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.

Overweight
Michigan and United States, 2003-2012

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.

Obesity
Michigan and United States, 2003-2012

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]
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%).

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.

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.

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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: