

Overweight & Obesity

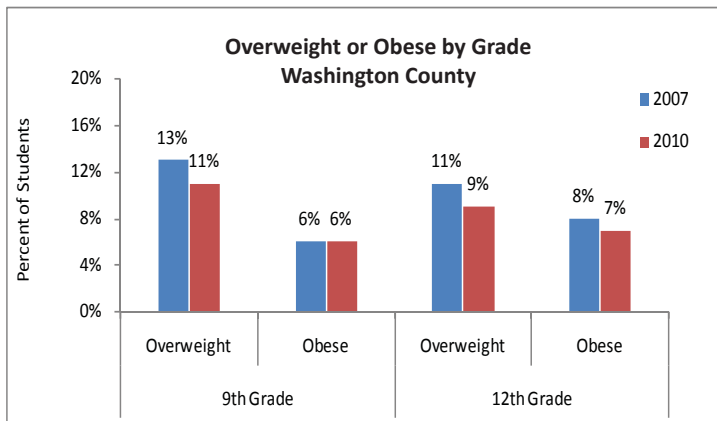
The most serious health problem identified through the 2008 Washington County Community Health Assessment was overweight and obesity in children and adults due to poor nutrition and physical inactivity. Currently, over 60% of adults in the county, as in the state, are overweight or obese based on their calculated Body Mass Index (BMI) from self-reported height and weight. While youth overweight and obesity rates are slightly lower in Washington County than in the state, they remain a serious health concern.

Overweight and obesity are associated with many diseases and conditions including hypertension, high cholesterol, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, depression and some cancers (endometrial, breast and colon).^{1,2,3} Just four of these obesity-related conditions - heart disease, stroke, cancer and diabetes, accounted for nearly 51% of all deaths in Washington County in 2009.⁴

Key Trends

- In Minnesota, the percent of adults who are considered obese increased from 10.2% in 1990 to 24.7% in 2009. County estimates mimic state trends.
- Calculating overweight and obesity data for youth is relatively new. The Minnesota Student Survey began calculating BMI for 9th and 12th graders in 2007. Overweight rates declined by two percentage points for both grades between 2007 and 2010 but remained steady for obesity rates.

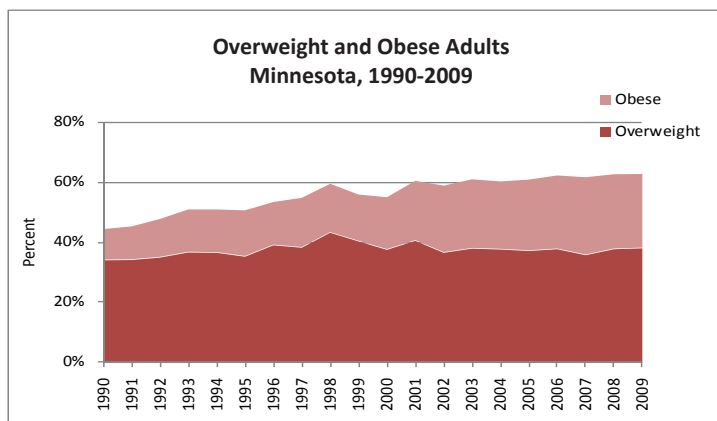
Youth Overweight and Obesity



Source: Minnesota Student Survey Interagency Team

Youth Overweight and Obesity

- In 2010, approximately 17% of 9th graders and 16% of 12th graders were either overweight or obese.
- Based on BMI, male youth have higher rates of obesity than female youth. BMI rates are both age and gender specific for youth and teens.
- Compared with the state, county rates for overweight and obesity for both 9th and 12th grades are lower.

