

# Obesity

## Disease Information Packets – Slide Sets



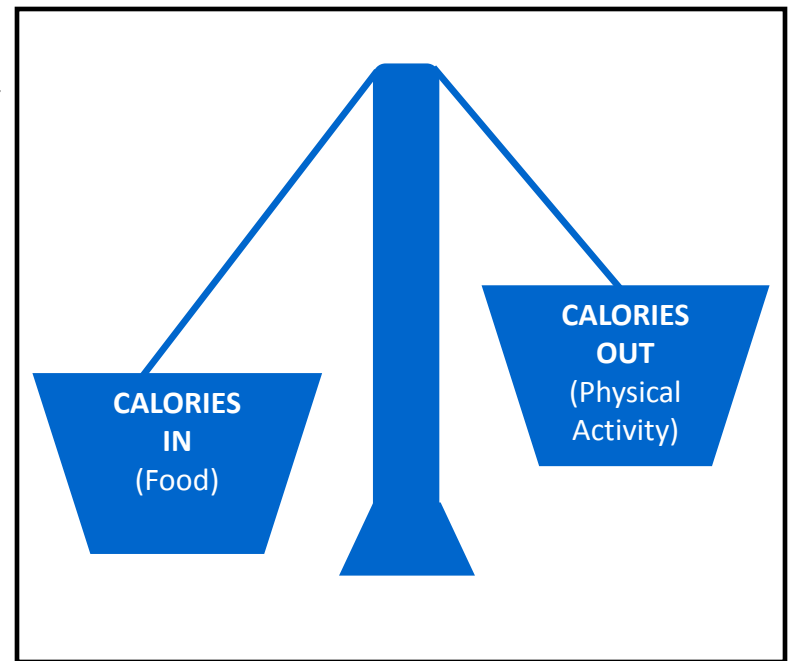
Public Health Services,  
Community Health Statistics

11/2012

# What is Obesity?

Obesity is a condition of overweight in which an individual has a body weight greater than what is considered healthy for his or her height.

- Body weight is influenced by many factors, including: genes, metabolism, behaviors, environment, culture, and socioeconomic status.
- Excess body weight represents an imbalance between calorie intake and expenditure.



# What is Obesity?

- Body mass index (BMI) reflects an adult's weight in relation to his or her height.
  - Among adults:
    - BMI 25-29.9 is considered overweight.
    - BMI of 30+ is considered obese.
  - Among teenagers:
    - Weight  $\geq$  the 95th percentile for all teens of the same age and gender is considered obese.



# Demographic Risk Factors

- **Age**
  - The risk of becoming obese increases with age.
- **Race/Ethnicity**
  - Currently in the United States, blacks and Mexican Americans have the highest percentage of individuals who are obese.
- **Genetics/Family History**
  - Genes play a role in the development of obesity.
  - Individuals with a family history of obesity may be predisposed to gain weight.



Source: Centers for Disease Control and Prevention. Public Health Genomics. Genomics and Health, 2010.

Source: Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of obesity in the United States, 2009–2010. NCHS data brief, no 82. Hyattsville, MD: National Center for Health Statistics. 2012.

# Social and Behavioral Risk Factors



- **Poor Nutrition**

- Availability of nutritious food can make healthier choices difficult.
- The media may contribute to poor nutritional choices and increased snacking among children.

- **Lack of Physical Activity**

- Increased TV and computer time are associated with increased likelihood of obesity in children.
- 4 out of 10 of American adults do not engage in any leisure time physical activities.

