



OBESITY

Disease Information Packets – Slide Set
Public Health Services, Community Health Statistics
08/2022



What is Obesity



- Overweight and obesity are defined as a higher weight than what is considered healthy for a given height.
 - Obesity and overweight can develop over time due to an energy imbalance: when an individual has a higher caloric intake than output.
 - Obesity is a chronic condition that is linked to health problems such as type 2 diabetes and can be caused by various factors such as eating patterns or genetic history.

What is Obesity



- Body mass index (BMI) measures body fat in relation to an individual's height
 - Among adults:
 - BMI of 25.0 to <30.0 is considered overweight
 - BMI of 30.0+ is considered obese
 - Among children and teenagers:
 - BMI \geq 95th percentile for all children and teenagers of the same age and sex is considered obese



Demographic Risk Factors



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■ Age

- Many people gain weight as they age and continue to gain weight until 60 – 65.
- Children who have obesity are more likely to have obesity as adults.

■ Race/Ethnicity

- Non-Hispanic Black and Hispanic adults have the highest prevalence of obesity in the United States.

■ Genetics or Family History

- Individuals with a family history of obesity may be predisposed to gain weight.
- Family members tend to share similar eating and physical activity habits.

Source: National Institutes of Health. National Institute of Diabetes and Digestive and Kidney Disease. (2018). *Factors Affecting Weight & Health*. <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/factors-affecting-weight-health>.

Centers for Disease Control and Prevention. (2022). Adult Obesity Facts. <https://www.cdc.gov/obesity/data/adult.html>.

Mayo Clinic. Obesity. (2021). <https://www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742>.

Demographic Risk Factors



■ Poverty or low income

- Low-income and minority communities often lack access to affordable, healthy food, leading them to settle for less nutritious options.
- Among men, obesity prevalence is lower in the lowest and highest income groups compared to the middle-income group.

■ Lower education

- Previous study has found that low education level is associated with obesity among individuals under the age of 30.
- Men and women with college degrees have lower obesity prevalence than those with lower education.

Source: Centers for Disease Control and Prevention. (2020). *Access to Healthy Foods*. <https://www.cdc.gov/nutrition/healthy-food-environments/improving-access-to-healthier-food.html>.

Centers for Disease Control and Prevention. (2022). *Adult Obesity Facts*. <https://www.cdc.gov/obesity/data/adult.html>.

Sánchez CN, Maddalena N, Penalba M, Quarleri M, Torres V, Wachs A. Relación entre nivel de instrucción y exceso de peso en pacientes de consulta externa. Estudio transversal [Relationship between level of education and overweight in outpatients. A transversal study]. *Medicina (B Aires)*. 2017;77(4):291-296. Spanish. PMID: 28825572.

Social and Behavioral Risk Factors



- **Poor nutrition or dietary habits**
 - Eating foods with too much saturated fat or added sugar can increase the risk for obesity.
- **Poor sleep**
 - Inadequate good-quality sleep can be associated with high BMI.
- **High stress levels**
 - Long- and short-term stress can affect hormones that control energy balances and hunger urges.
- **Sedentary lifestyle**
 - High amounts of TV, computer, video games, or screen time is associated with high BMI.



Other Risk Factors



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■ Medications

- Some medications, such as antidepressants, antipsychotics, beta-blockers, and birth control can affect weight.



Intermediate Conditions



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Obesity also increases the risk of other diseases and is accompanied by many complications. Some of these include:

- **Type 2 diabetes**

- About 80% of individuals with type 2 diabetes are overweight or have obesity.

- **Hypertension**

- Hypertension can increase the risk of heart attack or stroke.

- **Osteoarthritis**

- Obesity can increase the risk of osteoarthritis by putting extra pressure on joints and cartilage.



Intermediate Conditions



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■ Cancer

- Liver and kidney cancers are 2 times as likely in people with obesity compared to people without obesity.
- Endometrial cancer is 2-4 times as likely in people with obesity compared to people without obesity.

■ Heart disease

- Obesity is associated with elevated blood fat and decreased good cholesterol.

■ COVID-19 outcomes

- Obesity increases the risk of severe illness from COVID-19.
- Obesity may triple the risk of hospitalization due to COVID-19.

Source: National Institutes of Health. National Cancer Institute. (2022). *Obesity and Cancer*. <https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet#q3>.

