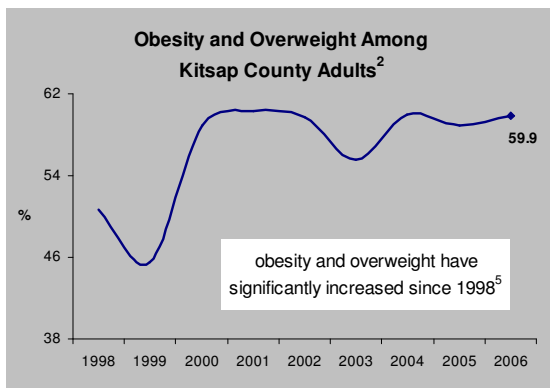


Fact Sheet Kitsap County Obesity and Overweight

Obese, Overweight, and At Risk of Overweight¹:

Body mass index (**BMI**) is a number calculated from a person's height and weight. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat.

- For **adults**, an adult who has a BMI between 25 and 29.9 is considered overweight. An adult who has a BMI of 30 or higher is considered obese.
- For **youth**, BMI is gender and age-specific. "Overweight" includes students who are in the top 5% for BMI by age and gender based on growth charts developed by the Centers for Disease Control and Prevention. "At risk of overweight" includes students who are in the top 15% but not the top 5%.



WA State and Healthy People 2010^{2,4,6}:

	WA 2006	HP 2010	Kitsap vs WA
Adults 18+ (%)			
Overweight	34.3	-	Not statistically different
Obese	21.6	-	
Adults 20+ (%)			
Obese	-	15.0	
Youth overweight (%)			
Aged 6 to 19	-	5.0	Significantly more 8 th graders but significantly less 10 th graders are overweight
8 th graders	10.4	-	
10 th graders	10.7	-	

Adults, 2006²: (based on self-report of height and weight)

	Male	Female	Total
Overweight	41.4%	29.3%	35.5%
Obese	26.6%	22.1%	24.4%

- ❖ Males were significantly more likely to be overweight than females

Pre-pregnancy weight of mothers*, 2006³:

Overweight	Obese
24.9%	25.3%

*includes civilian and military mothers

Youth, 2006⁴: (based on self-report of height and weight)

	Male	Female	Total
At risk of overweight			
8 th grade	14.7%	12.6%	13.7%
10 th grade	16.8%	12.4%	14.5%
Overweight			
8 th grade	16.4%	9.1%	12.9%
10 th grade	11.1%	6.5%	8.7%

- ❖ 8th graders were significantly more likely to be overweight than 10th graders
- ❖ 10th grade males were significantly more likely to be at risk of overweight than 10th grade females
- ❖ 8th and 10th grade males were significantly more likely to be overweight than 8th and 10th grade females

Diseases Related to Obesity¹: Being overweight or obese increases the risk of many diseases and adverse health conditions, including:

- Hypertension (high blood pressure)
- Osteoarthritis (a degeneration of joint cartilage & its underlying bone)
- Dyslipidemia (high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)
- For women and in pregnancy: menstrual problems, difficulty getting pregnant, complications during pregnancy, adverse pregnancy outcomes, and birth defects of the head and spine

In Kitsap County in 2006²:

Overweight or obese adults were **1 ½ times more likely** to report ever being told by a health professional that they had cardiovascular disease and were **3 ½ times more likely** to report ever being told that they had diabetes (not including gestational diabetes).

¹Centers for Disease Control and Prevention (www.cdc.gov), ²Kitsap County and Washington State Behavioral Risk Factor Surveillance System, ³Kitsap County Vital Statistics Database, ⁴Kitsap County and Washington State Healthy Youth Survey, ⁵produced using Joinpoint Regression Program 3.3.1, ⁶Healthy People 2010 (www.healthypeople.gov)

ADDITIONAL INFORMATION IS AVAILABLE FROM:

Kitsap County Health District * 345 6th Street, Suite 300 * Bremerton, WA 98337 * (360) 337-5235 * www.kitsapcountyhealth.com