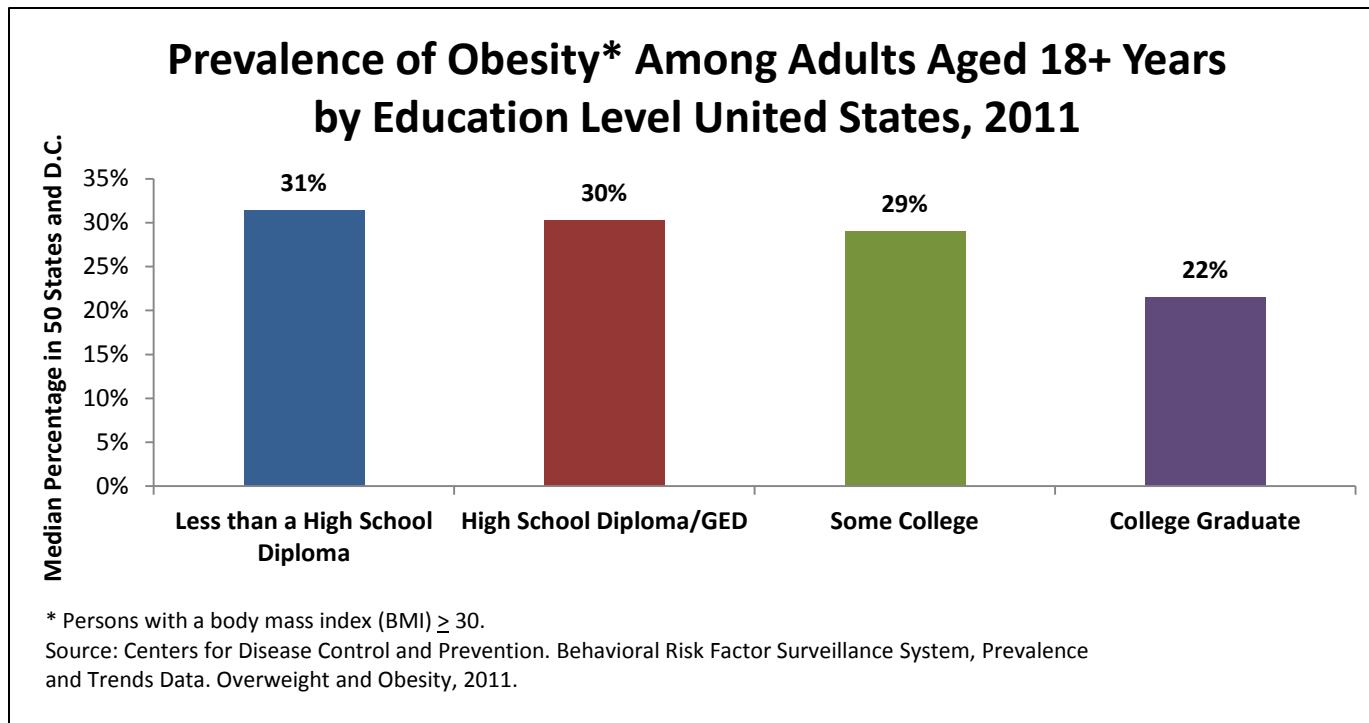
# Social and Behavioral Risk Factors

- **Poverty/Low Income**

- In 2011, the percentage of obese adults increased with decreasing income.
- Communities which are not safe, or lack access to affordable fresh food, can act as barriers to a healthy diet, and discourage physical activity.

- **Lower Education**

- The percentage of obese adults decreases as education level increases.



Sources: - Centers for Disease Control and Prevention. Prevalence and Trends Data, 2011.

- Newell, A., et al. Addressing the Obesity Epidemic: A Genomics Perspective, 2007.

- The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity. Overweight and Obesity What Can You Do?.

# Intermediate Conditions

- **Premature Death**

- Obesity can double the risk of premature death from all causes.
- 300,000 deaths per year may be attributed to obesity.

- **Heart Disease**

- Heart disease risk is higher for people who are overweight or obese.
- Obese people have twice the rate of high blood pressure as people with normal weight.

- **Diabetes (Type II)**

- Weight gain of 11-18 pounds doubles the risk of Type II diabetes.
- Obesity is the most important risk factor for Type II diabetes.
- More than 75% of children and adolescents with Type II diabetes are obese.
- More than 80% of people with diabetes are overweight or obese.

