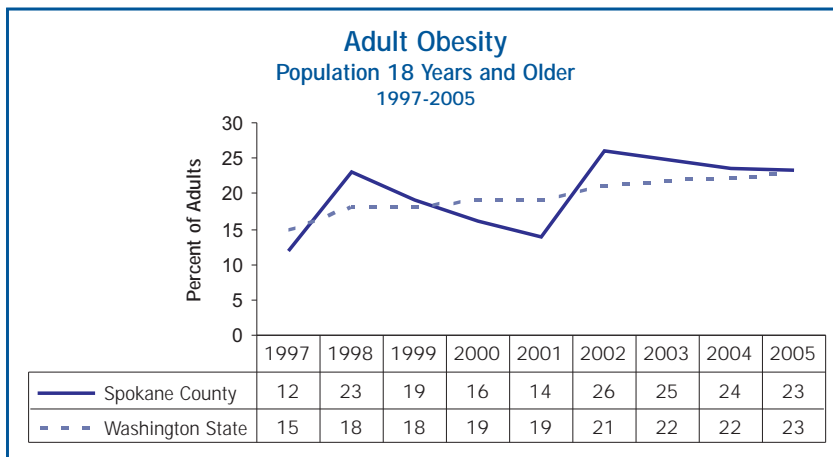
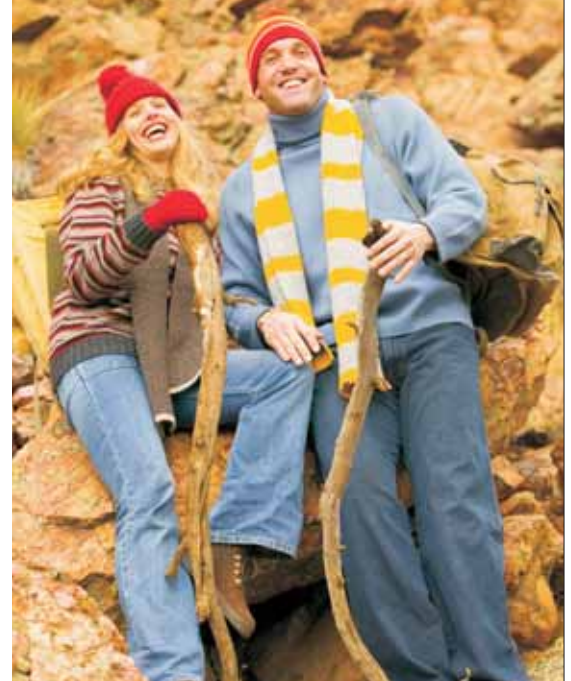


Obesity has been called an epidemic in the United States. While obesity itself is not a chronic condition, it is a risk factor for many chronic conditions, including four of the ten leading causes of death in the United States: coronary heart disease, type II diabetes, stroke, and several forms of cancer. Those who are obese report more activity limitations and feelings of sadness and hopelessness than those who are not obese. Only tobacco use causes more preventable deaths than obesity.<sup>1</sup>

In Spokane County, the proportion of adults who were obese decreased from 23% in 1998 to 14% in 2001 but increased significantly in 2002 and has remained at nearly a quarter. In 2005, this represented an estimated 75,050 obese adults in Spokane County. Statewide, the proportion of obese adults statewide has also increased over time.<sup>2</sup>



Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System (BRFSS), 1997-2005

The Healthy People 2010 initiative, developed by the U.S. Department of Health and Human Services, sets goals for the U.S. population to increase physical activity, improve nutrition, and reducing obesity, major public health concerns in the United States and our community.<sup>3</sup>

### *Build better health...*

- **Personal:** Adopt healthy behaviors; choose healthy options.
- **Organization:** Create policies that promote good health among members.
- **Community:** Promote healthy activities and events; provide resources to encourage good health.