National Institutes of Health. National Institute of Diabetes and Digestive and Kidney Disease. (2018). *Health Risks of Overweight and Obesity*. <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/health-risks>.

Centers for Disease Control and Prevention. (2022). *Obesity, Race/Ethnicity, and COVID-19*. <https://www.cdc.gov/obesity/data/obesity-and-covid-19.html>.

Intermediate Conditions

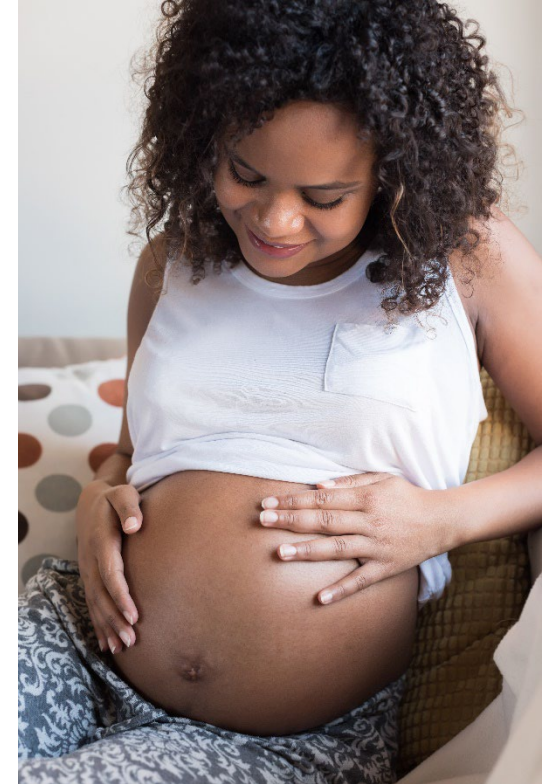


■ Pregnancy complications

- Pregnant women who are obese have a greater chance of developing gestational diabetes, having preeclampsia, and needing a cesarian section.

■ Additional consequences

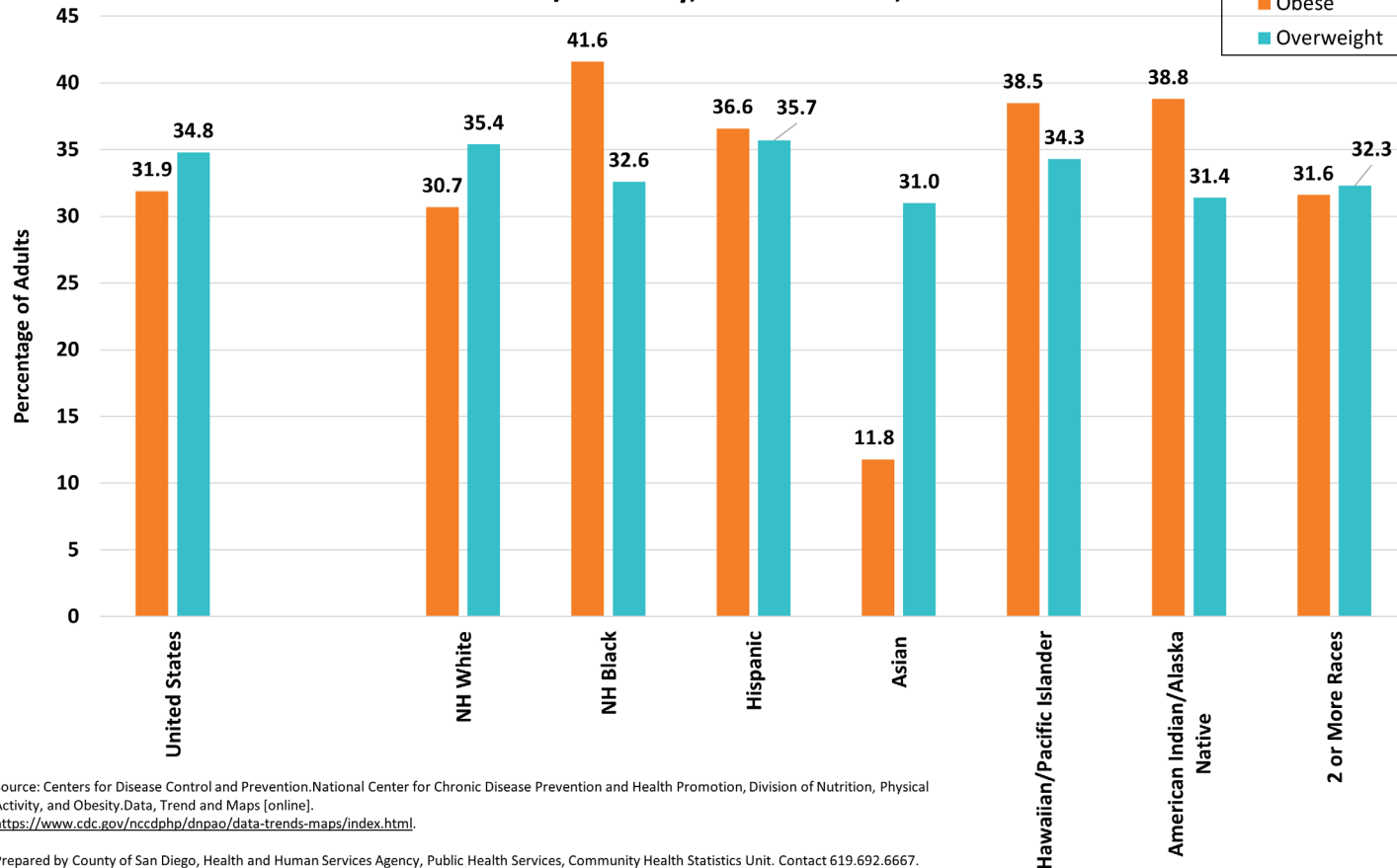
- Sleep apnea (interrupted breathing while sleeping) is more common among obese individuals.
- Obesity can lead to mental health problems like depression, shame and guilt, and social isolation.



