



CLARK COUNTY ADULTS AND YOUTH PREVALENCE OF OBESITY AND OVERWEIGHT April, 2007 Update

In 2001 the Surgeon General reported that an estimated 300,000 preventable deaths per year may be attributable to obesity. Since the risk of death rises with increasing weight, even moderate weight excess of 10 to 20 pounds, particularly among adults aged 30 to 64, is considered significant. Overweight and obesity contribute to greater risk of developing type 2 diabetes (non-insulin dependent), hypertension (high blood pressure), heart disease and other health complications.¹

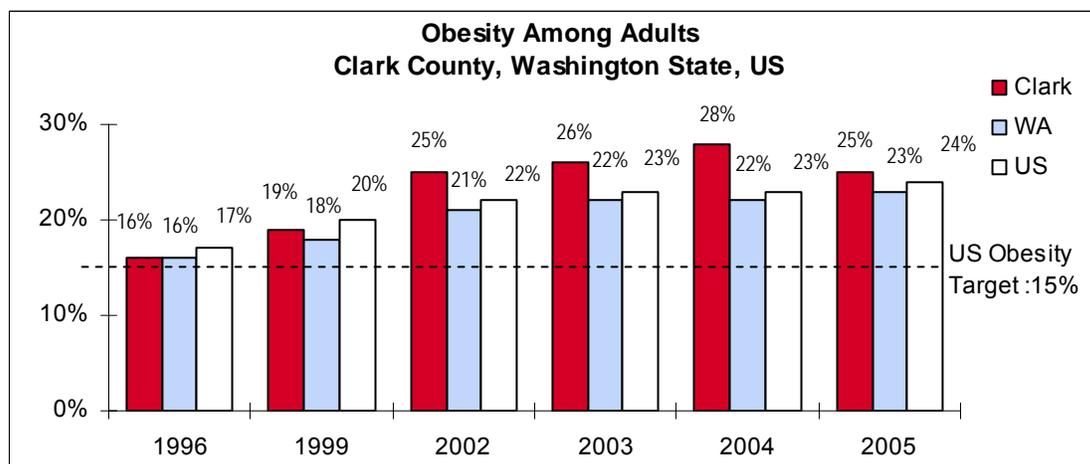
As with adults, there has been a dramatic increase in the percent of youth who are overweight in recent years. Poor nutrition and lack of regular moderate physical activity can also be a risk factor for preventable diseases among youth — both of which impact academic performance. Obesity in children and adolescents contributes to many health and social consequences that often continue into adulthood and create significant financial impacts on the healthcare system and workplaces.

Prevalence of Obesity and Overweight - Adults

Obesity among adults is defined using a measure of weight in relation to height known as the Body Mass Index (BMI). The BMI is used to determine whether an adult, male or female, falls into a broad range considered to be underweight, healthy weight, overweight, or obese.

BMI Categories	
< 18.5	— Underweight
18.5-24.9	— Healthy Weight
25-29.9	— Overweight
≥ 30	— Obese

The prevalence of obesity among adults in Clark County has risen dramatically in recent years. In 1996, one out of six (16%) adults were obese. By 2005, obesity increased to one out of four adults (25%) in Clark County.² Nationwide, Washington State and Clark County are above the national target for no more than 15 percent of obese adults by the year 2010.^{2, 3, 6}