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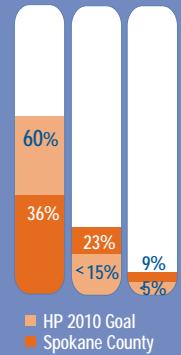
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# Overweight / Obesity\*

In 2005, 35.8% of Spokane County adults were overweight, and another 23.4% obese.<sup>2</sup> This means that more than half the adults in Spokane County are at an unhealthy weight. There was no significant difference in the rate of obesity by age group or gender, but the higher an individual's education, the less likely they were to be obese.

## Healthy People 2010 GOALS

- 60% of adults aged 20 & over will be at a healthy weight
- Less than 15% of adults will be in the obese category
- Less than 5% of adolescents aged 12 to 19 will be overweight or obese



$$\text{BMI} = \frac{\text{weight in pounds} \times 703}{(\text{height in inches})^2}$$

\*The National Institutes of Health define **overweight** as a Body Mass Index (BMI) of 25 to 29.9; **obesity** as a BMI of 30 or more; **normal weight** as a BMI of 18.5 to 24.9, **underweight** as a BMI below 18.5. BMI is a measure of body fat based on height and weight. BMI is calculated for adults using the formula  $\text{BMI} = (\text{weight in pounds} \times 703) / (\text{height in inches})^2$ . In adults, BMI is evaluated for risk in conjunction with waist circumference and risk factors. In children ages 2 to 20, BMI is evaluated in conjunction with the BMI-for-Age Growth Charts.

## Behaviors

### Nutrition

In 2005, 24.3% of adults in Spokane County ate five or more servings of fruits and vegetables per day.<sup>2</sup> Females and those over 45 years of age were more likely to eat "5-a-day."<sup>2</sup> Income level did not make a difference in whether people ate "5-a-day".

In 2006, the greatest barrier to eating a healthy diet was lack of time or scheduling difficulty for adults in Spokane County (23.3%).<sup>5</sup> The next greatest barriers were cost (12.8%) and laziness (10.5%). From 2002 to 2006, there was a significant decreasing trend for time being a barrier and a significant increasing trend for laziness as a barrier.

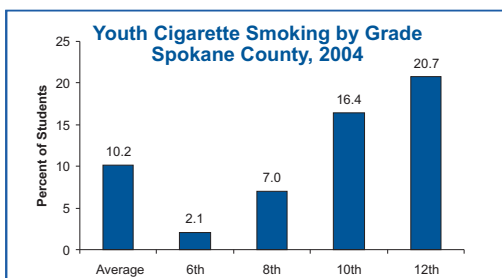
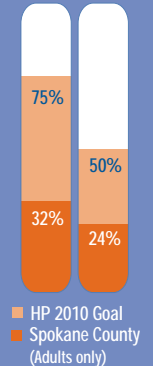
About 25% of what teens eat is considered junk food, such as deep fried foods, desserts, regular soft drinks, candy, cookies, pies, and cakes.<sup>6</sup>

In 2004, 22.2% of Spokane County students in grades 8, 10, and 12 reported eating five or more servings of fruits and vegetables per day. There was no difference by grade, but girls were less likely than boys to eat "5-a-day."<sup>4</sup>



## Healthy People 2010 GOALS

- 75% of people age 2 years and older eating at least two daily servings of fruit
- 50% of people age 2 years and older eating at least 3 daily servings of vegetables



Washington State Department of Health, Office of Epidemiology, Healthy Youth Survey (HYS) 2004.

### Tobacco Use

A higher BMI is associated with a decline in physical activity.<sup>7</sup> Physical inactivity and cigarette smoking are both known risk factors for developing chronic disease and poor health outcomes. However, increased physical activity has a positive influence on smoking cessation and strategies to improve diet.

In 2005, 23% of the adult population in Spokane County smoked.<sup>2</sup> Smoking decreased as age and education level increased. Additionally, adults living under 200% of the Federal Poverty Level (FPL) were twice as likely to smoke as individuals with higher incomes.