National Statistics and Disparities



Percentage of Adults 18+ with Obesity and Overweight Classification by Race/Ethnicity, United States, 2020



Source: Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps [online].
<https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>.

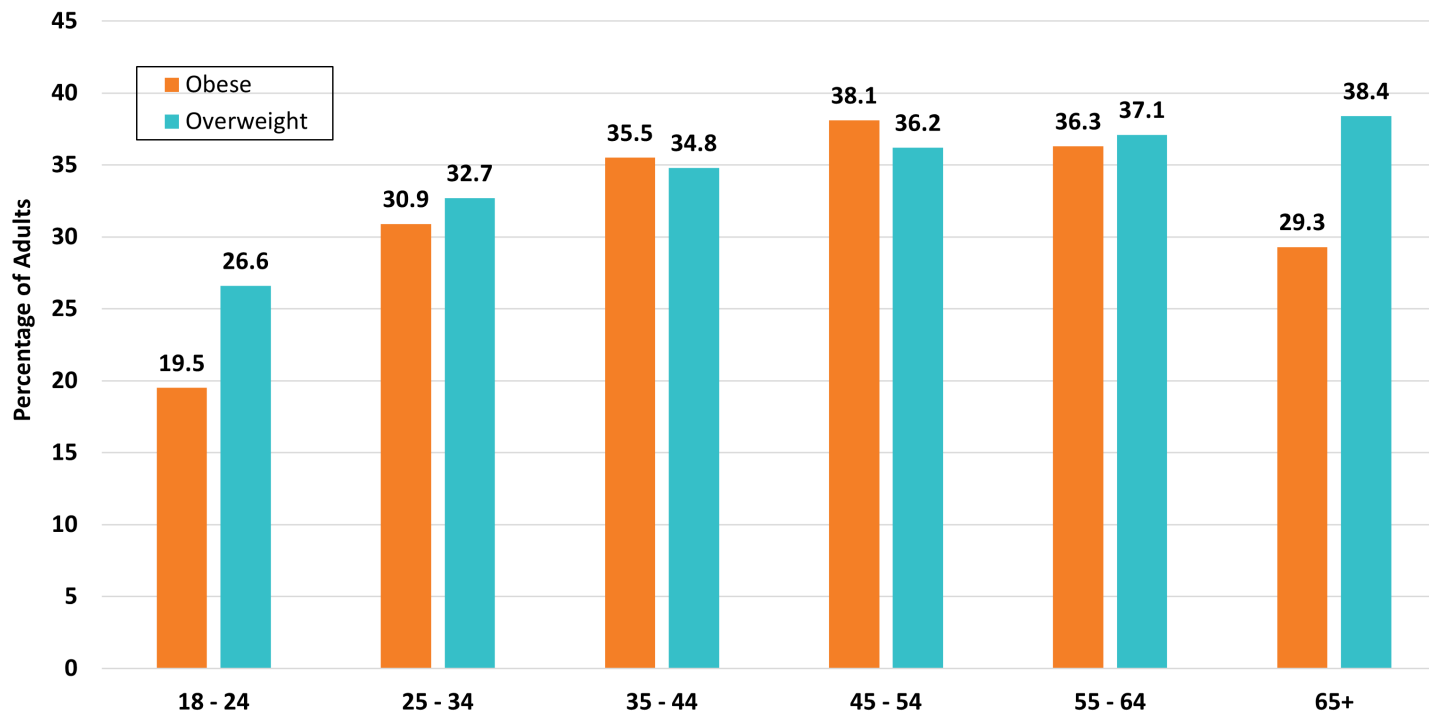
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6667.
https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/
LiveWellSD.org. August 2022.