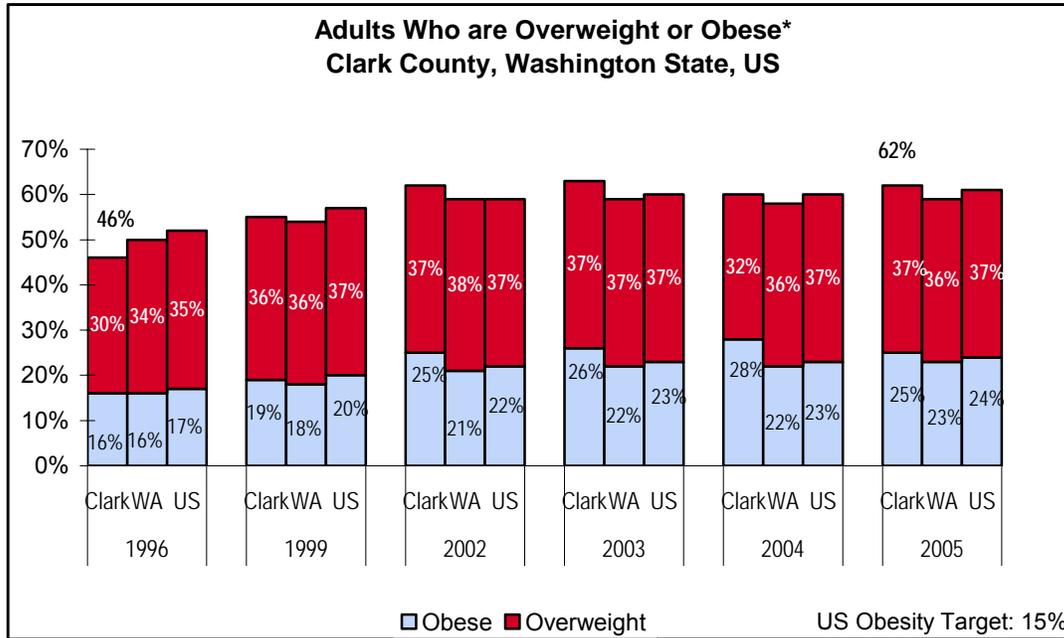


*Body Mass Index (BMI) ≥ 30 obese.

Source: Clark County, Washington State and United States BRFSS.

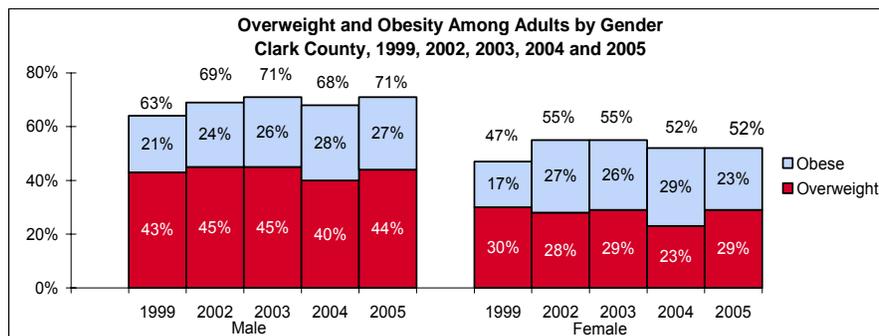


Overweight, a predecessor to obesity, has also increased in Clark County, Washington State and the nation. In 1996, almost half (46%) of adults were either overweight or obese in Clark County. By 2005, three out of five adults (62%) were either overweight or obese.



*Body Mass Index (BMI) 25-29.9 overweight and ≥ 30 obese.
Source: Clark County, Washington State and United States BRFSS.

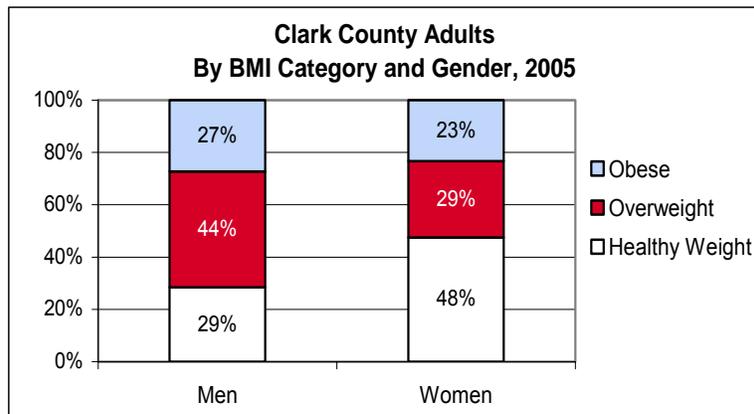
Overweight and obesity varies by gender. More males are overweight compared to females, 44 percent versus 29 percent in 2005. Males lead females in the combined overweight and obesity rates as well, 71 percent for males and 52 percent for females in 2005. However, there was an alarming increase in obesity among females in Clark County from 17 percent in 1999 to 29 percent in 2004.