An average of 10.2% of 6th, 8th, 10th, and 12th grade students had smoked cigarettes in 30 days previous to taking the 2005 survey.<sup>4</sup> The proportion of students smoking increased as the grade increased, one in five 12th grade students smoked.

## Healthy People 2010 GOALS

- Decrease the adult population of smokers to 12%
- Decrease the youth population of smokers to 16%



# Physical Activity

Research has demonstrated that nearly everyone benefits from regular physical activity. Such benefits include a reduced risk of heart disease, diabetes, colon cancer, high blood pressure, and symptoms of anxiety and depression.

## Definitions

**Moderate Activity:** At least 30 minutes of physical activity that does not cause a person to sweat or breathe hard on 5 or more days per week.

**Vigorous Activity:** At least 20 minutes of physical activity that causes a person to sweat and breathe hard on 3 or more days per week.

## Physical Activity: Adults

Of Spokane County adults aged 18 years and older, 50% met the Healthy People 2010 recommendation for moderate or vigorous physical activity in 2005.<sup>2</sup> Meeting physical activity recommendations decreased as age increased. There was no difference by gender in meeting the recommendations.

In 2006, adults reported lack of time as the greatest barrier to becoming more physically active (33.5%).<sup>5</sup> Other barriers included laziness (13.3%) and illness or health problems (10%). The survey showed that respondents said they would be more physically active if they had more time (29.8%), greater motivation (19.5%), or someone to exercise with (10.8%).



## Healthy People 2010 GOALS

■ HP 2010 Goal  
■ Spokane County

- 50% of adults aged 18 years and older will meet moderate or vigorous activity recommendations

50%

- 35% of students in grades 9 - 12 will report meeting moderate activity recommendations

35%

- 85% of students in grades 9 - 12 will report meeting vigorous activity recommendations

85%

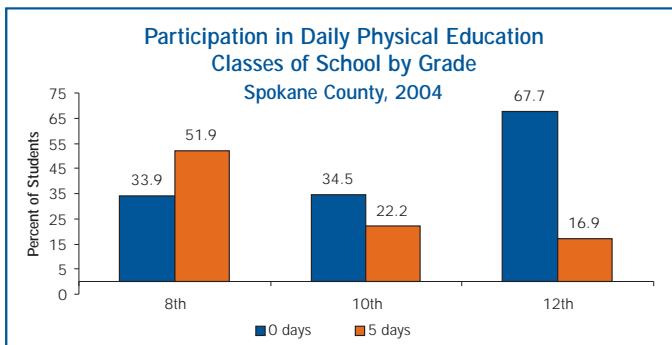
75%

## Physical Activity: Youth

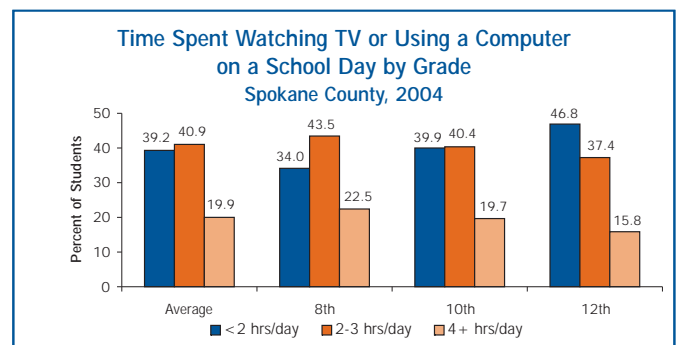
In 2004, 35.1% of Spokane County youth in grades 8, 10, and 12 participated in moderate physical activity and 76.4% participated in vigorous activity as defined in the Healthy People 2010 goals.<sup>4</sup>

Among youth in 8th, 10th, and 12th grade, 33.1% attended a physical education (PE) class every day at school. The percentage of students attending a PE class daily decreased as the grade increased. Among students who took PE, 88.2% spent at least half of a PE class actually exercising more than 20 minutes. The proportion of students who spent more than 20 minutes exercising in a PE class was the same for each grade.

