

Adult Weight Status

Key Findings

The 2008 Health Assessment project identified that 72% of Auglaize County adults were overweight or obese for their height and weight. The 2007 BRFSS had indicated that 28% of Ohio and 26% of U.S. adults were obese by BMI. One-third (33%) of Auglaize County adults were obese. Half (50%) of adults were trying to lose weight. 31% of the adults had not been participating in any physical activities or exercise in the past week.

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- ◆ In 2008, the health assessment indicated that almost three-fourths (72%) of Auglaize County adults were either overweight (39%) or obese (33%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases (see below).
- ◆ Four-fifths (80%) of males were overweight or obese, compared to females (64%).
- ◆ Half (50%) of adults were trying to lose weight, 31% were trying to maintain their current weight or keep from gaining weight and 3% were trying to gain weight.
- ◆ Almost one-third (32%) of adults used exercise and eating fewer calories and less fat to lose weight/keep from gaining weight. 5% of adults used an unhealthy way to lose weight such as going without eating for 24 hours, used diet pills, powders, or liquids without a doctor's advice, vomited or took laxatives, or smoked cigarettes.
- ◆ In Auglaize County, 47% of adults were engaging in physical activity for at least 30 minutes 3 or more days per week. About one-third (31%) of adults were not participating in any physical activity in the past week. The CDC recommends that adults participate in moderate exercise for at least 30 minutes on five or more days of the week or vigorous exercise for 20 minutes or more on three or more weekdays.
- ◆ The 2008 health assessment identified that 35% of all adults had been diagnosed with high blood pressure, 30% had high blood cholesterol, and 8% had been diagnosed with diabetes. A person who is overweight or obese increases the risk for high blood pressure, high blood cholesterol, diabetes, heart disease and many other diseases. (Source: CDC: Division of Nutrition and Physical Activity)
- ◆ Adults ate at a restaurant or brought take-out food home an average of 2.5 times per week.
- ◆ 41% of adults had drunk soda pop, punch, kool-aid, sports drinks, or other fruit flavored drinks at least once per day in the past week. 18% of adults did not have any of these drinks in the past week.
- ◆ In 2008, 36% of adults had drunk 100% fruit juices at least once per day in the past week, 42% had eaten vegetables such as green salad, carrots and potatoes, and 33% reported drinking at least one glass of milk. The American Cancer Society recommends that adults eat 5-9 servings of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2007 BRFSS reported that only 21% of Ohioans were eating the recommended number of servings of fruits and vegetables.

Defining the Terms

- ◆ Obesity: An excessively high amount of body fat compared to lean body mass.
- ◆ Body Mass Index (BMI): The contrasting measurement/relationship of weight to height. CDC uses this measurement to determine overweight and obesity.
- ◆ Underweight: Adults with a BMI less than 18.5.
- ◆ Normal: Adults with a BMI of 18.5 to 24.9.
- ◆ Overweight: Adults with a BMI of 25 to 29.9.
- ◆ Obese: Adults with a BMI of 30 or greater.

(Source: CDC)

The Risks of Being Obese...

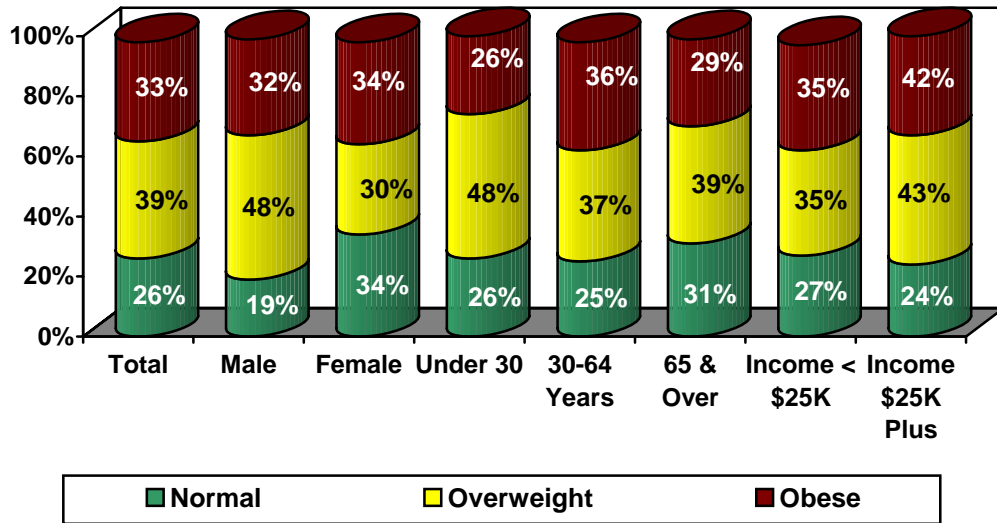
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|---|-----------------------|---------------------------|
| ◆ Type II Diabetes | ◆ Insulin resistance | ◆ Bladder control |
| ◆ Congestive heart failure | ◆ Gallstones | ◆ Osteoarthritis |
| ◆ Cancer, especially colon cancer | ◆ High blood pressure | ◆ Heart Disease |
| ◆ High blood cholesterol | ◆ Chest pain | ◆ Obstructive sleep apnea |
| ◆ Infertility, poor reproductive health | ◆ Stroke | ◆ Psychological disorders |
| ◆ Pregnancy complications | ◆ Endometrial Cancer | ◆ Stroke |
| ◆ Post-menopausal breast cancer | ◆ Gout | |

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Overweight and Obesity, 10-20-04)

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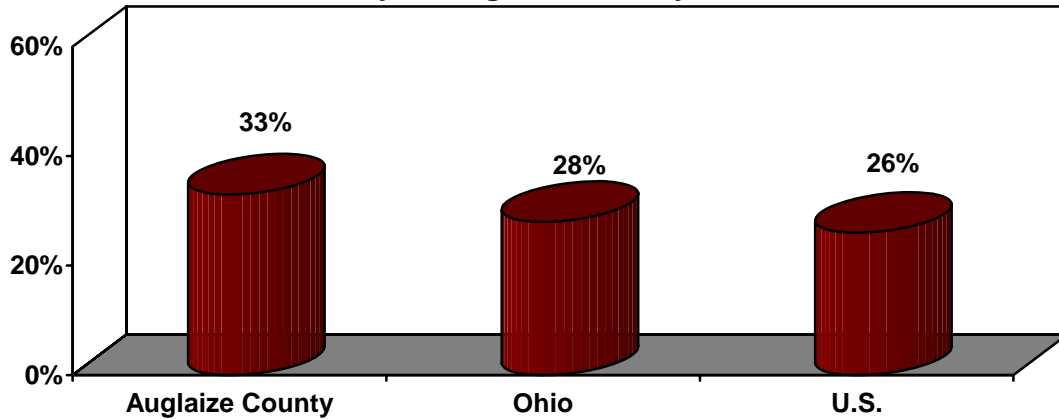
The following graphs show the percentage of Auglaize County adults who are overweight or obese by Body Mass Index (BMI) and the percentage of Auglaize County adults who are obese compared to Ohio and U.S. Examples of how to interpret the information include: 26% of all Auglaize County adults were classified as normal weight and 39% are overweight, etc.

Adult BMI Classifications



Percentages may not equal 100% due to those who were classified as underweight .are not included.

Obesity in Auglaize County Adults



(Source: 2008 Auglaize County Health Assessment and 2007 BRFSS)