

Health-Related Behaviors - 5

Overweight and Obesity - Adults

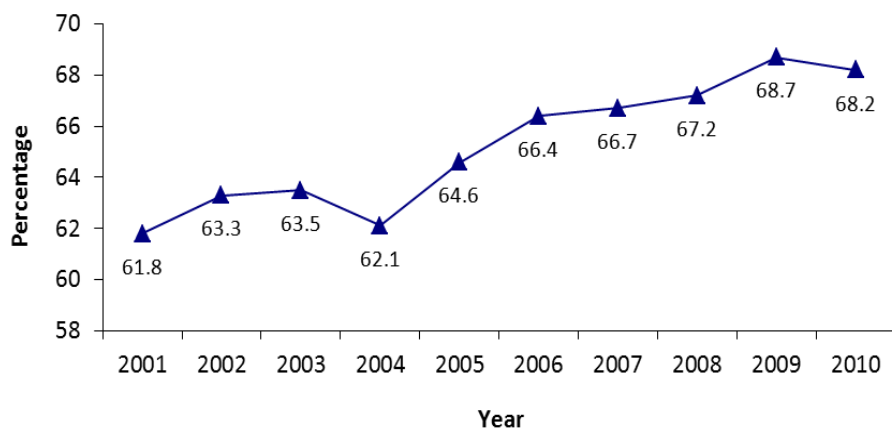
MICHIGAN 2011
CRITICAL
HEALTH
INDICATORS

Indicator Definition: Percentage of adults ages 20 and older who are overweight or obese based on body mass index.

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, respiratory problems, and some cancers (e.g., endometrial, breast, and colon).

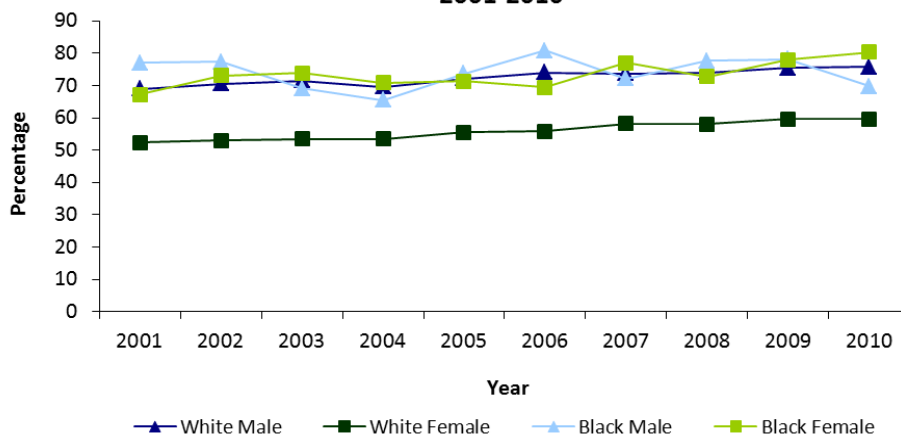
Prevalence of Overweight and Obesity Among Michigan Adults 20 Years and Older, 2001-2010



← **Trends:** The prevalence of overweight and obesity has been increasing in Michigan over the past decade. In 2009, Michigan reported the tenth highest overweight and obesity rate in the nation. Though 2010 showed a decrease in overweight and obesity among Michigan adults aged 20 years and older, the percentage remains very high and contributes to Michigan’s higher rates of diabetes and cardiovascular diseases.

→ **Health Disparities:** In Michigan, both White males and Black females have consistently reported higher prevalence rates of overweight and obesity when compared to Black males and White females. White females have reported the lowest overweight and obesity rates over the past decade. Furthermore, Black males reported a lower rate than White males in 2010 for the first time since 2007. In 2010, Black females reported the highest overweight and obesity rate at 80.4 percent.

Prevalence of Overweight and Obesity Among Michigan Adults 20 Years and Older by Race and Gender, 2001-2010



Links to Other Sources of Information:

Michigan Behavioral Risk Factor Surveillance System: <http://www.michigan.gov/brfs>
 Behavioral Risk Factor Surveillance System Survey Data, CDC: <http://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>