Of students in 8th, 10th, and 12th grade only 39% watched less than 2 hours of television on an average school day. The percentage of students watching less than 2 hours of television per day increased with grade level.



Washington State Department of Health, Office of Epidemiology, Healthy Youth Survey (HYS) 2004.



Washington State Department of Health, Office of Epidemiology, Healthy Youth Survey (HYS) 2004.



# Outcomes: Disease & Costs

Obese and overweight individuals are more prone than normal weight individuals to develop hypertension, elevated blood cholesterol, and diabetes, which increase the risk of heart disease. Overweight individuals are also at increased risk for some types of cancer, gall bladder disease, liver disease, sleep apnea, respiratory problems, and osteoarthritis.

The Health of Washington State, Washington State Department of Health, 2002

## Heart Disease

In 2004, 9% of all hospitalizations among Spokane County residents were for heart disease.<sup>8</sup> Similar proportions of obese and non-obese individuals were hospitalized for heart disease.

## Diabetes

Diabetes affects 6.8% of the adult population in Spokane County.<sup>2</sup> The risk of having diabetes increases as BMI increases. Compared to non-obese individuals, those who are obese are 4.7 times more likely to also have diabetes. Among hospitalizations of Spokane County residents in 2004, 25.4% of obese individuals had diabetes, compared to 7.6% of non-obese individuals.<sup>8</sup>

## Asthma

Asthma affects 12.5% of the adult population in Spokane County.<sup>2</sup> Of all hospitalizations in 2004, 1% were for asthma.<sup>8</sup> Compared to non-obese individuals, obese individuals were nearly three times more likely to be hospitalized for asthma.

## Hospitalizations & Mortality

Among Spokane County residents who were hospitalized in 2004, 1.8% were diagnosed as morbidly obese.<sup>8</sup> Obese individuals who were hospitalized were more likely to be female (70.4%) or 35-64 years old (62.9%). The leading cause of hospitalization among obese individuals was osteoarthritis, followed by intervertebral disk disorders, and symptoms involving the respiratory system and other chest symptoms.

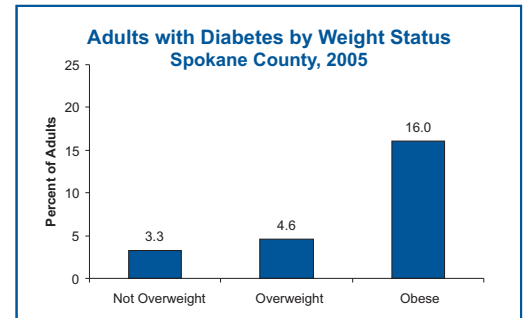
Chronic diseases account for 7 of every 10 U.S. deaths.<sup>1</sup> In 2004, the leading causes of death for Spokane County residents were cancer and heart disease, accounting for almost half of all deaths.<sup>9</sup> Lung cancer was the leading cause of cancer mortality, followed by cancer of the breast, colon, prostate, and pancreas. Diabetes was the seventh leading cause of death.

## Costs

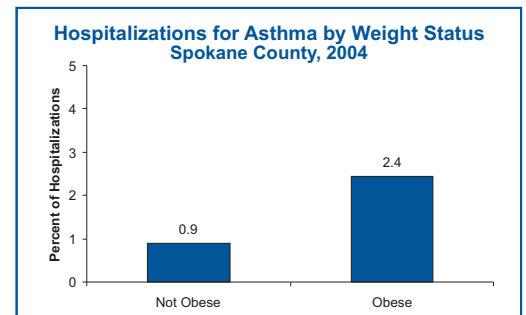
Research has shown that health care utilization rates, lowered productivity, increased absenteeism, elevated health and disability insurance premiums, and other consequences are associated with obesity and weight-related conditions. The overall impact of obesity on health and costs outweighs even that of smoking.<sup>10</sup>

