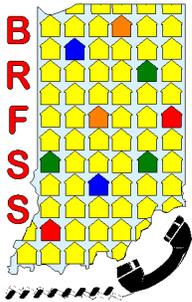


Indiana BRFSS Newsletter



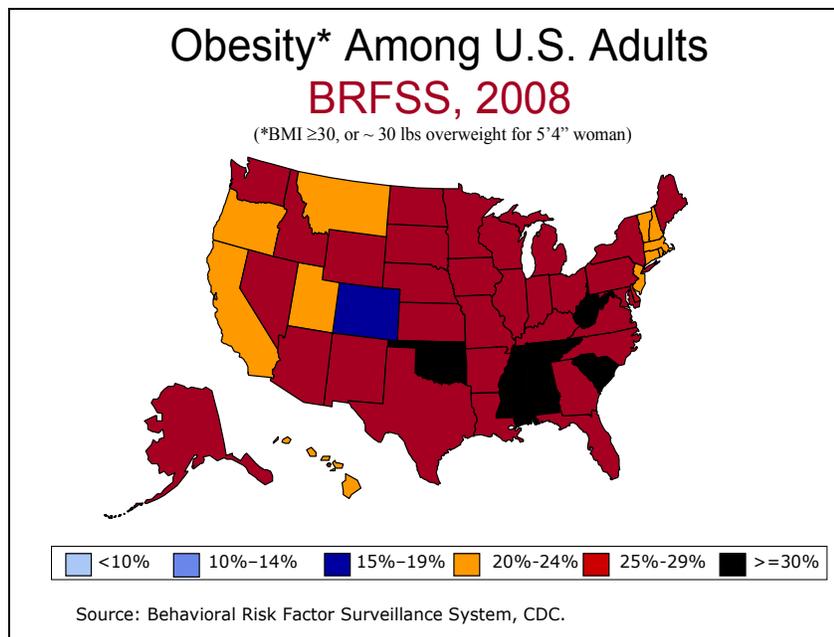
Indiana State Department of Health
Epidemiology Resource Center
Data Analysis

Obesity in Indiana Adults Results from the 2008 BRFSS

Overweight and obesity are important health issues that increasingly characterize adults in the United States (see map below). The percent of Indiana adults aged 18 years and older who are considered obese increased 24% from 2000 to 2008. These conditions can lead to increased risk of coronary heart disease, Type 2 diabetes, hypertension, breathing problems, osteoarthritis and cancer (breast and colon) [CDC].

Many health conditions and behaviors are not reportable; hence, prevalence data must be obtained from another source. The Behavioral Risk Factor Surveillance System (BRFSS) survey is an annual random digit-dial telephone survey of adults aged 18 years and older.

The BRFSS survey is conducted through a cooperative agreement with the Centers for Disease Control and Prevention, and all states and the District of Columbia participate. The BRFSS relies on self-reported data. This type of survey has certain limitations that should be understood when interpreting the data.



Many times, respondents have the tendency to underreport behaviors that may be considered socially unacceptable (e.g., smoking, heavy alcohol use). Conversely, respondents may over report behaviors that are desirable (e.g., nutrition, exercise). BRFSS data on Body Mass Index (BMI) are calculated from the self-reported height and weight of respondents. The BMI is calculated as weight in kilograms divided by the square of height in meters (W/H^2). A BMI between 19 and 24.9 is desirable. Overweight is defined as a BMI between 25.0 and 29.9, while obese is defined as a BMI of 30 or greater. In describing racial differences in this article, “white” refers to white, non-Hispanic respondents, and “black” refers to black, non-Hispanic respondents. The differences reported below are statistically significant ($p < 0.05$) unless otherwise noted.

Indiana displayed an upward trend in adult obesity during the time period 2001-2008; however, from 2003 to 2008, there has not been a significant difference in Indiana’s prevalence (range is 25.5% to 27.8%) (Figure 1).

Results from the 2008 Indiana BRFSS survey indicate that the risk of obesity generally increases with age, from 11.9% for adults aged 18-24 years to 36.1% for adults aged 55-64 years. There were no differences between males (26.0%) and females (28.0%) or among household income or education levels. White respondents (27.0%) were not different from black respondents (36.5%) or Hispanic respondents (18.8%), but black respondents were more likely to be considered obese than Hispanic respondents. Males with some post-high school education were more likely than males with less than a high school education to be considered obese (29.4% vs. 16.6%, respectively). Females with household incomes of less than \$25,000 were more likely than females with household incomes of \$75,000 or more to be considered obese (35.4% vs. 20.9%, respectively). Chronic conditions were more prevalent in individuals considered overweight and obese (Figure 2).

