

Obesity and Health Risks Among RI Men and Women in 2007



Rhode Island Department of Health Center for Health Data and Analysis & Initiative for a Healthy Weight November 2009

Introduction

This report presents data on obesity for demographic subgroups of men and women, and on 15 health indicators for obese and non-obese men and women. Data are from Rhode Island's 2007 Behavioral Risk Factor Surveillance System (BRFSS).

About the BRFSS: The BRFSS is a telephone survey administered in all 50 states and 4 U.S. territories with funding and specifications from the Centers for Disease Control and Prevention (CDC). The BRFSS monitors the prevalence of behavioral health risks that contribute to the leading causes of disease and death among adults 18 years and older in the United States. Rhode Island has participated in the BRFSS since 1984.

Rhode Island's BRFSS: From January - December 2007, the Rhode Island BRFSS conducted random-digit dialed telephone interviews with 4,499 RI adults. A professional survey firm conducted the survey for the Rhode Island Department of Health.

Obesity definition: Respondents are defined as obese if their body mass index (BMI) is 30 or greater. $BMI = \text{weight in kilograms}/(\text{height in meters})^2$.

Reading statistics: The bar graphs in this report represent percentages and 95% confidence intervals (CI). Since percentages from survey data are estimates, the 95% CI indicates the range of values within which the "true" value lies 95% of the time. When two groups have 95% CI that overlap, the "true" values are likely to be similar in both groups. If the 95% CI do not overlap, the two groups are statistically significantly different from one another.

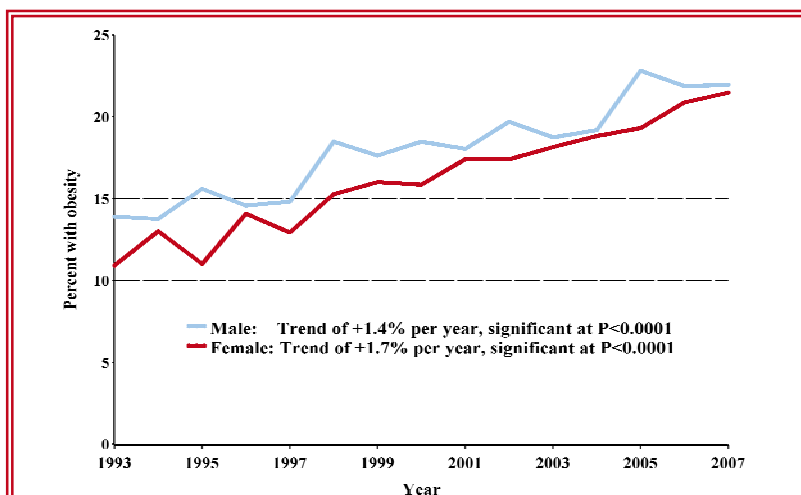
Acknowledgements: The RI BRFSS is funded in part by the CDC Chronic Disease Prevention and Health Promotion Programs Cooperative Agreement 5U58DP122791-05. The RI Initiative for a Healthy Weight

Program is funded by the CDC Systems Based Initiative for a Healthy Weight Program grant #U32/CCU122687.

For further information: For the Initiative for a Healthy Weight Program go to <http://www.health.ri.gov/healthyweight/initiative/index.php>, for the BRFSS go to <http://www.health.ri.gov/chic/statistics/brfss.php>, to <http://www.cdc.gov/brfss>, or contact the Center for Health Data and Analysis, RI Department of Health (401-222-2550).