Obesity is linked with increased health care expenditures.<sup>11</sup> The estimated annual cost of obesity and overweight in the United States is about \$117 billion, \$61 billion direct health care costs and \$56 billion indirect costs due to lost wages and premature death.<sup>12</sup> In 2004, the total cost of hospitalization for obese residents of Spokane County was \$14,980,205, with a mean cost of \$19,300 per person.<sup>8</sup>

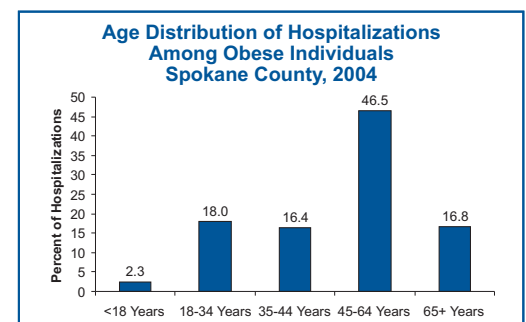
Regular physical activity improves the health of an individual and reduces the risk of developing some medical conditions. Physical inactivity costs a community through medical care and lost productivity. The cost of physical inactivity among Spokane County adults in 2004 was estimated at \$459,607,405; about \$1,453 per person.<sup>13</sup> If as little as 5% of inactive adults in Spokane County became physically active, it could save an estimated \$22,980,370 per year.



Washington State Department of Health, Center for Health Statistics, Comprehensive Hospital Abstract Reporting System (CHARS), 2004.



Washington State Department of Health, Center for Health Statistics, Comprehensive Hospital Abstract Reporting System (CHARS), 2004.



Washington State Department of Health, Center for Health Statistics, Comprehensive Hospital Abstract Reporting System (CHARS), 2004.

# Healthy Choices

Individual behaviors are an important start in maintaining a healthy lifestyle. The American Cancer Society recommends:<sup>14</sup>

### Aim for a healthy weight

- Evaluate your body weight
- Manage your weight
- If you need to lose weight, do so gradually
- Encourage healthy weight in children

### Eat well

- Build a healthy base by eating vegetables, fruits, and grains, especially whole grains with little added fat or sugar
- Select sensible portion sizes

### Be physically active each day

- Make movement a regular part of your daily routine
- Help children be physically active

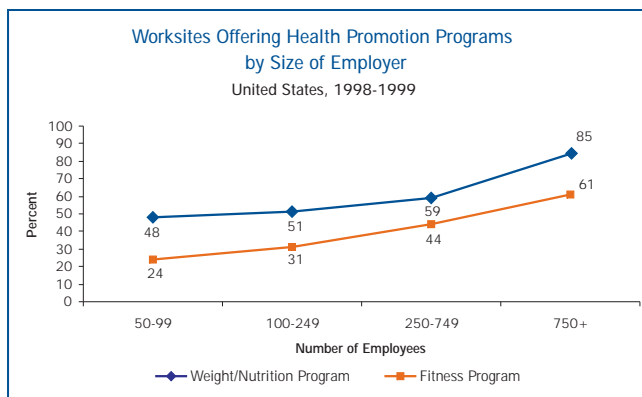
## Build better health...

- ➔ Personal: Adopt healthy behaviors; choose healthy options.



# Environmental Change

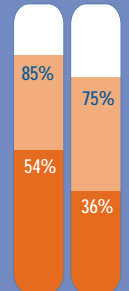
Individual behavior is important, but good public health policies that create an environment to promote and support healthy choices are key to disease prevention. The Association for Worksite Health Promotion (AWHP) fielded the National Worksite Health Promotion Survey in 1998-1999. This survey evaluated the proportion of worksites with 50 or more employees that offer either a nutrition and weight management program (54%) or a physical activity and fitness program (36%).<sup>15</sup> The proportion of worksites offering programs increased with the number of employees, yet the Healthy People 2010 goals were unattained.