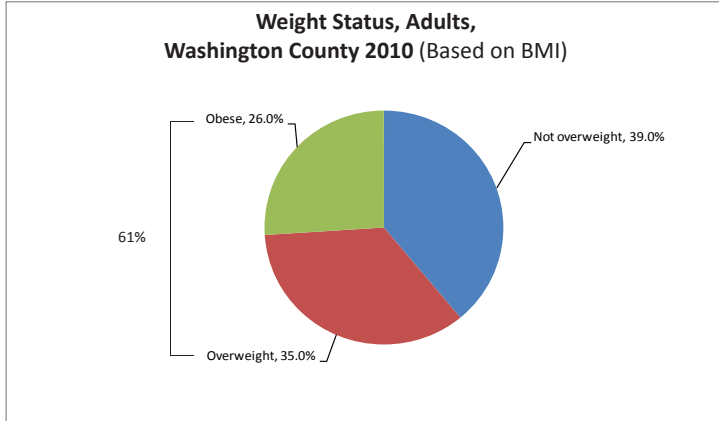


Source: Behavioral Risk Factor Surveillance Survey, CDC

Adult Overweight and Obesity

- In 2009, 62.8% of adults in Minnesota were considered to be either overweight or obese.
- The percent of adults who are overweight increased by 12% over the past two decades, from 34.1% in 1990 to 38.1% in 2009.
- Obesity rates rose dramatically over time, from 10.2% of adults in 1990 to 24.7% in 2009.
- Estimates for Washington County are similar to state rates.

Adult Overweight and Obesity



Source: Metro Adult Health Survey, 2010

- In 2010, 61% of adults in Washington County were either overweight or obese.
- Over one in four adults in the county were considered obese in 2010.
- About 72% of adult males were overweight or obese, compared with 50% of females.
- The highest rates of overweight and obesity by age were in the 45-54 and the 55-64 age ranges.
- Overweight and obesity rates were higher among those reporting lower income levels. Seventy two percent of those in the 200% poverty level or less were overweight or obese in 2010.

Weight Status, Adults, Washington County (Calculated BMI based on self-reported height and weight)

		Not overweight	Overweight but not obese	Obese
Washington County Total		39.0%	35.0%	26.0%
Gender	Male	28.0%	47.1%	25.0%
	Female	49.8%	23.1%	27.1%
Age categories	18-34	41.5%	38.4%	20.1%
	35-44	45.5%	33.9%	20.5%
	45-54	33.6%	32.9%	33.5%
	55-64	32.6%	35.1%	32.4%
	65-74	38.0%	41.8%	20.2%
	75+	43.4%	21.0%	35.6%
Education	High school graduate/GED or less	33.1%	37.0%	29.9%
	Some college ⁵	31.1%	33.5%	35.4%
	Bachelor's degree	42.8%	34.6%	22.6%
	Graduate or professional degree	44.5%	37.0%	18.5%
Poverty status	200% poverty or less	28.0%	24.6%	47.4%
	Greater than 200% poverty	41.3%	35.1%	23.7%
Metro results	Metro Area (6 counties) ⁶	38.4%	36.5%	25.1%

Source: Metro Adult Health Survey, 2010

Contact Information:

Questions about this and other Washington County Health Data Profiles can be directed to:
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 Website: www.co.washington.mn.us

Endnotes

For youth, overweight is the 85th percentile to less than the 95th percentile using the CDC growth charts. Obese is equal to or greater than the 95th percentile. For adults, a BMI equal to or greater than 25.0 but less than 30.0 is considered overweight. A BMI equal to or greater than 30.0 is obese.

¹ Physical Activity and Good Nutrition: Essential Elements to Prevent Chronic Diseases and Obesity, At-A-Glance 2008, www.cdc.gov, 7/3/08

² Minnesota Obesity Plan, Minnesota Department of Health, September 2008

³ Obesity and Future Health Care Costs, Blue Cross Blue Shield of Minnesota, January 2008

⁴ Minnesota County Health Tables, 2009, Minnesota Department of Health

⁵ Some college includes associate degree, trade school, or some college

⁶ Anoka, Carver, Dakota, Ramsey, Scott & Washington Counties



Last Updated: September 2011