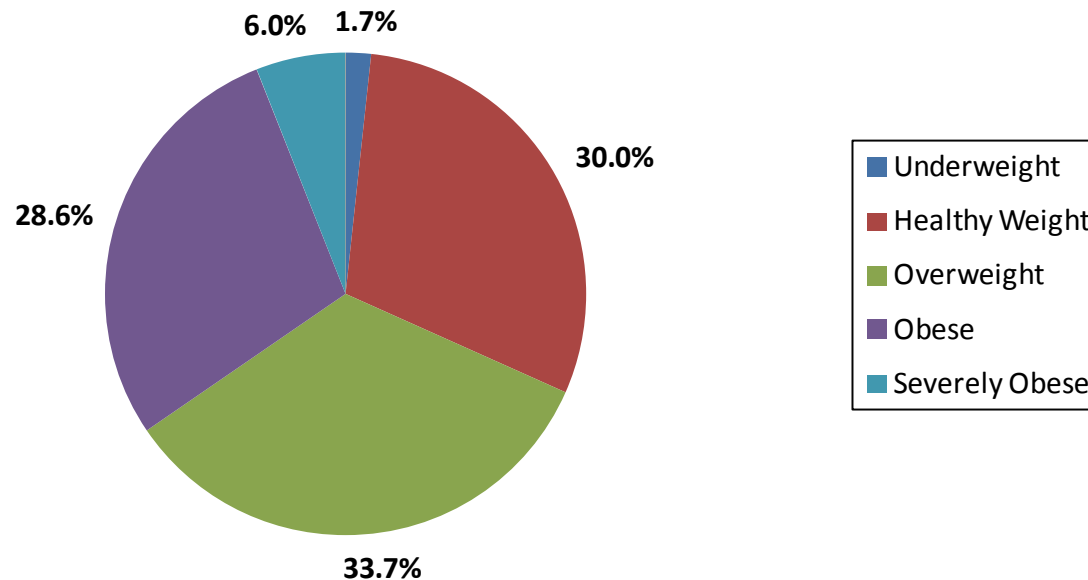
# Intermediate Conditions

- **Cancer**
  - Obesity increases risk for endometrial, breast, and colon cancers.
- **Reproductive Complications**
  - Obese women may suffer from higher rates of infertility.
  - Obesity increases risk of gynecological problems, such as abnormal menses.
- **Additional Risks Due to Obesity**
  - Sleep apnea, asthma and respiratory problems
  - Osteoarthritis
  - Fatty liver disease, gallstones, and gastro-esophageal reflux (i.e. heartburn)
  - Stroke