## Healthy People 2010 GOALS

■ HP 2010 Goal  
■ Spokane County

- Increase the proportion of worksites that offer nutrition or weight management classes or counseling to 85%
- Increase the proportion of worksites that offer physical activity and fitness program to 75%



*The main barriers to prevention of obesity and overweight are the increase in availability of high-calorie foods and an increase in sedentary lifestyle. Proposed strategies to reduce obesity and overweight include prevention through modification of the environments related both to food choice and availability to physical activity.*

The Health of Washington State, Washington State Department of Health, 2002

## Build better health...

- ➔ Community: Promote healthy activities and events; provide resource to encourage good health.

# Community Resources

## *Build better health...*

→ Community: Promote healthy activities and events; provide resources to encourage good health.

### Community resources that support physical activity and healthy food choices:

#### Healthy Families, Active Kids Coalition:

The Coalition takes a comprehensive approach to improving the health of our community by working on obesity and physical activity issues, [www.SRHD.org/health/activity](http://www.SRHD.org/health/activity)

#### Inland Northwest Health Services, Community Health Education Resources (CHER):

Programs and classes, along with health tips and recipes, [www.cherspokane.org](http://www.cherspokane.org) or call (509) 232-8138

#### Inland Northwest Wellness Coalition:

A group of employer representatives who work on employee wellness issues. The committee provides the monthly Employee Wellness Newsletters to area businesses, (509) 232-8138

#### Physical Activity and Nutrition Program:

The Physical Activity and Nutrition Program works to create healthy communities in the Spokane area, [www.srhd.org/health/activity](http://www.srhd.org/health/activity)

#### Ronald McDonald Care Mobile:

Provides health services, including nutrition and health education, [www.spokanecaremobile.org](http://www.spokanecaremobile.org), or call (509) 324-7291

#### Sacred Heart Women's Health Center:

Health Risk Assessment, [www.shmc.org/women/pages/hearttoheart](http://www.shmc.org/women/pages/hearttoheart), or call (509) 474-2400

#### Spokane Area Parks and Recreation:

Spokane County, [www.spokanecounty.org](http://www.spokanecounty.org)

City of Spokane, [www.spokaneparks.org](http://www.spokaneparks.org)

Spokane Valley, [www.spokanevalleyonline.com](http://www.spokanevalleyonline.com)

#### Spokane Body Mass Index (BMI) Initiative:

Educates the community on how to use BMI as a health risk indicator, apply appropriate interventions to improve nutritional and physical activity lifestyles, and how to incorporate the NIH clinical obesity guidelines on identification, Evaluation & Treatment of overweight and obesity in adults and the CDC BMI-for-Age guidelines into health care practice, worksite wellness programs and the community at large. Contact Spokane Regional Health District, Health Promotion division for more information, (509) 324-1530

#### Spokane Regional Health District:

Provides physical activity and nutrition programs, including Women, Infant, and Children Program (WIC), Healthy Communities, Healthy Families Active Kids Coalition, Senior Nutrition, Nutrition for Children with Special Health Care Needs, Health Status Awareness Survey and Basic Food Nutrition Education Program, [www.srhd.org](http://www.srhd.org)

**Washington Coalition for Promoting Physical Activity:** Provides local, physical activity resources, [www.beactive.org](http://www.beactive.org)

**WSU Cooperative Extension:** Provides nutrition education, [www.spokane-county.wsu.edu](http://www.spokane-county.wsu.edu)

## Available Tools

**Action for Healthy Kids:** Creating health-promoting schools that support sound nutrition and physical activity as part of a total learning environment, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

**American Cancer Society:** Prevention and early detection site, [www.cancer.org](http://www.cancer.org) or call (800) ACS-2345

**American Dietetic Association:** Nutritional information, [www.eatright.org](http://www.eatright.org)

**American Heart Association:** Health maintenance [www.americanheart.org](http://www.americanheart.org), and select Healthy Lifestyle

