

# Obesity in Michigan

2018 Update

Prepared by the Michigan Department of Health and Human Services (MDHHS)  
Cardiovascular Health, Nutrition and Physical Activity Section



**Mission:** Create a heart-healthy and stroke-free Michigan by increasing physical activity and healthy eating, reducing health disparities, and preventing and controlling cardiovascular risk factors.

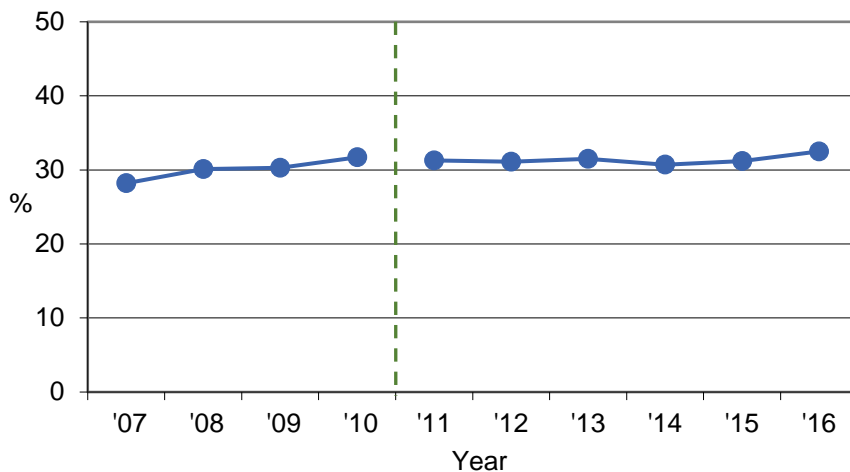
## Overweight and Obesity in Michigan

- Weight that is higher than what is considered healthy for a given height is described as overweight or obese ([CDC definition](#)).<sup>1</sup> For example, a person who is 5'9" and 170 lbs. is considered overweight. At 210 lbs., that same individual would be considered obese.
- An estimated 35.0 percent of Michigan adults were classified as overweight and an additional 32.5 percent were classified as obese.
- Obesity is caused by many complex factors such as individual behavior, genetics, unhealthy eating habits, and physical inactivity.
- Obesity is associated with many chronic conditions, including type 2 diabetes, hypertension, heart disease and stroke, cancer, poorer mental health, and a reduced quality of life.

### Key Facts

- Obesity accounted for an estimated \$147 billion in US medical expenses in 2008 and an estimated \$3.38 to \$6.38 billion in decreased productivity.<sup>1</sup>
- In Michigan, medical expenditures for obesity-related illnesses differed by 20 percent between 2001 and 2015 (7.9 vs 9.5 percent).<sup>1</sup>
- About two-thirds of Michigan adults were overweight or obese in 2016.

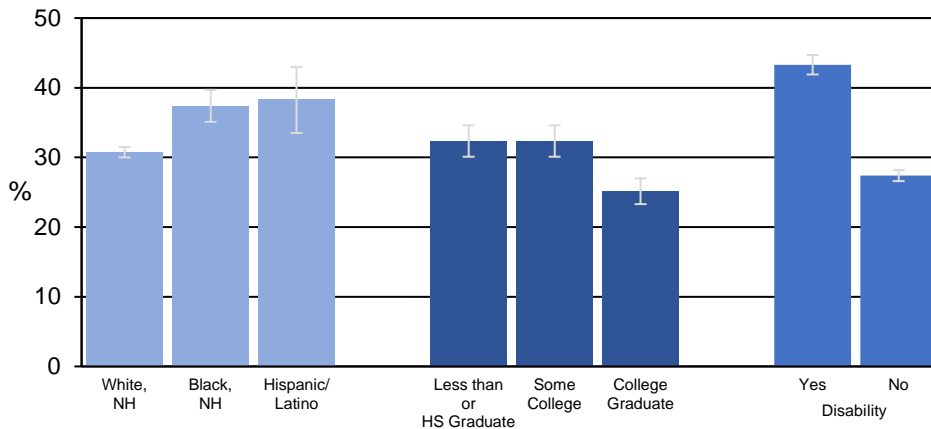
## Obesity among Michigan Adults (2007 – 2016)