# National Statistics

**Average Age-Adjusted Weight Status of Adults Age 20+,  
United States, 2007-2010**

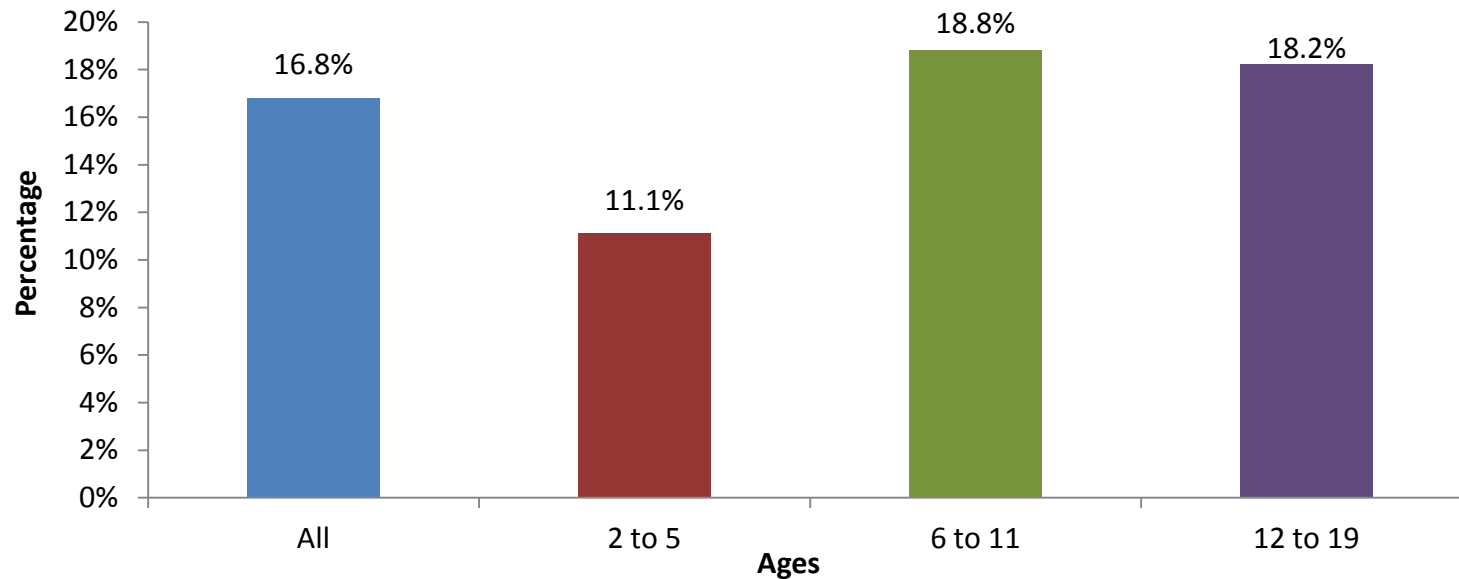


Source: Centers for Disease Control and Prevention. Health Data Interactive. Prevalence and Data Trends. Overweight/Obesity, 20+. NHANES, 2010.  
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Community Health Statistics, 08/30/2012.

Between 2007-2010, nearly 1 out of 3 Americans was considered obese.

# National Statistics

**Average Prevalence of Obesity, Ages 2 to 19,  
United States, 2007-2010**



Source: Centers for Disease Control and Prevention. Health Data Interactive. Prevalence and Data Trends. Overweight/Obesity, ages 2-19. NHANES, 2007-2010.  
Prepared by County of San Diego (CoSD). Health and Human Services Agency (HHSA), Community Health Statistics, 09/04/2012.

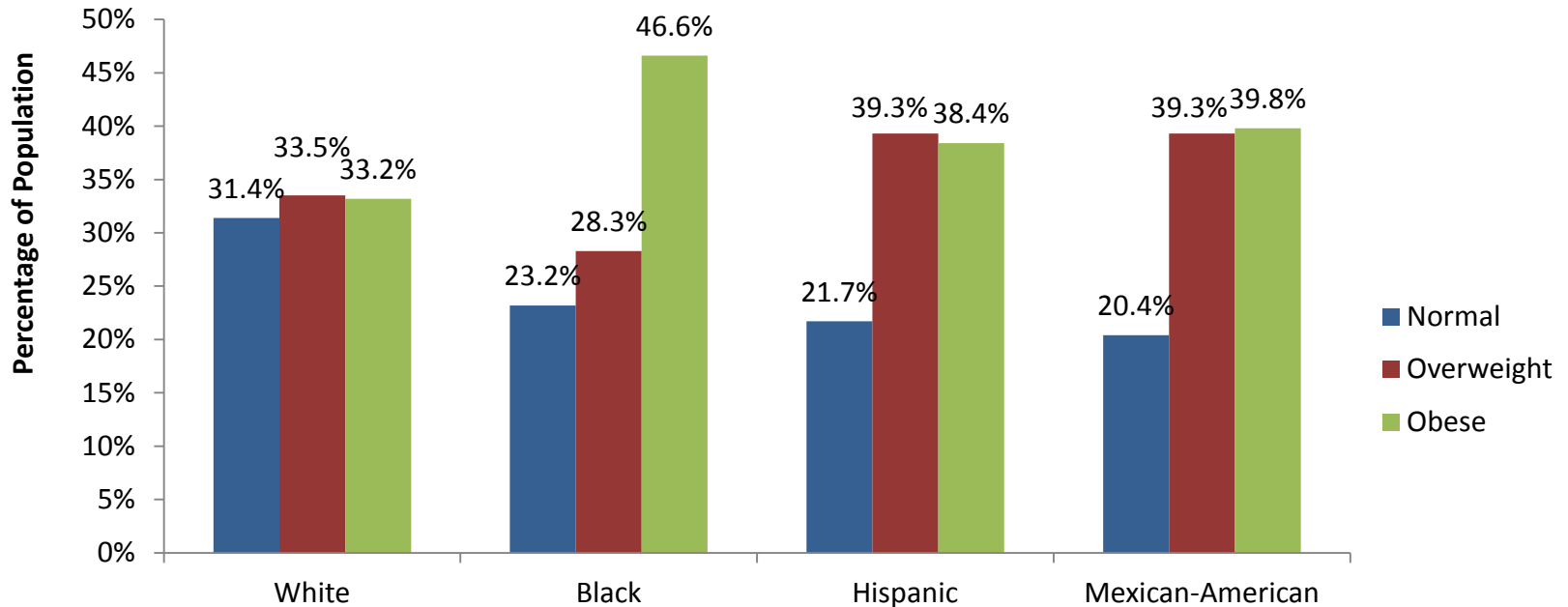
Between 2007-2010, 1 out of 6 children on average was obese.

# National Disparities

- Non-Hispanic blacks, Mexican Americans and Hispanics all have higher rates of obesity than non-Hispanic whites.
- In 2009-2010, obesity among blacks was 15.2% higher than whites, and 4.9% higher among Hispanics than whites.
- In 2009-2010, obesity prevalence did not differ between men and women.

# National Disparities

Average Weight Status Among Ages 20+ by Race/Ethnicity,  
United States, 2007-2010

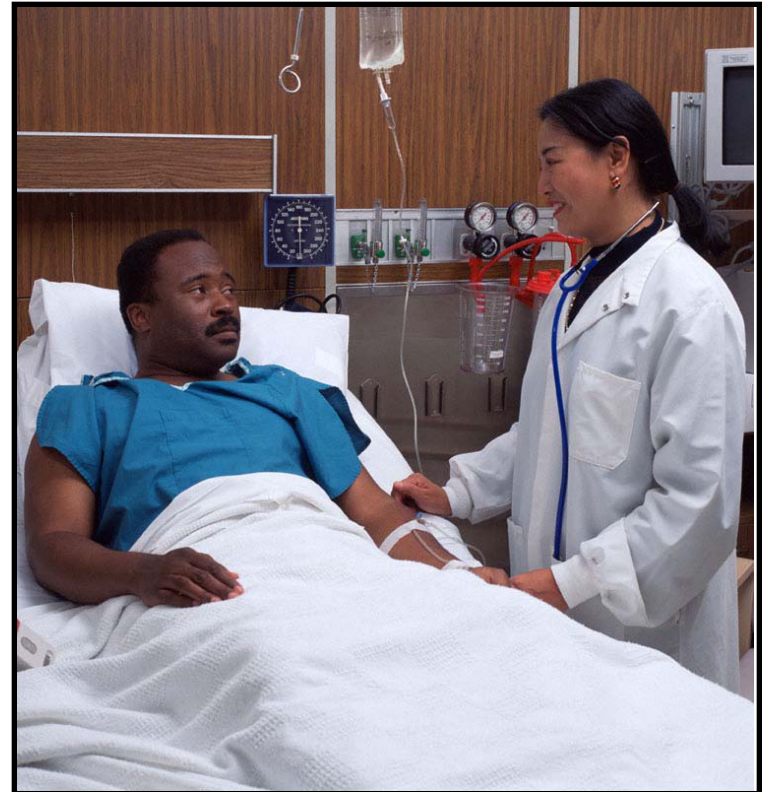


Source: Centers for Disease Control and Prevention. Health Interactive Data. Overweight/Obesity, ages 20+. NHANES, 2007-2010.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Community Health Statistics, 09/05/2012.

# Cost

- In 2008, the estimated cost of obesity in the United States was about \$147 billion.
  - The medical costs for people who are obese were \$1,429 higher than those of normal weight.