- In 2020, 31.9% of adults aged 18 or older in the United States had obesity.
- In 2020, non-Hispanic Black adults had the highest percentage of obesity (41.6%) compared to other race/ethnicities in the United States.
- In 2020, Asian adults had the lowest percentage of obesity and the lowest percentage of people with overweight classification.

National Statistics and Disparities



Percentage of Adults 18+ with Obesity and Overweight Classification by Age, United States, 2020



Source: Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps [online]. <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6667.
https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/
LiveWellSD.org. August 2022.

- In 2020, adults ages 45 – 54 had the highest percentage of obesity (38.1%) followed by adults ages 55 – 64 (36.3%).

Cost

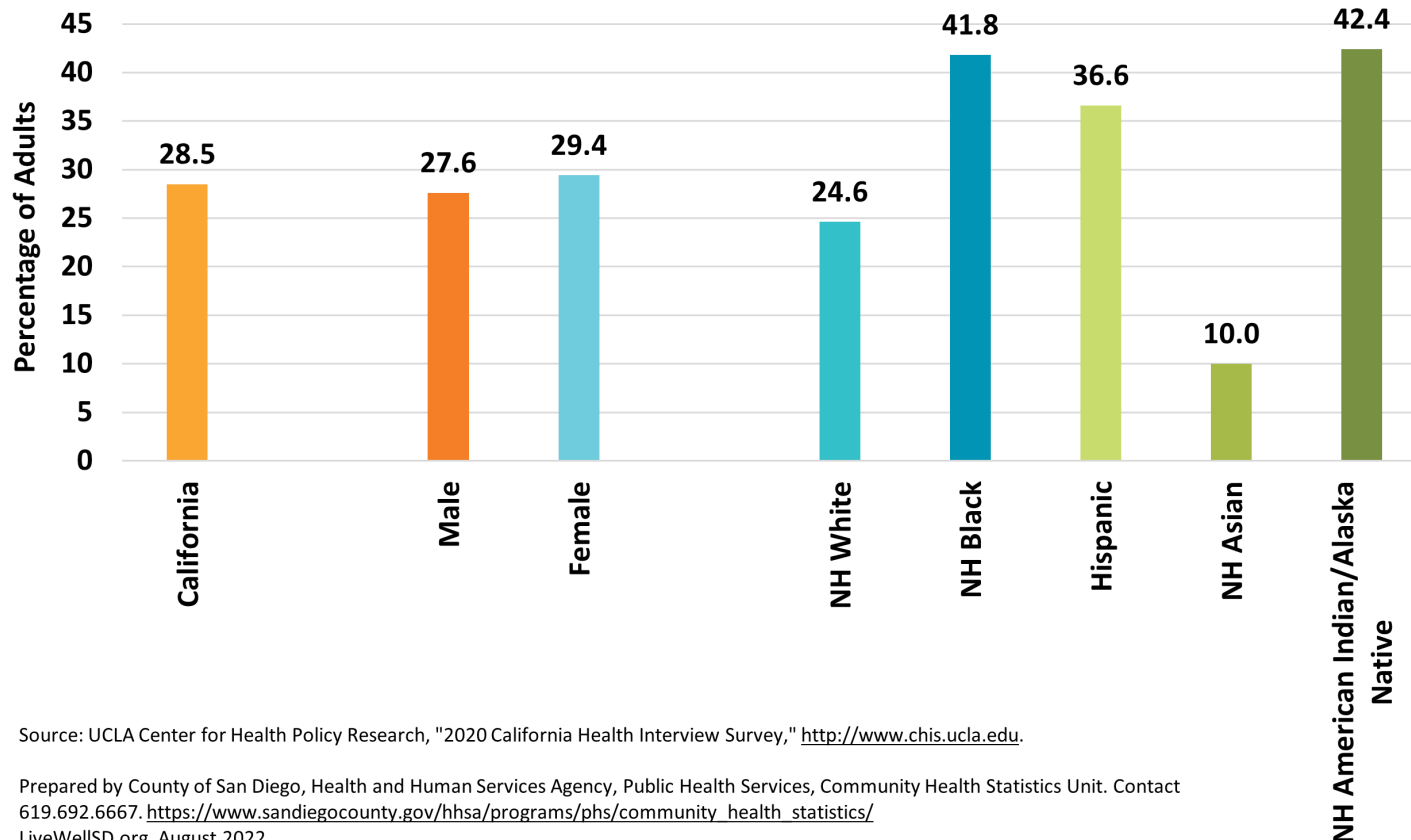


- In 2019, the estimated medical cost of obesity in the United States was about 173 billion in 2019 dollars.
- Medical costs for adults who had obesity were almost \$2,000 higher than those with a healthy weight.

State Statistics and Disparities



**Percentage of Adults 18+ with Obesity
California, 2020**



Source: UCLA Center for Health Policy Research, "2020 California Health Interview Survey," <http://www.chis.ucla.edu>.

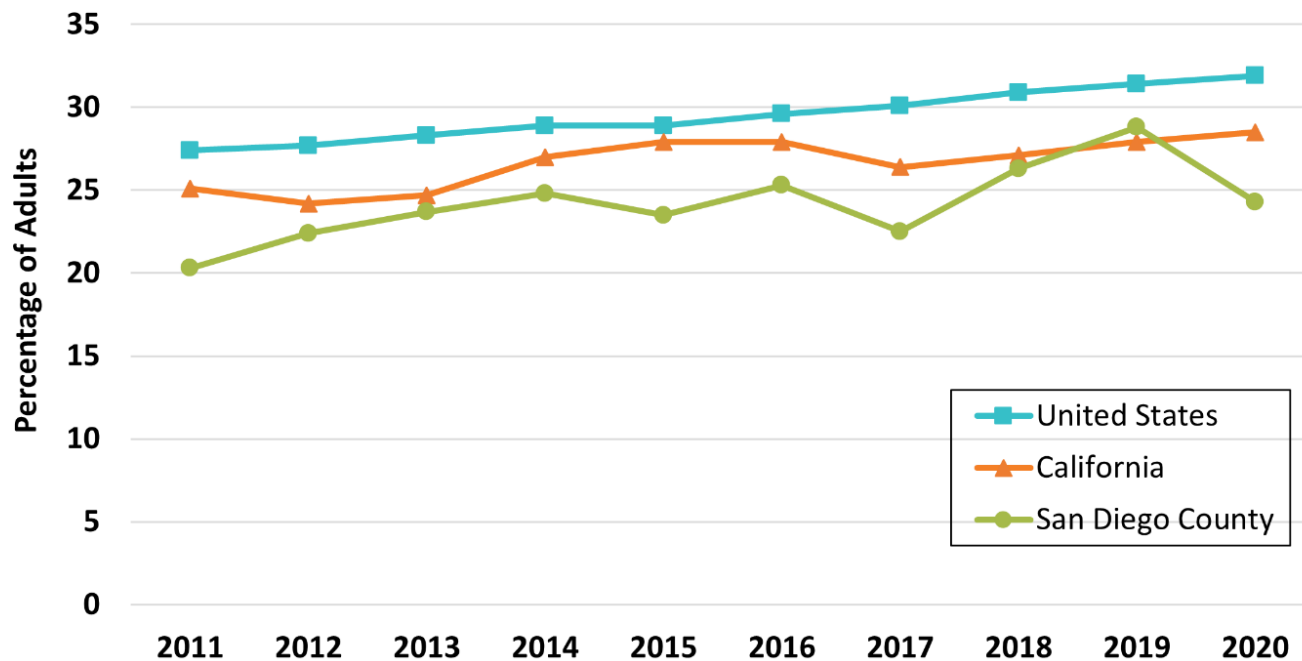
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6667. https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/ LiveWellSD.org. August 2022.