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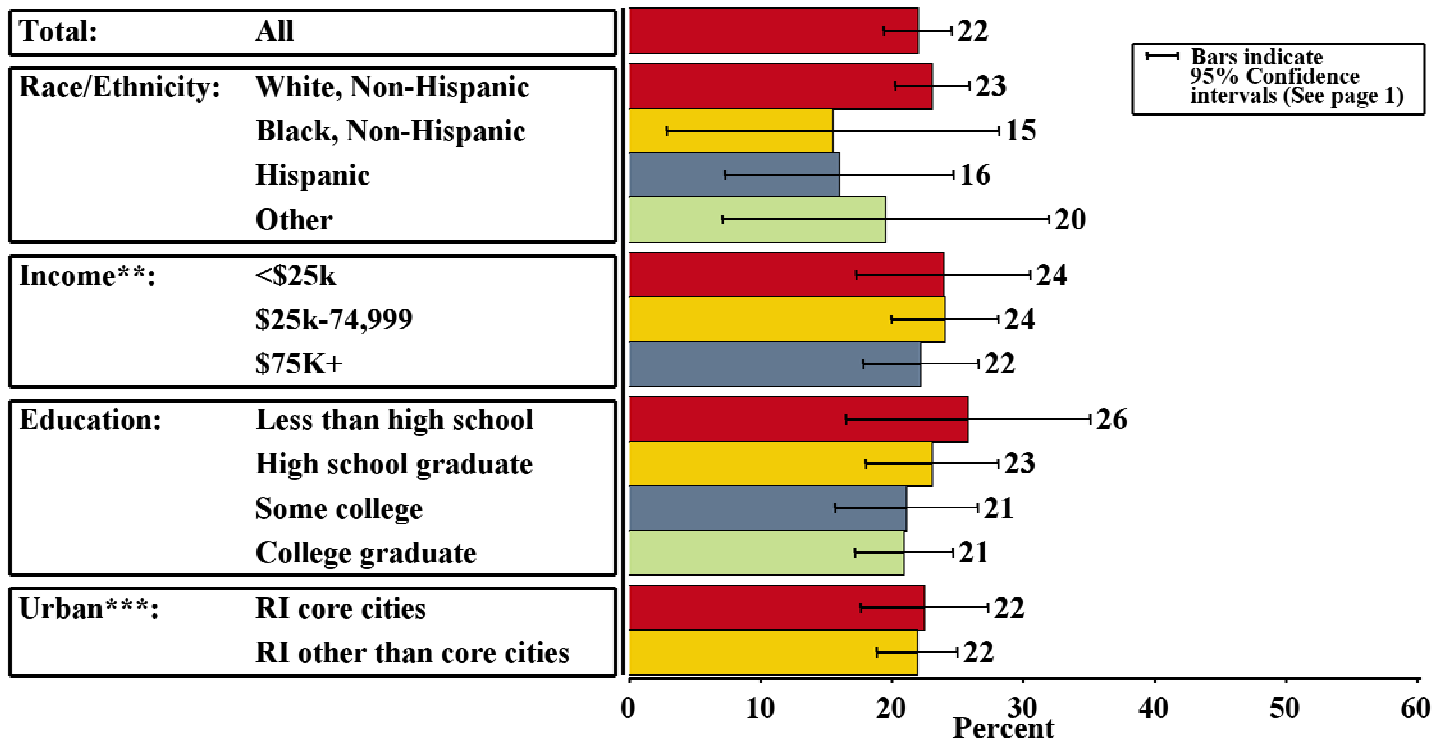
Highlights



