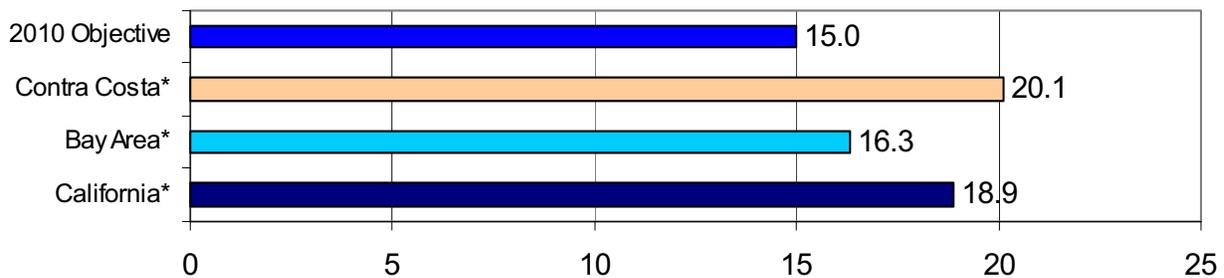


# Obesity in Adults

**Contra Costa has not met the Healthy People 2010 objective of reducing the proportion of adults who are extremely overweight (obese) to no more than 15%.**



Figure 17. Percent of adults that are obese, 2001



[ \* ] Indicates that the percentage of adults who are obese is higher in Contra Costa, the Bay Area and California than the 2010 objective.

## 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%).

Table 63. Adults who are obese by race/ethnicity, Bay Area Counties, 2001<sup>1</sup>

	Percent obese	Number
African American	*31.6%	103,000
Latino	*21.2%	135,000
White	16.8%	475,000
Asian	5.9%	58,000
Bay Area Counties	16.3%	803,000 <sup>2</sup>

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

<sup>1</sup>Due 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.

<sup>2</sup>The 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.

## 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.

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.

## 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.

$$\text{BMI} = \frac{\text{Weight (in pounds)}}{\text{Height (in inches)} \times \text{Height (in inches)}} \times 703$$

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>.

**Confidence intervals are available**

You may download and view all detailed tables with 95% confidence intervals, at...

[http://cchealth.org/health\\_data/hospital\\_council/](http://cchealth.org/health_data/hospital_council/)

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**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/>.