- In 2020, 28.5% of California adults had obesity.
- In 2020, non-Latino American Indian/Alaska Native adults in California had the highest percentage of obesity (42.4%) followed by non-Latino Black adults (41.8%).

Local Statistics and Disparities



**Percentage of Adults with Obesity
National, State, and Local, 2011 - 2020**

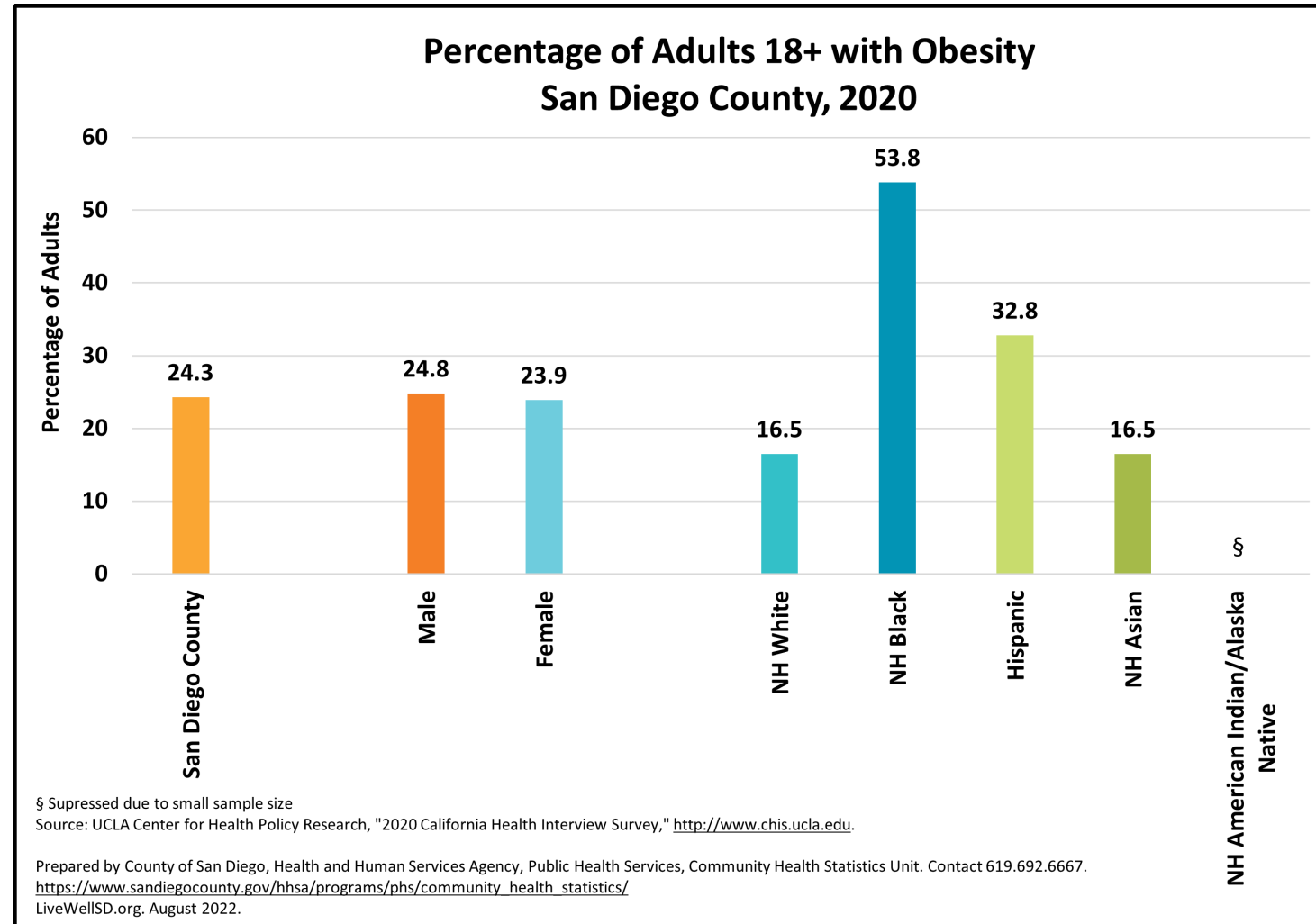


Source: UCLA Center for Health Policy Research, "2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020 California Health Interview Survey," <http://www.chis.ucla.edu>.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6667. https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/ LiveWellSD.org. August 2022.

