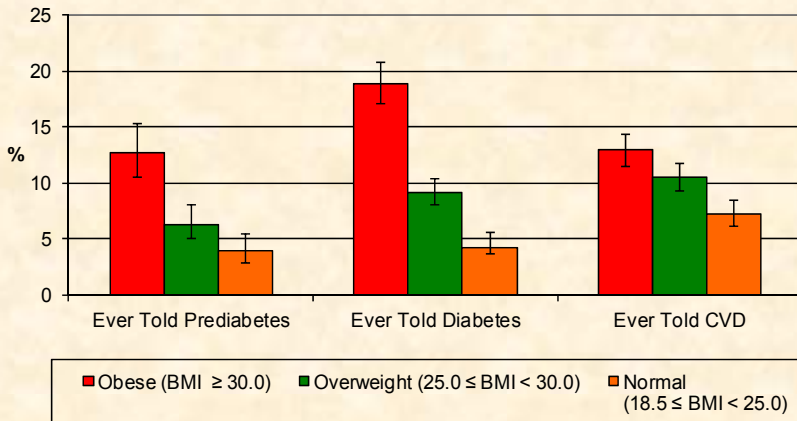
Source: CDC BRFSS [www.cdc.gov/brfss/] and MiBRFSS [www.michigan.gov/brfs]



The percentage of Michigan adults classified as obese was 31.3% in 2011 and 31.1% in 2012. U.S. median prevalence for 2011 and 2012 were also similar (27.7% and 28.1%, respectively).

Source: CDC BRFSS [www.cdc.gov/brfss/] and MiBRFSS [www.michigan.gov/brfs]

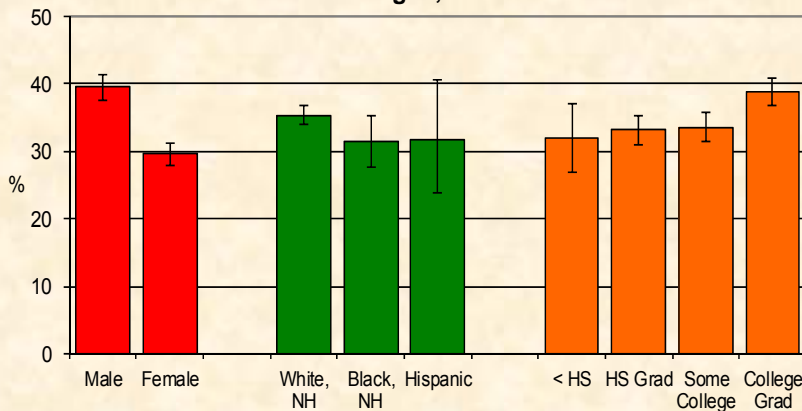
**Chronic Disease Prevalence Estimate by Weight Status
Adults, Michigan, 2012**



Source: MiBRFSS [www.michigan.gov/brfs]

- In 2012, significant differences between obese and healthy weight Michigan adults were noted for all chronic health conditions shown (pre-diabetes, diabetes, and cardiovascular disease (CVD)).
- Nearly one in five Michigan adults classified as obese also reported having diabetes.
- Among those classified as obese, about one in eight reported having pre-diabetes and slightly more than one in eight cardiovascular disease.

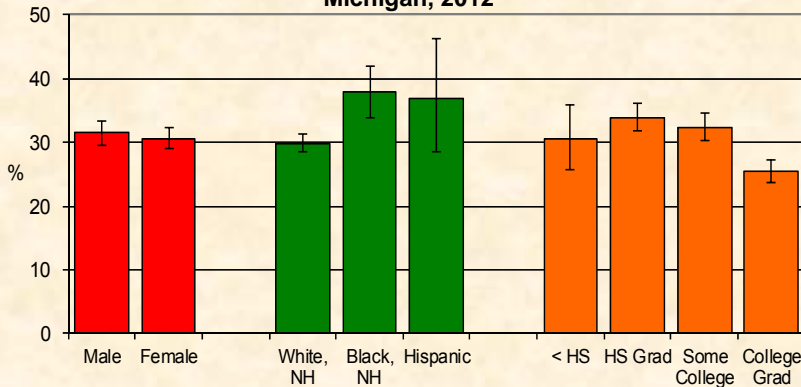
**Overweight
by Gender, Race/Ethnicity, and Education Adults,
Michigan, 2012**



Source: MiBRFSS [www.michigan.gov/brfs]

- An estimated 39.5% of Michigan adult males were classified as overweight compared to 29.6% of female adults in 2012.
- The overweight prevalence estimate was comparable regardless of race/ethnicity.
- The overweight prevalence was highest among Michigan adults with at least a college degree.

**Obesity
by Gender, Race/Ethnicity, and Education Adults,
Michigan, 2012**



Source: MiBRFSS [www.michigan.gov/brfs]

- The prevalence of obesity was similar among Michigan adult males (31.5%) and females (30.6%) in 2012.
- Non-Hispanic Black adults reported a significantly higher prevalence of obesity compared to non-Hispanic White adults (37.8% vs. 29.9%) in 2012.
- In 2012, the prevalence of obesity was significantly lower among college graduates (25.5%) compared to adults with less than a college education (30.6% - 32.4%).

Note: There was a large degree of uncertainty in the measurement of self-reported weight status among Michigan Hispanic adults due to small sample size. The confidence intervals were wide making a determination of differences compared to White, non-Hispanic or Black, non-Hispanic not reliable.

References:

1. Centers for Disease Control and Prevention. Available online at: <http://www.cdc.gov/obesity/defining.html>. Accessed on April 15, 2014.
2. Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System—Improving Survey Methodology. 2011.
3. Fussman C, LyonCallo S. The Impact of BRFSS Methodology Changes on Michigan BRFSS Health Estimates. *Michigan BRFSS Surveillance Brief*. Vol. 6, No. 4. Lansing, MI: Michigan Department of Community Health, Lifecourse Epidemiology and Genomics Division, Surveillance and Program Evaluation Section, Chronic Disease Epidemiology Unit, September 2012.

Suggested citation: Byrd HCM , Fussman C, Wahl R, Lyon-Callo S, Imes G. Overweight and Obesity Facts about Michigan Adults (2003-2012). Nutrition, Physical Activity and Obesity Program Surveillance Brief. Michigan Department of Community Health, Lifecourse Epidemiology and Genomics Division. September 2014.

Supported by the Michigan Nutrition, Physical Activity, and Obesity Prevention Program
Funded by the Centers for Disease Control & Prevention
Division of Nutrition, Physical Activity & Obesity



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