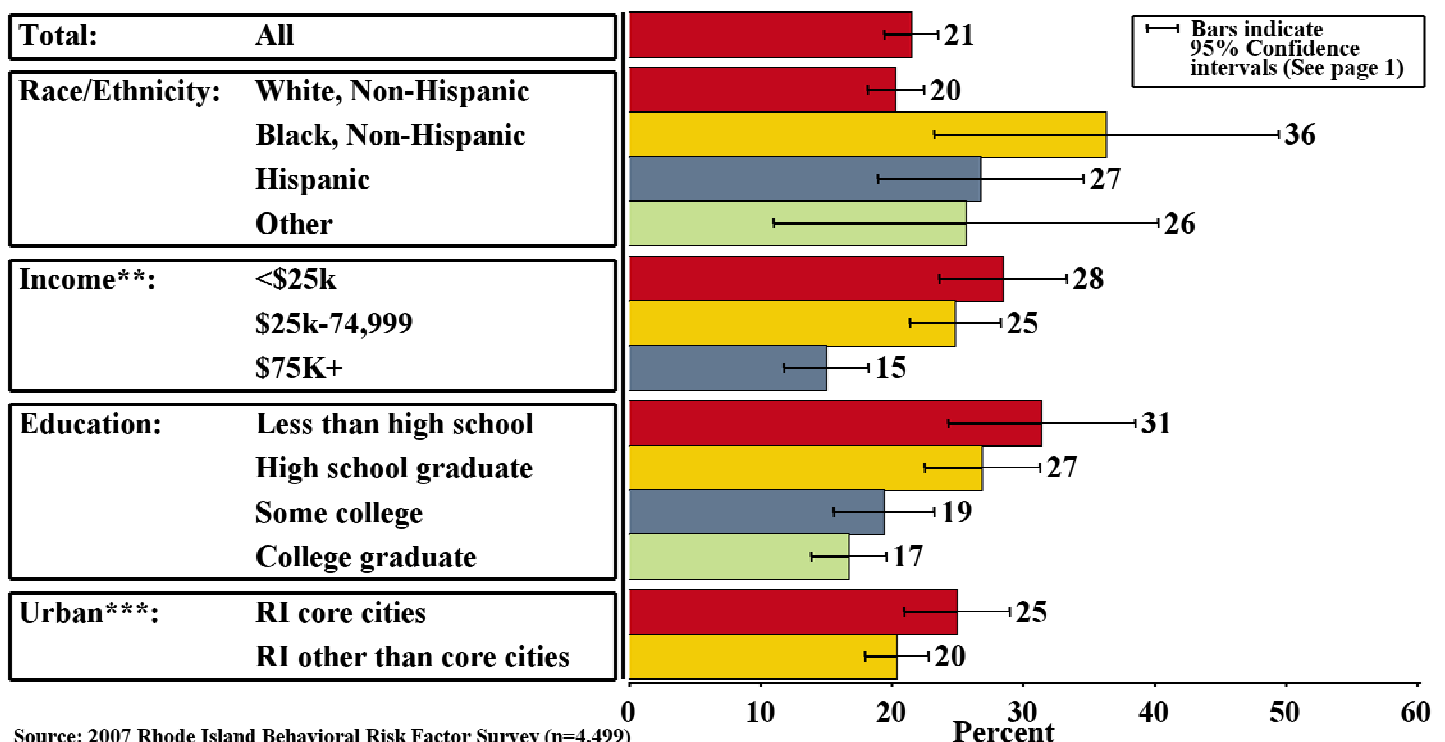
- ❖ There has been a statistically significant upward trend in obesity among both men and women from 1993 to 2007.
- ❖ Black and Hispanic women, low-income women, and women with lower educational attainment are at higher risk of obesity than White, higher-income and more highly educated women. However, men of all racial/ethnic, income or educational levels are at similar high risk of obesity. (Fig 1)
- ❖ Low fruit and vegetable consumption for men and frequent fast food consumption for women are associated with increased obesity risk. Men and women who watch television, or who are not physically active in their leisure time have higher obesity risk than those who turn off the TV or who are physically active. (Fig 2)
- ❖ For both genders, obesity is significantly related to an increased risk of asthma, high blood pressure, diabetes, high cholesterol, and activity limitations. (Fig 3)

Prevention of obesity is vital to avoiding the adverse health outcomes associated with obesity such as diabetes, cardiovascular disease, and disability.

Figure 1
Obesity* Among Rhode Island Men and Women
 (Ages 18 and older) within demographic subgroups
Men



Women



Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=4,499)