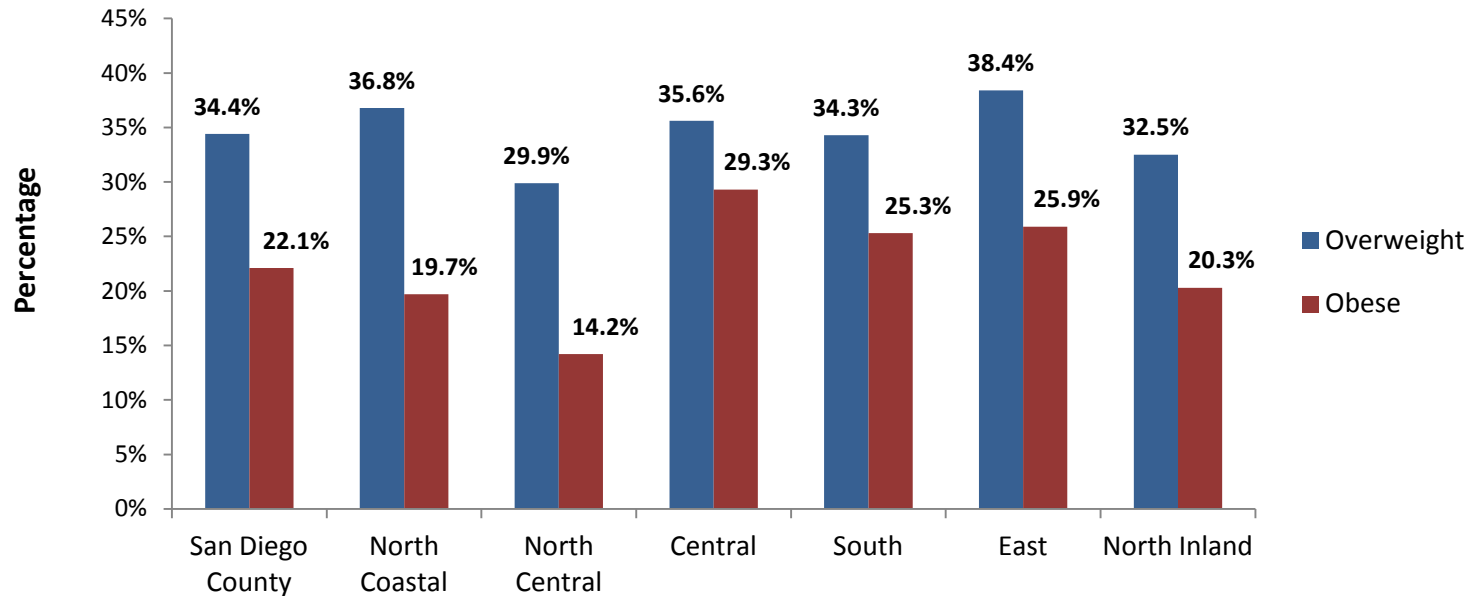


# Local Statistics

- In San Diego County:
  - 1 out of every 3 adults (aged 20 years and older) were overweight in 2009.
  - 1 out of every 5 adults (aged 20 years and older) were obese in 2009.
  - 1 out of every 6 adolescents (aged 12-19 years) were overweight or obese in 2009.

# Local Statistics and Disparities

## Overweight and Obese Weight Status Among San Diego County Adults\* by Region, 2009



\* Aged 20+

Source: UCLA Center for Health Policy Research, "2009 California Health Interview Survey," <http://www.chis.ucla.edu> (accessed September 4, 2012)

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Community Health Statistics, 09/04/2012.