- From 2011 and 2020, the percentage of adults with obesity was higher in the United States than San Diego County and California.
- Between 2011 and 2019, the percentage of adults with obesity was higher in California than in San Diego County every year except 2019.

Local Statistics and Disparities

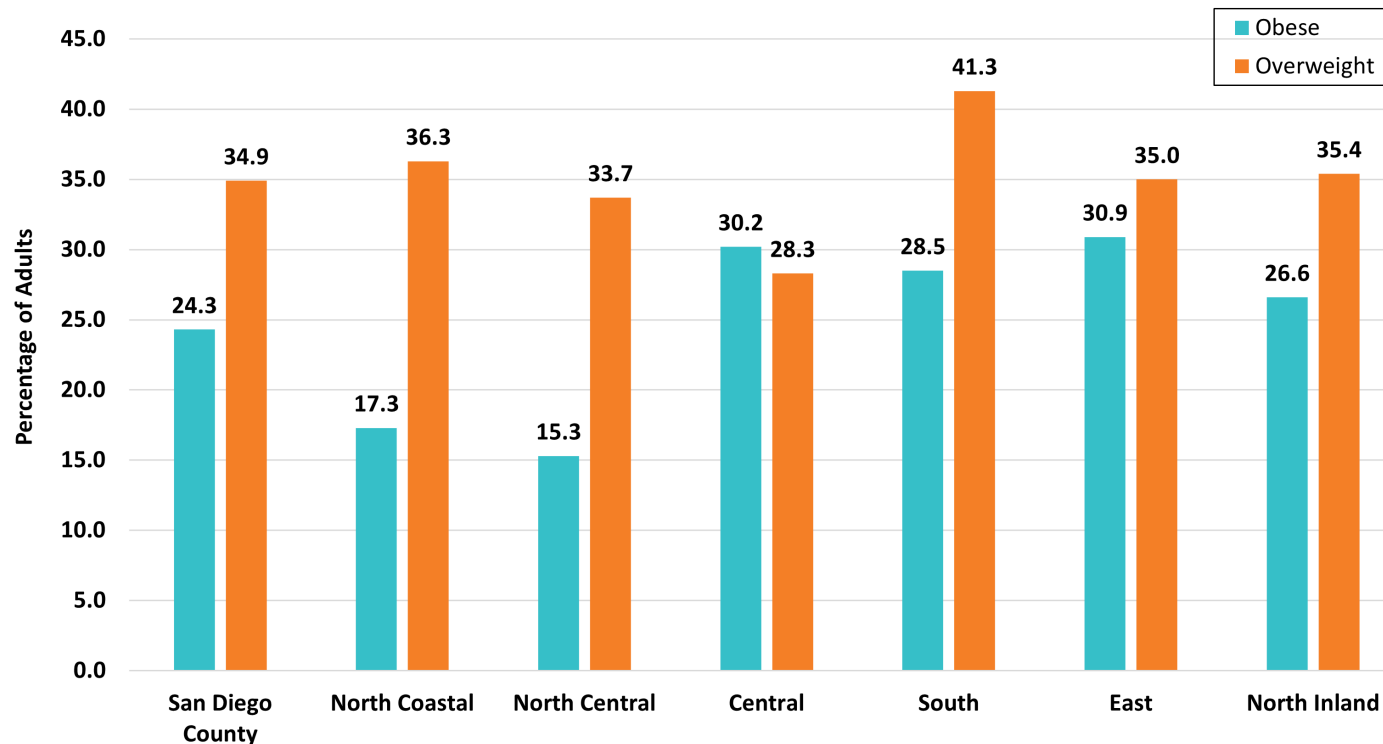


- In 2020, 24.3% of San Diego County adults had obesity.
- In 2020, Black adults in San Diego County had the highest percentage of obesity (53.8%).
- San Diego County male adults had a higher percentage of obesity compared to female adults.

