Almost two-thirds of Contra Costa adults are either overweight or obese.

One quarter of Contra Costa adults who are at least 20 years old are obese -- almost twice the Healthy People 2010 objective of 15%.

The proportion of adults in Costa Contra who are either overweight or obese (60.1%) is similar to the state (57.2%) but higher than the Greater Bay Area (51.2%). These comparisons hold true when looking at obesity alone. One quarter (25.0%) of Contra Costa adults are obese, similar to California (21.6%) but higher than the Greater Bay Area (19.0%).

Percent Overweight & Obese Adults
Table 1. Residents ages 20 years & older, 2005

<table>
<thead>
<tr>
<th></th>
<th>Overweight &amp; Obese (BMI 25+)</th>
<th>Obese (BMI 30+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contra Costa</td>
<td>60.1%</td>
<td>*25.0%</td>
</tr>
<tr>
<td>California</td>
<td>57.2%</td>
<td>*21.6%</td>
</tr>
<tr>
<td>Greater Bay Area</td>
<td>**51.2%</td>
<td>*19.0%</td>
</tr>
<tr>
<td>Healthy People 2010</td>
<td>NA</td>
<td>15.0%</td>
</tr>
</tbody>
</table>

Estimates are not age adjusted.
* Significantly higher than the Healthy People 2010 objective.
** Significantly lower than Contra Costa.
A higher proportion of Contra Costa adults are overweight (35.1%) versus obese (25.0%). Overall, nearly half a million adults in the county are either overweight (252,000) or obese (180,000).

Men in Contra Costa are more likely than women to be too heavy. More than two-thirds (69.1%) of men in the county are overweight or obese compared to just over half (51.5%) of all women. This gender difference is driven by differences in those residents who are overweight but not obese. A higher proportion of men (44.2%) are overweight compared to women (26.3%).

In addition, greater numbers of men (244,000) than women (189,000) in the county are overweight or obese.
Overweight & Obese Adults by Race/Ethnicity

Table 4. Greater Bay Area residents ages 20 years & older, 2005

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Number</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>1,382,000</td>
<td>52.0%</td>
</tr>
<tr>
<td>Latino</td>
<td>642,000</td>
<td>*67.5%</td>
</tr>
<tr>
<td>Asian</td>
<td>311,000</td>
<td>**29.1%</td>
</tr>
<tr>
<td>African American</td>
<td>214,000</td>
<td>*66.7%</td>
</tr>
<tr>
<td>Two or more races</td>
<td>42,000</td>
<td>51.6%</td>
</tr>
<tr>
<td>Native Hl/Pacific Islander</td>
<td>17,000</td>
<td>*81.1%</td>
</tr>
<tr>
<td>Amer Ind./Alaska Native</td>
<td>14,000</td>
<td>67.8%</td>
</tr>
<tr>
<td>Greater Bay Area</td>
<td>2,623,000</td>
<td>51.2%</td>
</tr>
</tbody>
</table>

Estimates are not age adjusted.
* Significantly higher compared to Greater Bay Area adults overall.
** Significantly lower

In the Greater Bay Area, more than half (51.2%) of all adults are either overweight or obese. Most of these overweight or obese adults in the Greater Bay Area are Whites (1,382,000), followed by Latinos (642,000), Asians (311,000) and African Americans (214,000).

Adults from some race/ethnicity groups in the Greater Bay Area are more likely to be overweight or obese than others. Compared to adults in the Greater Bay Area overall, the following groups have significantly higher percentages of adults who are overweight or obese: Native

Editor's note:
There were too few survey responses to analyze overweight and obesity data for different race/ethnic groups in Contra Costa County.

The race/ethnicity findings below are for the Greater Bay Area. See table notes at the end of this section for further explanation.
Hawaiians/Pacific Islanders (81.1%), Latinos (67.5%) and African Americans (66.7%). A lower percent of Asians (29.1%) are overweight or obese compared to adults in the Greater Bay Area overall (51.2%)

Low-income status is associated with a higher likelihood of being overweight or obese. In the Greater Bay Area, 55.8% of lower-income adults (i.e., those with a household income less than 200% of the Federal Poverty Level) are overweight or obese compared to 49.8% of higher income adults (i.e. those with a household income at or above 200% of the Federal Poverty Level).

**Overweight is a complex problem, requiring multi-faceted solutions**

Being overweight or obese increases a person's risk for many health issues, including high blood pressure, type II diabetes, coronary heart disease, stroke, some forms of cancer and a number of sleeping, breathing and joint problems. Obese people are also up to 50% more likely to die from all causes than healthy weight people, mostly due to cardiovascular problems.

Over the past 40 years, there have been dramatic increases in obesity among adults in the United States. Since 1960, the percent of adults who are obese has more than doubled while the percent of adults who are overweight but not obese has remained fairly stable. In 2003-2004, more than two-thirds (67.1%) of adults in this country were too heavy: overweight, but not obese (33.2%) and obese (33.9%).

Obesity is a complex issue related to lifestyle, environment and genetics. In general, excess weight results from an energy imbalance between food consumed and energy expended through physical activity. Many underlying factors have been linked to the rise in obesity, including an increase in calorie consumption (e.g. increasing portion sizes and consumption of high-calorie drinks and foods) and more sedentary lifestyles.

Current health recommendations suggest that adults should get at least 30 minutes of moderate-intensity physical activity most days of the week and eat a balanced diet that includes a variety of fruits and vegetables, whole grains, lean meats, low fat dairy, and limited sugar, salt and fat. Yet, in 2005, less than half (48.5%) of California adults ate 5 or more servings of fruits and vegetables daily and a little more than a third (38.2%) of adults in the state engaged in at least 30 minutes of moderate exercise at least 5 days a
week. Promoting regular physical activity and healthy eating and creating social and physical environments that support these behaviors is critical to reducing the obesity epidemic. Obesity prevention requires changes at multiple levels (i.e., individual, family, and community) and across a variety of different sectors (e.g., education, government and business) to assist people in balancing healthful eating with regular physical activity.

**Definition of overweight and obese**

“Overweight” and “obese” are weight ranges that are considered heavier than is healthy for a given height. Overweight and obesity are determined by using weight and height to calculate a number called the “body mass index” (BMI). BMI is used because, for most people, it correlates with their amount of body fat. An adult is considered overweight but not obese with a BMI between 25.0 and 29.9 and obese with a BMI of 30.0 or higher. These BMI ranges for overweight and obese are based on the relationship between body weight and disease and death.

**The formula for adult BMI is:**

\[
\text{Adult BMI} = \frac{703 \times \text{[weight, in lbs]}}{\text{[height, in inches]}^2}
\]

For more information about BMI for adults, go to the CDC’s website: [http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm)
Data Sources: Adult Overweight & Obesity

Text:


Tables:
Tables 1-4: Adult overweight and obesity data is from the California Health Interview Survey (CHIS), 2005. Retrieved January 25, 2007 from http://www.chis.ucla.edu Body mass index (BMI) data from CHIS is based on self-reported height and weight and was calculated by CHIS by dividing weight (in kilograms) by height squared (in meters). Greater Bay Area data includes the following counties: Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Santa Clara, Solano and Sonoma.