African Americans are twice as likely to be obese

In Contra Costa, approximately 135,000 adults are considered obese.

The proportion of adults who are obese (19-20%) is virtually the same in Contra Costa and California, and slightly lower (16%) in the Bay Area.

The local data shows that African Americans (31.6%) and Latinos (21.2%) are more likely to be obese compared to the Bay area overall (16.3%).

[ * ] Indicates that African Americans and Latinos are significantly more likely to be obese compared to the Bay Area overall.

1Due to the small number of survey responses in Contra Costa, the race/ethnic estimates combine data from the nine Bay Area Counties: Alameda, Contra Costa, Marin, Napa, Santa Clara, San Francisco, San Mateo, Solano and Sonoma.

2The Bay Area total also includes the 32,000 Native American/Alaska Native adults and adults from other single/two or more race groups who are obese. Reliable Bay Area estimates were not available for these groups.
More than half of the adults who are **obese are White** (475,000). Smaller numbers of Latinos (135,000), African Americans (103,000) and Asians (58,000) are obese.

**We can predict more people with weight and health problems**

The percentage of people who are **overweight and obese has increased** steadily throughout the past 20 years, and this trend is expected to continue.

People who are overweight and obese are more likely to be depressed and to have chronic diseases such as arthritis, breathing problems, diabetes, certain types of cancer, heart disease and stroke.

State-level data shows that obesity is more common among American Indian/Alaska Natives, African Americans and Latinos, as well as among people with incomes below 200% of the federal poverty level. Among African Americans, women are more likely than men to be obese, although both groups have a higher risk compared to the population overall. This gender difference was not seen among American Indian/Alaska Natives or Latinos.

**What is obesity?**

Adults are considered obese if they have a body mass index (BMI) of 30.0 or higher. A person can calculate their own BMI by dividing their weight (in pounds) by their height squared (in inches) and then multiplying the result times 703.

\[
\text{BMI} = \frac{\text{Weight (in pounds)}}{\text{Height (in inches)}^2} \times 703
\]

An online BMI calculator is available through the Centers for Disease Control and Prevention website at [http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm).

**Examples of health interventions include strategies to increase community access to fruits and vegetables, promote healthy foods and recipes or develop walking clubs in the community.**

The race/ethnic differences that have been highlighted above are statistically significant. This means that we are 95% certain that these differences are not due to chance.

**Using this data to improve community health**

In order to reduce health disparities (differences), it is important to target interventions to the groups that are most at risk for extreme overweight/obesity. In Contra Costa, these are African Americans, Latinos and possibly American Indians/Alaska Natives.
Data sources

Local data about obesity from the California Health Interview Survey’s AskCHIS data query system, copyright (c) 2003 by the Regents of the University of California, all rights reserved, available online at http://www.chis.ucla.edu/.

These statistics are generated from a telephone survey that asks questions to a randomly selected group of adults in Contra Costa and other counties in California.

These statistics are estimates and we expect that these estimates will be slightly different each time the survey is conducted. As such, we do not recommend using these estimates for evaluation purposes.

Healthy People 2010 objectives from the US Department of Health and Human Services’ Office of Disease Prevention and Health Promotion, available online at http://www.healthypeople.gov/.

Information about trends and health conditions associated with overweight and obesity from the CDC’s National Center for Chronic Disease Prevention and Health Promotion, available online at http://www.cdc.gov/nccdphp/dnpa/obesity/.

Information about state trends from the California Health Interview Survey’s AskCHIS data query system, copyright (c) 2003 by the Regents of the University of California, all rights reserved, available online at http://www.chis.ucla.edu/.

Confidence intervals are available
You may download and view all detailed tables with 95% confidence intervals, at...
http://cchealth.org/health_data/hospital_council/