Figure 1

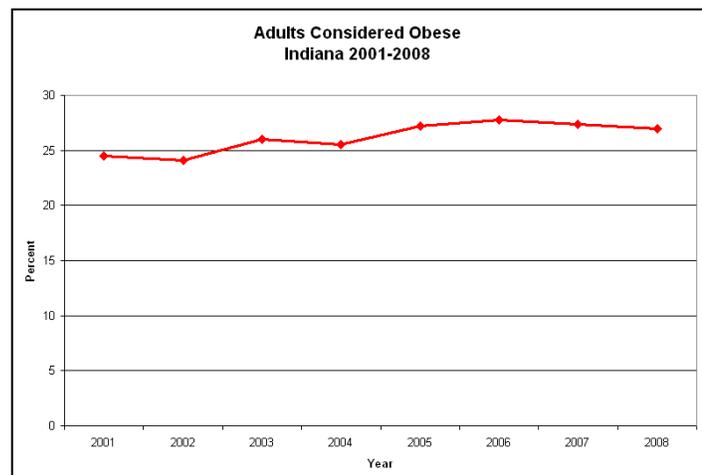
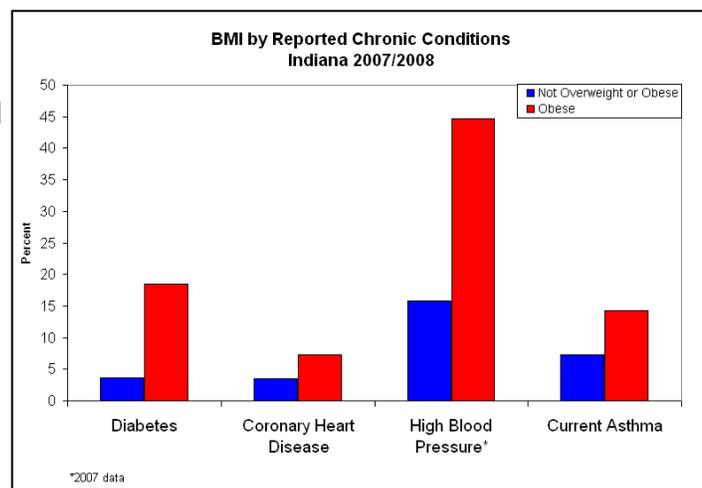
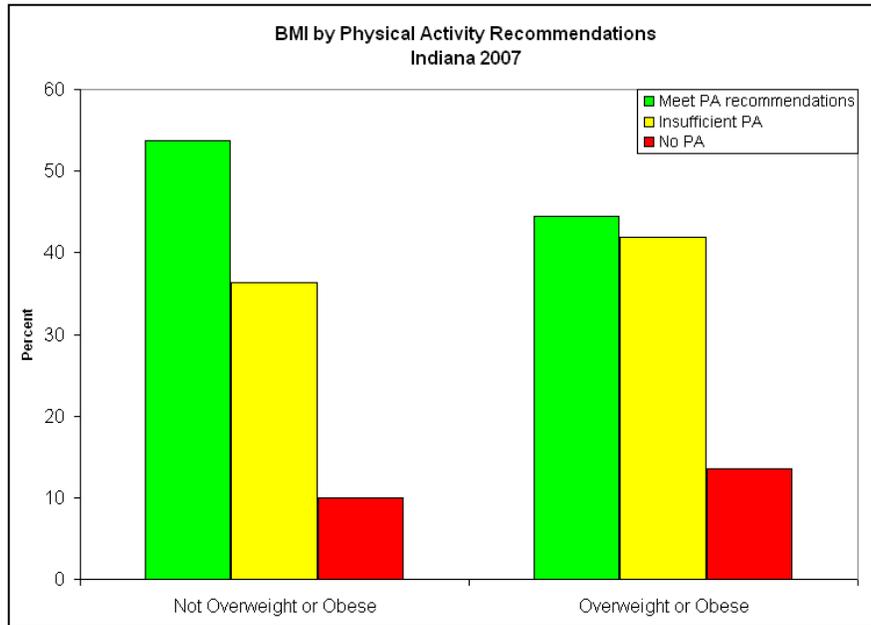


Figure 2



Adults considered overweight or obese were less likely than those not overweight or obese to meet physical activity recommendations (Figure 3).

Figure 3



Obese children and adolescents are more likely to become obese as adults, and are at risk for health problems during their youth as well as adulthood. These health problems include high blood pressure, high cholesterol and Type 2 diabetes [CDC]. The Indiana State Department of Health recognizes the importance of healthy weight, and has made the reduction of overweight and obesity in residents of all ages a priority.

For more information on achieving and maintaining a healthy weight, please visit the [InShape Indiana](#) and [Indiana Health Weight Initiative](#) websites.



English | Metric

Calculate Your BMI

1. Height:

feet

inches

2. Weight:

pounds

(Note: 8 ounces = 0.5 pounds)

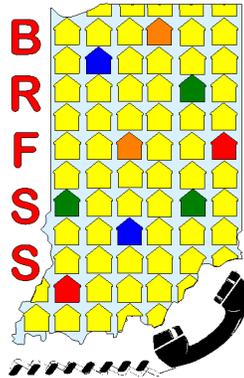




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