**Center for Nutrition Policy and Promotion:** Dietary guidelines for Americans and food guide pyramid, [www.usda.gov/cnpp](http://www.usda.gov/cnpp)

**Centers for Disease Control:** Nutrition and physical activity resource, [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

**Center for Public Health Nutrition-University of Washington:** Advancing public health approaches to improve nutrition and physical activity through environmental and policy change, [www.cphn.org](http://www.cphn.org)

**Children's Alliance—Access to Healthy Foods in Schools:** Kara Ludlow, Children's Alliance, (206) 324-0340 X13, [www.childrensalliance.org](http://www.childrensalliance.org)

**Food Security Coalition:** *Healthy Farms, Healthy Kids, Evaluating the Barriers and Opportunities for Farm-To-School Programs*, (202) 822-5411, [www.foodsecurity.org](http://www.foodsecurity.org)

**Hope Health—Employee Wellness Programming:** Provides a guide for employers on how to plan and implement a comprehensive employee wellness program, [www.hopehealth.com/resources.asp#start](http://www.hopehealth.com/resources.asp#start)

**Inland Northwest Business Coalition on Health:** An alliance of employers and health care professionals working together to stabilize health care costs and improve the health of the community, [www.inbch.org](http://www.inbch.org)

**KidsWalk-to-School:** This CDC's Nutrition and Physical Activity is a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults, [www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm](http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm)

**National Cancer Institute:** 5-A-Day Program, [www.5aday.gov](http://www.5aday.gov)

**National Diabetes Education Program:** Resource for diabetes and pre-diabetes, [www.ndep.nih.gov](http://www.ndep.nih.gov)

These tools are meant to assist you with information and materials for schools, community gardening projects, health professionals or worksite wellness.

**National Heart, Lung and Blood Institute:** For health professionals and the public, the NHLBI conducts educational activities, including development and dissemination of materials, with an emphasis on prevention. The site provides tools for consumers to achieve and maintain a healthy weight and lifestyle, [www.nhlbi.nih.gov/health/index.htm#tools](http://www.nhlbi.nih.gov/health/index.htm#tools)

**Aim for a Health Weight:** [www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)

**National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK) Health Information:** Disease, weight control and nutrition, [www.niddk.nih.gov](http://www.niddk.nih.gov)

**Robert Wood Johnson Foundation:** RWJF-funded research focuses on improving our understanding of the complex interplay of factors contributing to obesity as well as effective public policy responses, [www.rwjf.org/research/researchlist.jsp?ia=138](http://www.rwjf.org/research/researchlist.jsp?ia=138)

**Scoreboard to Determine if Your Community is Pedestrian Friendly:** This scorecard, designed by the Voorhees Transportation Policy Institute is meant to help citizens and local officials evaluate whether their community is pedestrian-friendly, and whether the right tools are in place to make it so, [www.phi.org](http://www.phi.org)

**Stonyfield Farms:** In 2003, Stonyfield Farms launched a new grassroots program called Menu for Change: Getting Healthy Foods Into Schools, in response to the current obesity crisis facing youth in the US, [www.stonyfieldfarms.com](http://www.stonyfieldfarms.com)

**The Public Health Institute:** Local strategies to increase healthy eating and physical activity, [www.phi.org](http://www.phi.org)

**U.S. Department of Health and Human Services:** Dietary guidelines for Americans, [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

**Washington State Dairy Council:** Provides nutrition education resources, [www.eatsmart.org](http://www.eatsmart.org)

**Washington State Dietetic Association:** Nutritional information for Washington State, [www.nutritionwsda.org](http://www.nutritionwsda.org)

**Washington State Department of Health-Physical Activity and Nutrition Program:** The Nutrition and Physical Activity Program within the Washington State Department of Health has committed staff and resources to improve access to healthy foods and to promote physical activity, [www.doh.wa.gov/cfh/nutritionPA/default.htm](http://www.doh.wa.gov/cfh/nutritionPA/default.htm)