- Obesity affected 32.5 percent of Michigan adults in 2016.
- The percentage of Michigan adults who are obese has remained relatively stable over the past six years.
- Michigan aims to reduce adult obesity to 29.2 percent by 2026, based on the Healthy People 2020 target to reduce obesity by 10 percent in 10 years.

Data Source: Michigan Behavioral Risk Factor Surveillance System (MiBRFSS) 2007-2016

## Obesity among Michigan Adults for Select Characteristics



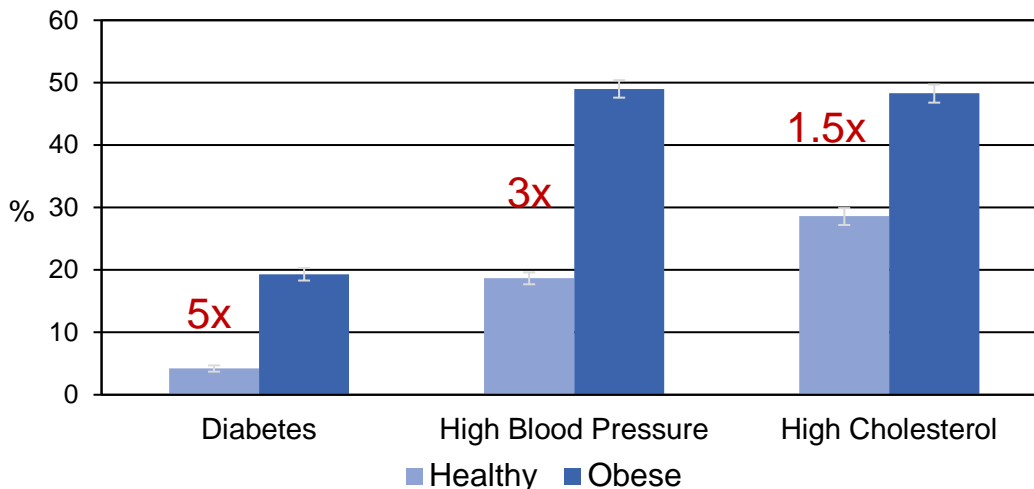
Obesity is disproportionately higher among various groups including

- 🍏 Race/ethnicity
- 🍏 Education level
- 🍏 Disability status

NH – non-Hispanic

Data Source: MiBRFSS 2014-2016 combined

## Chronic Conditions among Adults – Healthy Weight vs Obese



Data Source: MiBRFSS 2011, 2013, and 2015 Combined and 2014-2016 Combined

🍏 The percentage of adults with diabetes, high blood pressure, and high cholesterol amongst those classified as obese is 5x, 3x, and 1.5x the percentage of those classified as healthy weight (respectively).

[The Michigan Health and Wellness 4 x 4 Plan](#) lays out strategies for reducing obesity and improving health and wellness. The Plan highlights the practice of four key healthy behaviors that influence four key health measures: Body Mass Index (BMI), blood pressure, cholesterol level, and blood sugar (glucose) level. MDHHS has teamed up with key partners to carry out the 4 x 4 Plan in communities, hospitals, schools and businesses. For more information, visit [www.michigan.gov/healthymichigan](http://www.michigan.gov/healthymichigan).

<sup>1</sup> Overweight is defined as body mass index (BMI) ranging from 25.0 kg/m<sup>2</sup> and less than 30.0 kg/m<sup>2</sup>, and obesity is defined as BMI equal to 30.0 kg/m<sup>2</sup> and greater. For more information including citations: visit <http://www.michigan.gov/preventobesity>.