

## ( A Technical Summary of Selected Public Health Indicators )

### Health | Status

2009 Update

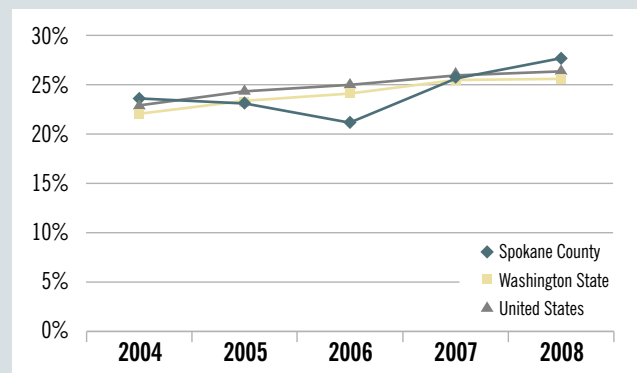
This indicator is 1 of 44 Spokane Counts indicators found at [www.srhd.org/SpokaneCounts](http://www.srhd.org/SpokaneCounts)

#### Obesity (adults)

Obese adults include individuals 18 years of age or older who have a body mass index (BMI) of 30 or higher. BMI is based on height and weight and is calculated as  $BMI = (\text{weight in pounds} / \text{height in inches}^2) \times 703$ . Obesity increases the risk of respiratory problems and chronic health conditions, such as hypertension and diabetes<sup>1</sup>.

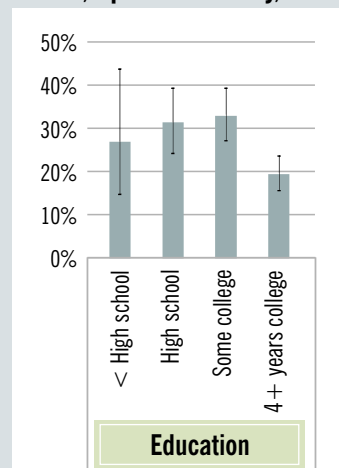
In Spokane County, 1 out of 4 adults were obese in 2008. The proportion of obese adults significantly increased from 2004 to 2008. Spokane County had a similar proportion of obese adults to that in Washington State and the U.S. in 2008.

#### Obese Adults



Source: Behavioral Risk Factor Surveillance System

#### Demographic Disparities in Obese Adults, Spokane County, 2008



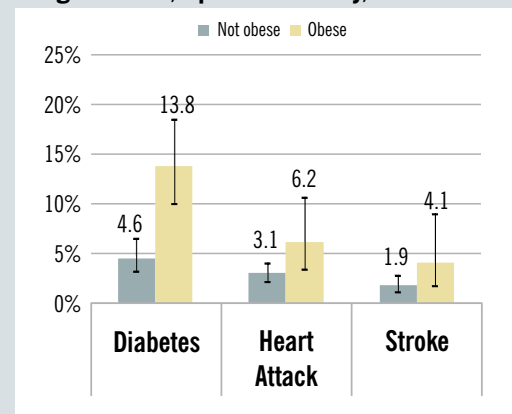
Source: Behavioral Risk Factor Surveillance System

#### Among Spokane County adults in 2008:

- Obesity among adults decreased as education level increased.

*There was no significant difference in obesity by sex, race, age, or poverty level.*

#### Health Conditions Among Adults by Weight Status, Spokane County, 2008



Source: Behavioral Risk Factor Surveillance System

In Spokane County, obese adults were significantly more likely to have experienced health problems. Obese adults were 3.3 times more likely to have diabetes, 2.1 times more likely to have a heart attack, and 2.2 times more likely to have a stroke.

## Indicator: Obese (adults)

Percent by BMI

(95% Confidence Interval)

	2004	2005	2006	2007	2008	
<b>Total</b>	Spokane County	23.5% (20.9, 26.2)	23.4% (20.0, 27.2)	21.1% (18.1, 24.5)	25.6% (22.8, 28.6)	27.7% (24.5, 31.2)
	Washington State	22.1% (21.3, 22.9)	23.3% (22.6, 24.0)	24.2% (23.4, 25.0)	25.6% (24.8, 26.3)	25.6% (24.7, 26.5)
	National	23.1%	24.4%	25.1%	26.3%	26.7%
<b>Age Group (years)</b>	18-34	17.6% (13.2, 23.1)	19.8% (14.0, 27.1)	13.9% (8.9, 21.1)	18.2% (12.8, 25.3)	24.4% (17.3, 33.3)
	35-44	23.4% (17.8, 30.2)	29.6% (20.5, 40.6)	21.1% (14.2, 30.4)	37.3% (29.9, 45.4)	28.7% (21.8, 36.7)
	45-64	29.5% (25.0, 34.3)	24.7% (19.5, 30.8)	29.9% (24.8, 35.5)	27.1% (23.2, 31.3)	30.1% (25.8, 34.7)
	65+	22.7% (17.8, 28.4)	20.5% (15.5, 26.5)	16.1% (11.8, 21.5)	23.3% (19.1, 28.1)	27.7% (22.7, 33.2)
<b>Sex</b>	Male	23.7% (19.7, 28.3)	25.2% (19.8, 31.5)	20.2% (15.8, 25.3)	27.0% (22.7, 31.9)	26.1% (21.2, 31.6)
	Female	23.3% (20.2, 26.6)	21.6% (17.8, 26.0)	22.1% (18.0, 26.7)	24.1% (20.7, 27.8)	29.2% (25.1, 33.6)
<b>Income</b>	≤100% FPL*	10.3% (4.5, 21.8)	34.5% (15.3, 60.6)	31.3% (16.3, 51.7)	42.8% (28.3, 58.5)	49.0% (31.2, 67.0)
	101-200% FPL	25.2% (20.4, 30.6)	26.8% (21.5, 33.0)	22.5% (16.9, 29.2)	28.5% (23.4, 34.3)	27.7% (21.7, 34.6)
	>200% FPL	23.5% (20.4, 26.8)	20.1% (16.4, 24.4)	19.3% (16.0, 23.2)	23.0% (19.6, 26.8)	26.1% (22.3, 30.2)
<b>Education</b>	Less than high school	20.3% (12.3, 31.6)	34.1% (18.4, 54.2)	13.4% (5.8, 28.3)	27.8% (16.8, 42.2)	27.1% (14.7, 44.3)
	High school graduate	25.6% (20.4, 31.6)	28.3% (22.3, 35.3)	20.8% (15.2, 27.8)	23.5% (18.0, 30.1)	31.6% (24.4, 39.8)
	Some college	26.3% (21.8, 31.4)	24.5% (18.6, 31.5)	23.7% (18.1, 30.3)	26.5% (21.9, 31.6)	33.2% (27.3, 39.6)
	4+ yrs college, graduate	19.4% (15.7, 23.7)	15.5% (12.1, 19.8)	19.9% (15.3, 25.5)	25.5% (21.0, 30.6)	19.5% (15.8, 23.7)
<b>Race</b>	White	23.0% (20.4, 25.8)	23.5% (19.9, 27.4)	21.6% (18.4, 25.2)	34.9% (21.1, 51.7)	24.4% (13.6, 39.8)
	Non-White	23.4% (13.7, 37.2)	21.7% (10.7, 39.0)	15.8% (7.2, 31.4)	25.1% (22.3, 28.1)	28.0% (24.7, 31.6)

FPL=Federal Poverty Level

Source: Behavioral Risk Factor Surveillance System



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