**Washington State Nutrition and Physical Activity Plan:** DOH's guide to promote environmental and policy changes that encourage healthy eating and physical activity, [www.doh.wa.gov/cfh/nutritionPA/wa\\_nutrition\\_pa\\_plan.htm](http://www.doh.wa.gov/cfh/nutritionPA/wa_nutrition_pa_plan.htm)

## Effective & Promising Policy Ideas

- ➔ Provide funding to expand the WIC Farmers' Market Nutrition Program to additional counties and communities.
- ➔ Within the land use element of the comprehensive plan, provide incentives for the development of community gardens on public and private land.
- ➔ Incorporate and fund plans for the creation of additional walking and biking trails, parks, and community recreation facilities in the recreation section of the comprehensive plan.
- ➔ Create safer pedestrian and bicyclist areas by instituting traffic calming measures.
- ➔ Provide after hours access to recreational facilities to students, faculty, staff, and community members.
- ➔ Make stairs accessible and inviting in worksites to encourage stair use by employees.
- ➔ Make it part of the employee benefit package to provide a worksite wellness program with a significant physical activity component.

For more Effective & Promising Policy Ideas, visit the Washington State Department of Health website and check out the Nutrition and Physical Activity Policy Resource Guide at: <http://www.doh.wa.gov/cfh/NutritionPA/publications/npa-policy-guide.pdf>



# BMI ~ How do you weigh in?

## BMI calculators on the web:

[Http://www.cdc.gov/nccdphp/dnpa/bmi/](http://www.cdc.gov/nccdphp/dnpa/bmi/)

<http://nhlbisupport.com/bmi/>

## What is Body Mass Index (BMI) ?

BMI is a tool to help determine a healthy weight range. It identifies people who may be underweight, overweight, obese, or at risk for weight-related diseases.

Use the BMI chart below to calculate your body mass index. Find your height (in inches) on the left side of the chart; follow it across to find your current weight. Then follow that number up to find your BMI and your weight category. If you weigh less than the healthy weight category (lower than a BMI of 19) you are considered underweight. BMI charts for children can be found at [www.cdc.gov/nccdphp/dnpa/bmi](http://www.cdc.gov/nccdphp/dnpa/bmi).

BMI is just one tool to gauge a person's health, but has some limitations. Body fat may either be overestimated in athletes and others who have a muscular build or underestimated in older persons and others who have lost muscle mass. In adults, BMI is evaluated for risk in conjunction with waist circumference and risk factors<sup>16</sup>.

## BMI Chart for Adults - 18 years old or older...

BMI	Healthy Weight					Overweight					Obese									Extreme Obesity								
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	➔	
Height (in inches)	Weight																											
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210		
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217		
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225		
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232		
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240		
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248		
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256		
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264		
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272		
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280		
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289		
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297		
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306		
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315		
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324		
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333		
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342		
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351		
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361		

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. NIH/National Heart, Lung and Blood Institute (NHLBI) [www.nhlbi.nih.gov/guidelines/obesity/bmi\\_tbl.htm](http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm)



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<sup>1</sup> Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, [www.cdc.gov/nccdphp](http://www.cdc.gov/nccdphp).  
<sup>2</sup> Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System, supported in part by Centers for Disease Control and Prevention Cooperative Agreement U58/CCU0022819-01-2005.  
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<sup>14</sup> American Cancer Society, [www.cancer.org/docroot/PED/ped\\_3.asp?sitearea=PED](http://www.cancer.org/docroot/PED/ped_3.asp?sitearea=PED).  
<sup>15</sup> Centers for Disease Control and Prevention, <http://wonder.cdc.gov>.  
<sup>16</sup> National Heart, Lung, and Blood Institute, [www.nhlbi.nih.gov/guidelines/index.htm](http://www.nhlbi.nih.gov/guidelines/index.htm).