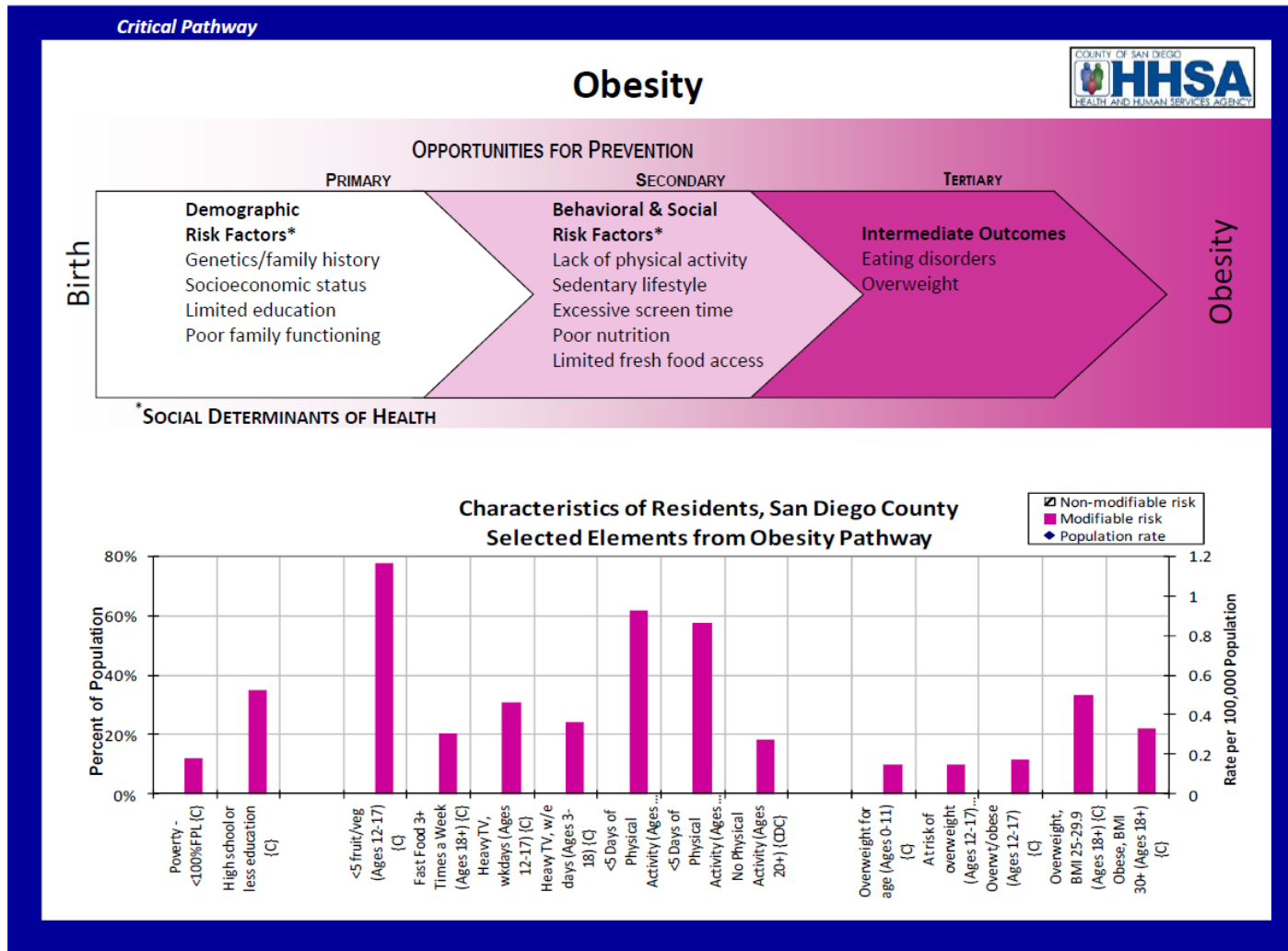
# Prevention

- Control portion sizes, eat regularly:
  - Eat nutrient-dense food versus calorie-dense food.
  - Follow the Dietary Guidelines for Americans ([www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)).
- Incorporate physical activity into everyday routines.
  - Individuals should aim to engage in moderate physical activity on most days of the week.
  - Reduce time spent doing sedentary activities.





# Critical Pathway to Obesity



# Contact Us

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