* Obesity(BMI>=30): Body Mass Index = weight in kilograms / (height in meters)²

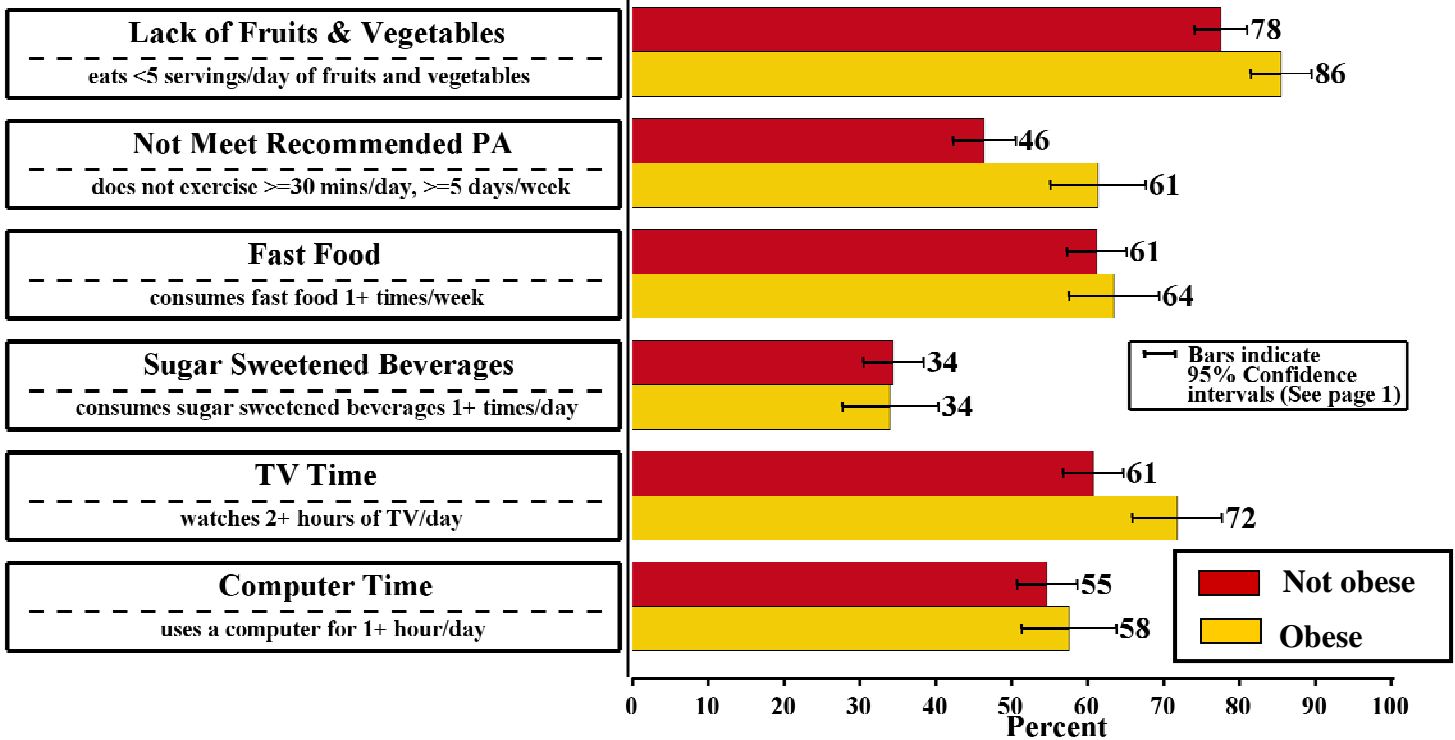
** Annual household income

*** Core cities: The child poverty rate exceeds 15% (Central Falls/Newport/Pawtucket/Providence/West Warwick/Woonsocket)

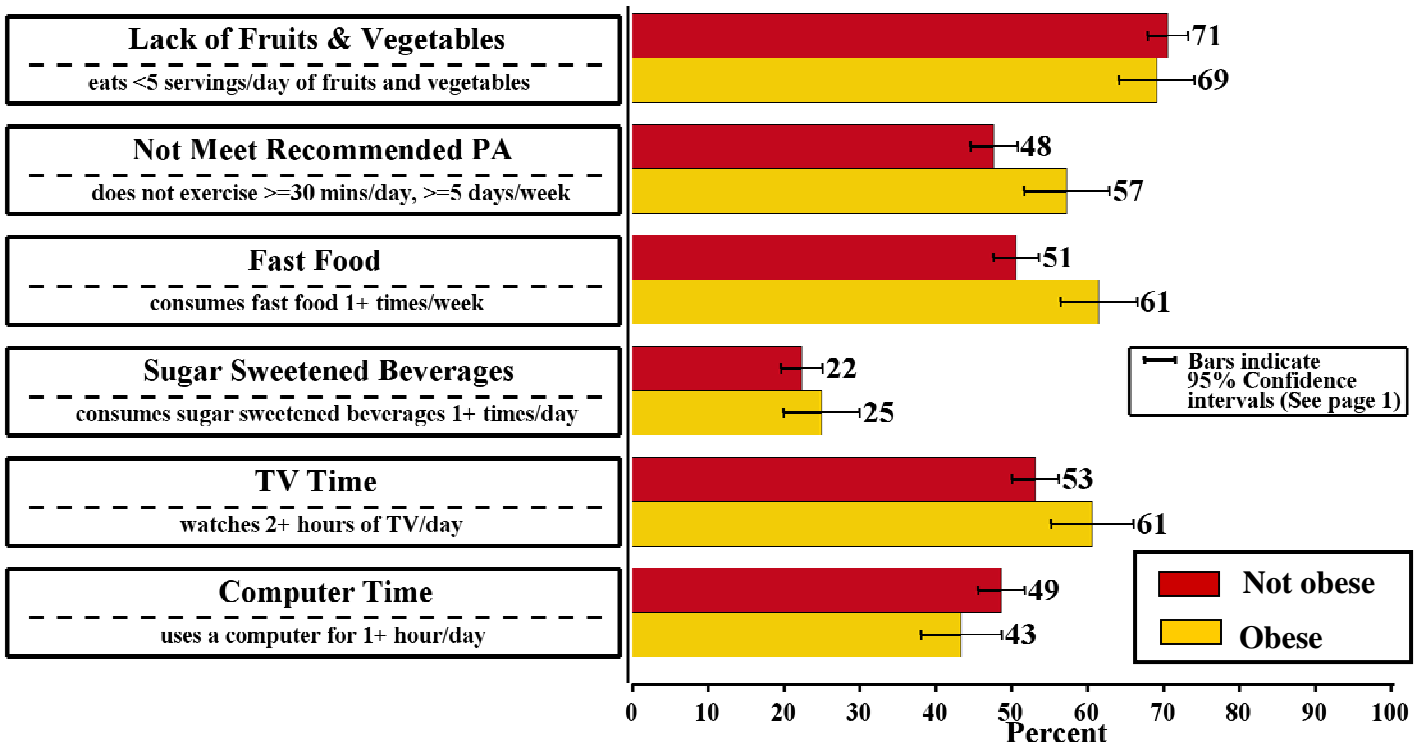
