

Adult Weight Status

Key Findings

The 2005 Health Assessment project identified that 72% of Sandusky County adults were overweight or obese for their height and weight. The 2004 BRFSS indicated that 25% of Ohio and 23% of U.S. adults were obese by BMI. In Sandusky County, 36% of adults were obese by BMI. Under one-quarter (22%) of the adults had not been participating in any physical activities or exercise in the past week. In the near future, weight problems are expected to become the leading preventable cause of death in the United States, surpassing cigarette smoking. (Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Nutrition & Physical Activity)

Defining the Terms

- ❖ Obesity: An excessively high amount of body fat compared to lean body mass.
- ❖ Body Mass Index (BMI): The contrasting measurement/relationship of weight to height. CDC uses this measurement to determine overweight and obesity.
- ❖ Underweight: Adults with a BMI less than 18.5.
- ❖ Normal: Adults with a BMI of 18.5 to 24.9.
- ❖ Overweight: Adults with a BMI of 25 to 29.9.
- ❖ Obese: Adults with a BMI of 30 or greater. (Source: CDC)

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- ◆ In 2005, the health assessment indicated that nearly three-fourths (72%) of Sandusky County adults were either overweight (36%) or obese (36%) by Body Mass Index (BMI).
- ◆ Approximately 23% of U.S. adults 20 years of age and older were defined as obese (body mass index – BMI – of 30 or more).
- ◆ 46% of adults were trying to lose weight, increasing to 74% of those classified as obese.
- ◆ 37% of adults were eating fewer calories and less fat to lose weight or keep from gaining weight while 54% were exercising to lose weight or keep from gaining weight.
- ◆ 22% of adults had not been participating in any physical activities or exercise in the past week. Conversely, 30% of adults had participated in physical activity or exercise on 5 or more days in the past week.
- ◆ 3% of adults had taken weight loss pills prescribed by a doctor.
- ◆ Over one-third (36%) of adults ate fruit or drank 100% fruit juice at least once per day in the past week, 38% ate vegetables, and 34% drank milk.
- ◆ The 2005 health assessment identified that 37% of all Sandusky County adults had been diagnosed with high blood pressure, 33% had high blood cholesterol, and 12% had been diagnosed with diabetes.

The Risks of Being Obese...

- ❖ Type II Diabetes
- ❖ Congestive heart failure
- ❖ Cancer, especially colon cancer
- ❖ High blood cholesterol
- ❖ Stroke
- ❖ Heart disease
- ❖ Post-menopausal breast cancer
- ❖ Insulin resistance
- ❖ Gallstones
- ❖ High blood pressure
- ❖ Chest pain
- ❖ Pregnancy complications
- ❖ Infertility, poor reproductive health
- ❖ Job discrimination
- ❖ Difficulty with bladder control
- ❖ Osteoarthritis
- ❖ Gout
- ❖ Obstructive sleep apnea
- ❖ Psychological disorders
- ❖ Endometrial Cancer

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Overweight and Obesity, 10-20-04)

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- ◆ The cost of obesity in the U.S. in 2000, exceeded \$117 billion in direct (e.g., preventive, diagnostic, treatment services for obesity, etc.) and indirect (e.g., decreased productivity, restricted activity, absenteeism, bed days, future income lost by premature birth, etc.) costs.
- ◆ The National Academy of Sciences, the U.S. Department of Agriculture, the National Cancer Institute and the American Cancer Society recommend that adults eat 5-9 servings of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2003 BRFSS reported that only 23% of Ohioans were eating the recommended number of servings.
- ◆ The Centers for Disease Control and Prevention and the American College of Sports Medicine recommend that adults participate in moderate exercise for at least 30 minutes on five or more days of the week or vigorous exercise for 20 minutes or more on three or more weekdays.
- ◆ Weight loss can result in lower blood pressure, normal blood cholesterol levels, lower blood sugar and lessen the risk for many other health issues.

(Sources: NHANES 1999-2000, National Academy of Sciences, and CDC – National Center for Chronic Disease Prevention and Health Promotion)

The following graph shows the percentage of Sandusky County adults who are overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 26% of all Sandusky County adults were classified as normal weight and 36% are overweight, etc.).

Adult BMI Classification

