

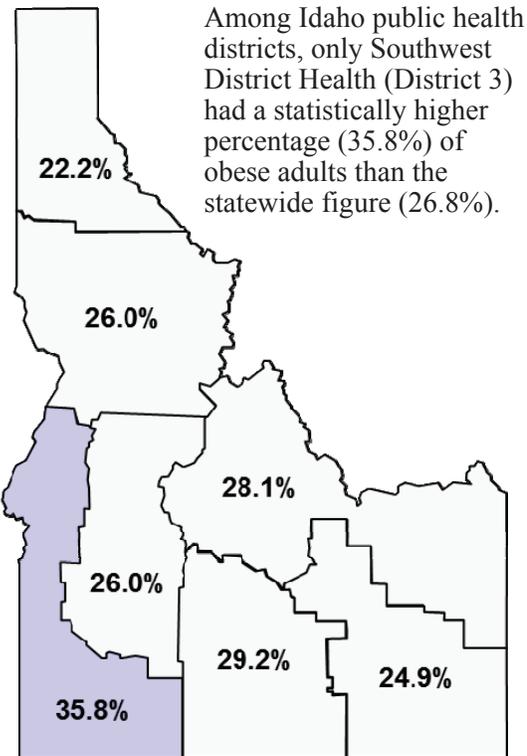
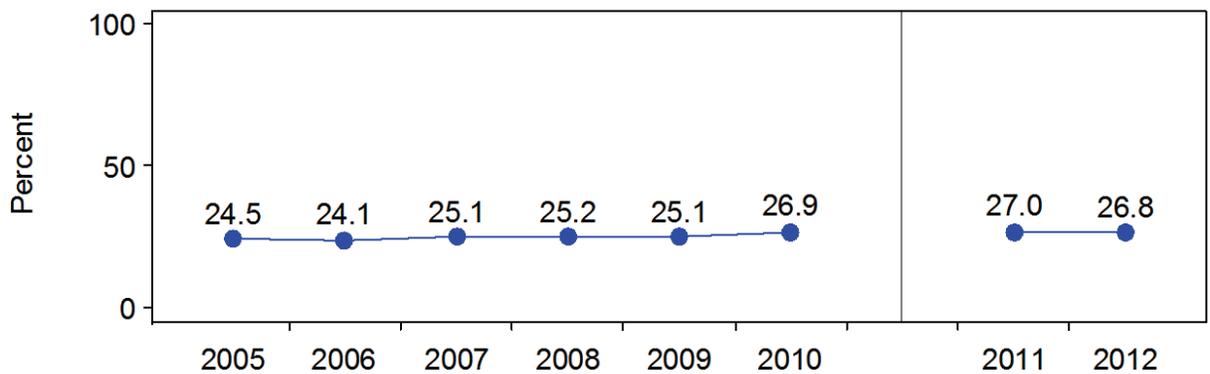
Obesity Among Idaho Adults

Facts and Figures, 2012

Obesity is defined as having a Body Mass Index (BMI) equal to or greater than 30 (1). Obesity is associated with increased risk of coronary heart disease, Type 2 diabetes, breast cancer, colon cancer, stroke, and other life threatening or debilitating diseases (2). The Centers for Disease Control and Prevention (CDC) considers obesity to be a national epidemic, leading to a lower quality of life and higher medical costs (3).

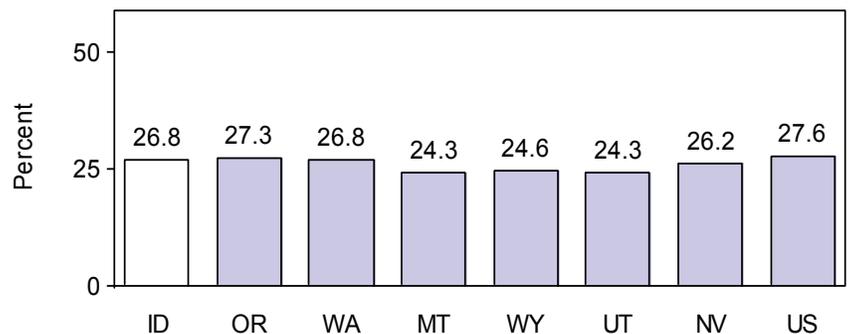
Percent of Idaho Adults Who Were Obese (BMI >= 30) in 2012

Method changes make results from 2011 and later not directly comparable with 2010 and earlier (4).



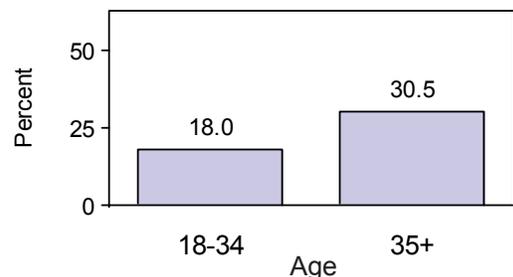
- The percentage of obese adults in Idaho was not statistically different from its neighbors or the U.S. median percentage.

Obesity in Idaho, Neighbor States, & U.S. (Median), 2012



- Obesity was associated with age in Idaho.

Obesity (BMI >= 30) by Age Among Idaho Adults, 2012



Obesity Fast Facts - 2012

- Idaho ranked 20th out of 50 states and D.C. (1st is best).
- Obesity rates in Idaho were similar between men and women, between employed and not employed, between Hispanic and non-Hispanic adults, and among those with various household incomes or education.

Footnotes

1. BMI Formula: weight (lb) / [height (in)]² x 703 or weight (kg) / [height (m)]² .
2. Centers for Disease Control and Prevention. 2012. Obesity and Overweight for Professionals: Health Consequences. <http://www.cdc.gov/obesity/adult/causes/index.html>. Accessed 14 November 2013.
3. Centers for Disease Control and Prevention. 2010. CDC Vital Signs - Obesity. <http://www.cdc.gov/vitalsigns/AdultObesity/index.html>. Accessed 14 November 2013.
4. Centers for Disease Control and Prevention. 2013. BRFSS Today: Facts and Highlights. http://www.cdc.gov/brfss/about/brfss_today.htm. Accessed 14 November 2013.

Definitions

Statistical significance refers to there being a less than 5% probability that results are due to chance. Statistically significant differences between any two estimates were defined as those having non-overlapping 95% confidence intervals. Trend in obesity from 2005 to 2010 was determined using the Cochran-Mantel-Haenszel test for trend (Chi-square = 5.1380, P = 0.0234).

Idaho Department of Health & Welfare
Behavioral Risk Factor Surveillance System
<http://healthstatistics.dhw.idaho.gov>

What is it?

The Behavioral Risk Factor Surveillance System (BRFSS) is a method to help identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs.

The BRFSS uses a standardized telephone survey of adults aged 18 and older. The survey is conducted by all state health departments, the District of Columbia, Puerto Rico, the Virgin Islands, and Guam with assistance from the Centers for Disease Control and Prevention (CDC). The BRFSS began in 1984 and is the largest continuously conducted telephone survey in the world, monitoring preventable chronic diseases, injuries, and infectious diseases.

Acknowledgements

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For more details on this project or any of the survey results, please contact the Bureau of Vital Records and Health Statistics at (208) 332-7326.