Figure 2

Health Risks Among Rhode Island Men and Women (Ages 18 and older) with/without obesity*

Men



Women



Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=4,499)

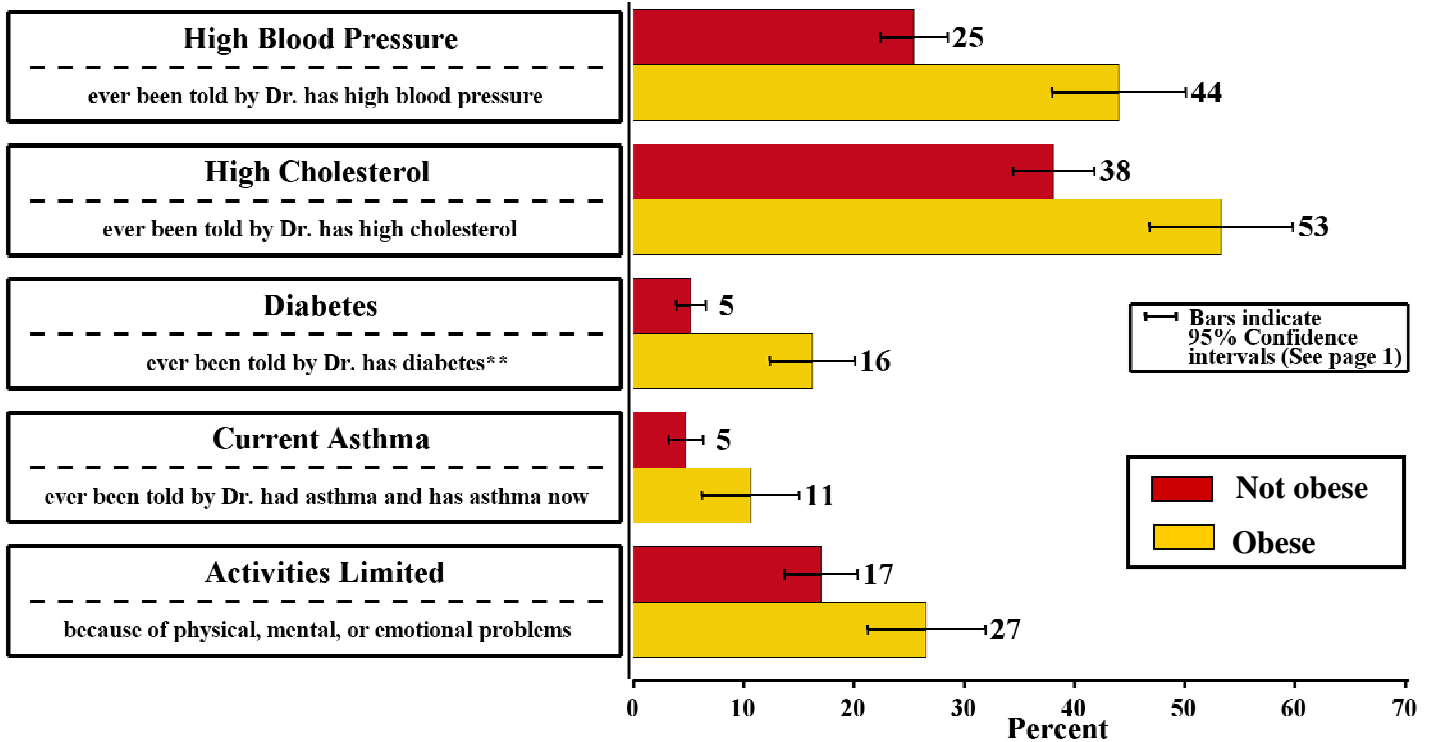
* Obesity(BMI≥30); Body Mass Index = weight in kilograms / (height in meters)²