Local Statistics and Disparities



Percentage of Adults 18+ with Obese and Overweight Weight Status by
HHSA Region, San Diego County, 2020



Source: UCLA Center for Health Policy Research, "2020 California Health Interview Survey," <http://www.chis.ucla.edu>

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. Contact 619.692.6667. https://www.sandiegocounty.gov/hhsa/programs/phs/community_health_statistics/ LiveWellSD.org. August 2022.

- In 2020, South Region had the highest percentage of overweight adults while East Region had the highest percentage of obese adults.
- In 2020, Central Region had the lowest percentage of overweight adults while North Central Region had the lowest percentage of obese adults.

Prevention



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- **Healthy eating and caloric intake**
 - The [DASH Eating Plan](#) can help provide nutritional goals as well as plan a meal that is low in saturated fat and artificial sweetener.
 - Follow the [Dietary Guidelines for Americans](#).
- **Get regular physical activity**
 - Most adults should get 150 minutes of aerobic activity a week. Children should get 60 minutes each day.
- **Get enough good quality sleep**
 - Adults ages 18 – 64 are recommended to get 7 – 9 hours of sleep per night.



Source: National Institutes of Health. National Heart, Lung, and Blood Institute. (2021). *DASH Eating Plan*. <https://www.nhlbi.nih.gov/education/dash-eating-plan>.

National Institutes of Health. National Heart, Lung, and Blood Institute. (n.d). *Aim for a Healthy Weight*. https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm.

National Institutes of Health. National Heart, Lung, and Blood Institute. Overweight and Obesity. (2022). *Causes and Risk Factors*. <https://www.nhlbi.nih.gov/health/overweight-and-obesity/causes>.

National Institutes of Health. National Institute of Diabetes and Digestive and Kidney Disease. (2018). *Factors Affecting Weight & Health*. <https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/factors-affecting-weight-health>.

Critical Pathway for Obesity



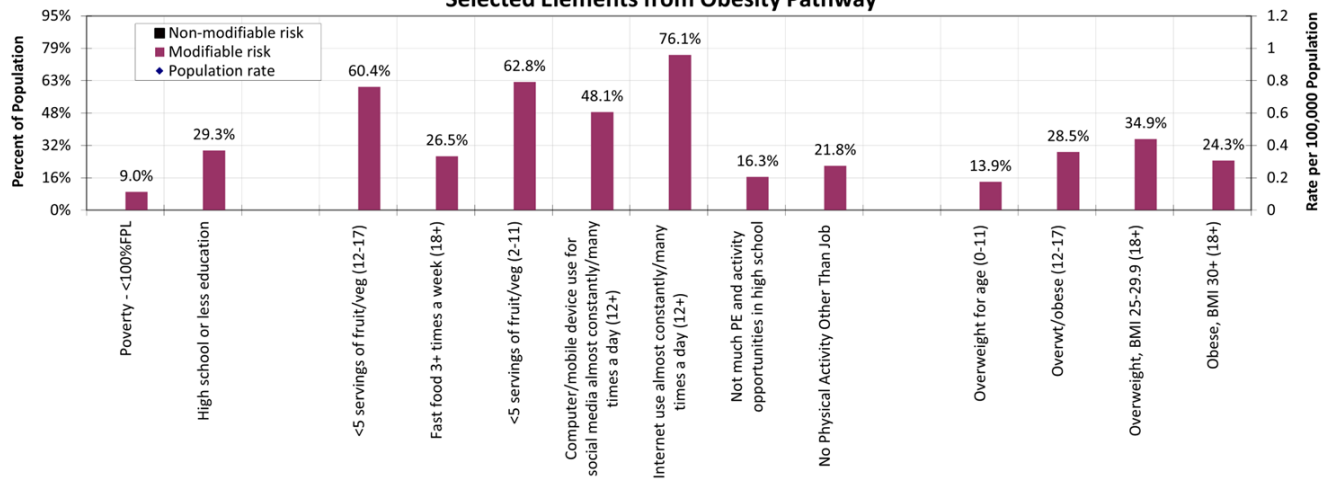
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Critical Pathway

Obesity



Characteristics of Residents, San Diego County Selected Elements from Obesity Pathway



Contact Us



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For more information, including data, resources and reports from the
County of San Diego's Community Health Statistics Unit:

www.SDHealthStatistics.com

(619)692-6667