Source: Clark County, BRFSS.



While the obesity rate has risen among Clark County adult women, more women remain in the healthy weight range than men. Almost half of Clark County adult women (48%) reported healthy weight, while less than one third of Clark County adult men (29%) reported BMI in the healthy weight range in 2005.

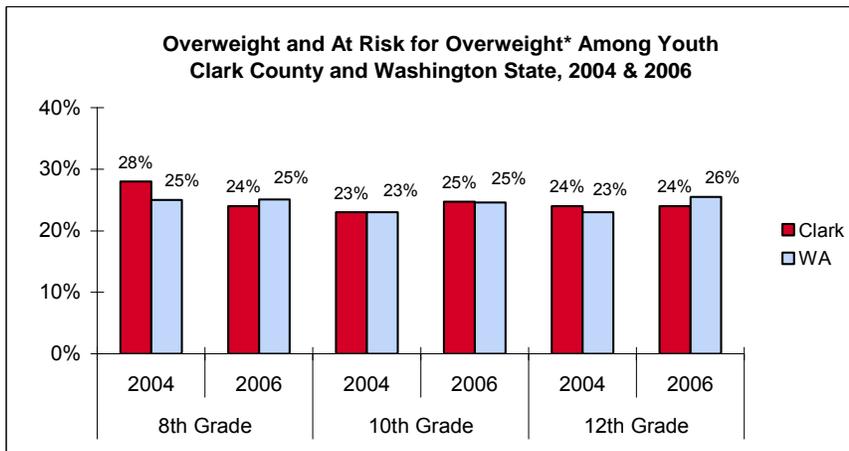


Source: Clark County, BRFSS.

Prevalence of Overweight and At Risk for Overweight - Youth

Overweight for children and adolescents (ages 6-19) is defined as a sex- and age-specific BMI at or above the 95th percentile, based on revised Centers for Disease Control and Prevention growth charts (www.cdc.gov/growthcharts/). Those between the 85th and 95th percentile are considered at risk of becoming overweight. There is no separate definition for obesity among youth.

Nationally, the percent of children (age 6-11) that are overweight has more than doubled since 1980 from 7 percent to 16 percent in 2002. The percent of overweight adolescents (age 12-19) tripled from 5 percent in 1980 to 16 percent in 2002.⁴



*Percent of youth who are overweight or in the top 5% Body Mass Index by age and gender, and at risk for overweight which includes the top 15%, but not the top 5%.
Source: Washington State Healthy Youth Surveys

One out of four eighth graders and high school students (tenth and twelfth graders) reported being overweight or at risk for overweight both in 2004 and 2006. This is similar to Washington State.⁵



References:

1. U.S. Department of Health and Human Services. (2001). *The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity*. Rockville, Maryland: Public Health Service, Office of the Surgeon General.
2. Washington State Department of Health, Center for Health Statistics. *Behavioral risk factor surveillance system 1996-2005* [Data files]. Olympia, WA.
3. U.S. Department of Health and Human Services. (January 2000). *Healthy People 2010 Volume II: Nutrition and overweight, Objective: 19-2 reduce proportion of adults who are obese*. Retrieved April, 2007, from <http://www.healthypeople.gov/document/>
4. National Center for Health Statistics. *Health, United States, 2004*. Hyattsville, Maryland: 2004. Table 70: *Overweight Children and Adolescents 6-19 Years of Age, According to Sex, Age, Race, and Hispanic Origin: United States, Selected Years 1963-65 through 1999-2002*.
5. RMC Research Corporation. (March 2005 and March 2007). *Washington State Healthy Youth Survey 2004 and Washington State Healthy Youth Survey 2006*. Portland, OR. Author.
6. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. Retrieved April, 2007 from various pages accessed from: <http://www.cdc.gov/brfss/index.htm>



This publication is supported by the steps to a HealthierUS Cooperative Agreement Program of the U.S. Department of Health and Human Services (HHS). Its contents do not necessarily represent the official view of HHS.