** Diabetes: Adults who have ever been told by a health professional they have diabetes, other than during pregnancy

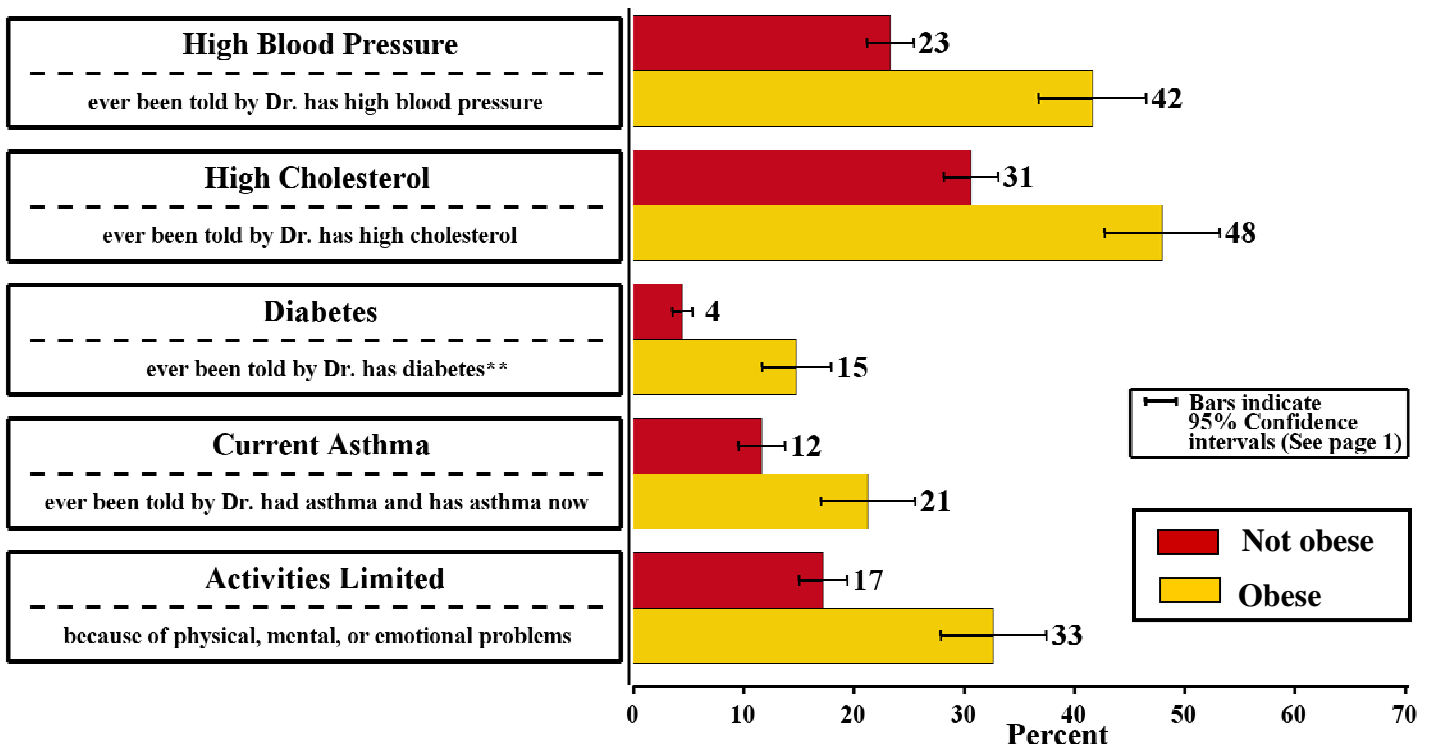
Figure 3

Health Risks Among Rhode Island Men and Women (Ages 18 and older) with/without obesity*

Men



Women



Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=4,499)

* Obesity (BMI ≥ 30); Body Mass Index = weight in kilograms / (height in meters)²

** Diabetes: Adults who have ever been told by a health professional they have diabetes, other than during pregnancy