

Cardiovascular QUARTERLY PULSE



WINTER 2003

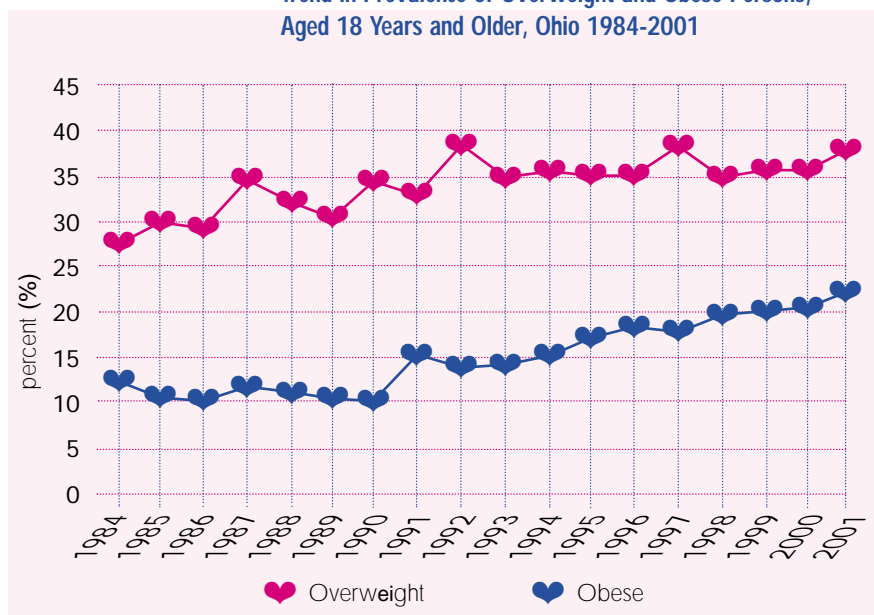
- More than half of Ohio adults are overweight or obese, compared to about 48% of Americans.
- Overweight and obesity increase one's risk for heart disease, stroke, high blood pressure, some forms of cancer, diabetes, gallbladder disease, arthritis, and asthma.

Overweight and Obesity in Ohio

Overweight and Obesity Trends

- The percentage of obese Ohioans doubled from 10% in 1985 to 20% in 2001.
- Overweight persons are at greater risk to become obese. The prevalence of Ohio adults who were overweight increased from 28% in 1984 to nearly 38% in 2001.
- The average prevalence of obesity increased about 1% per year for the years between 1988 through 2001.

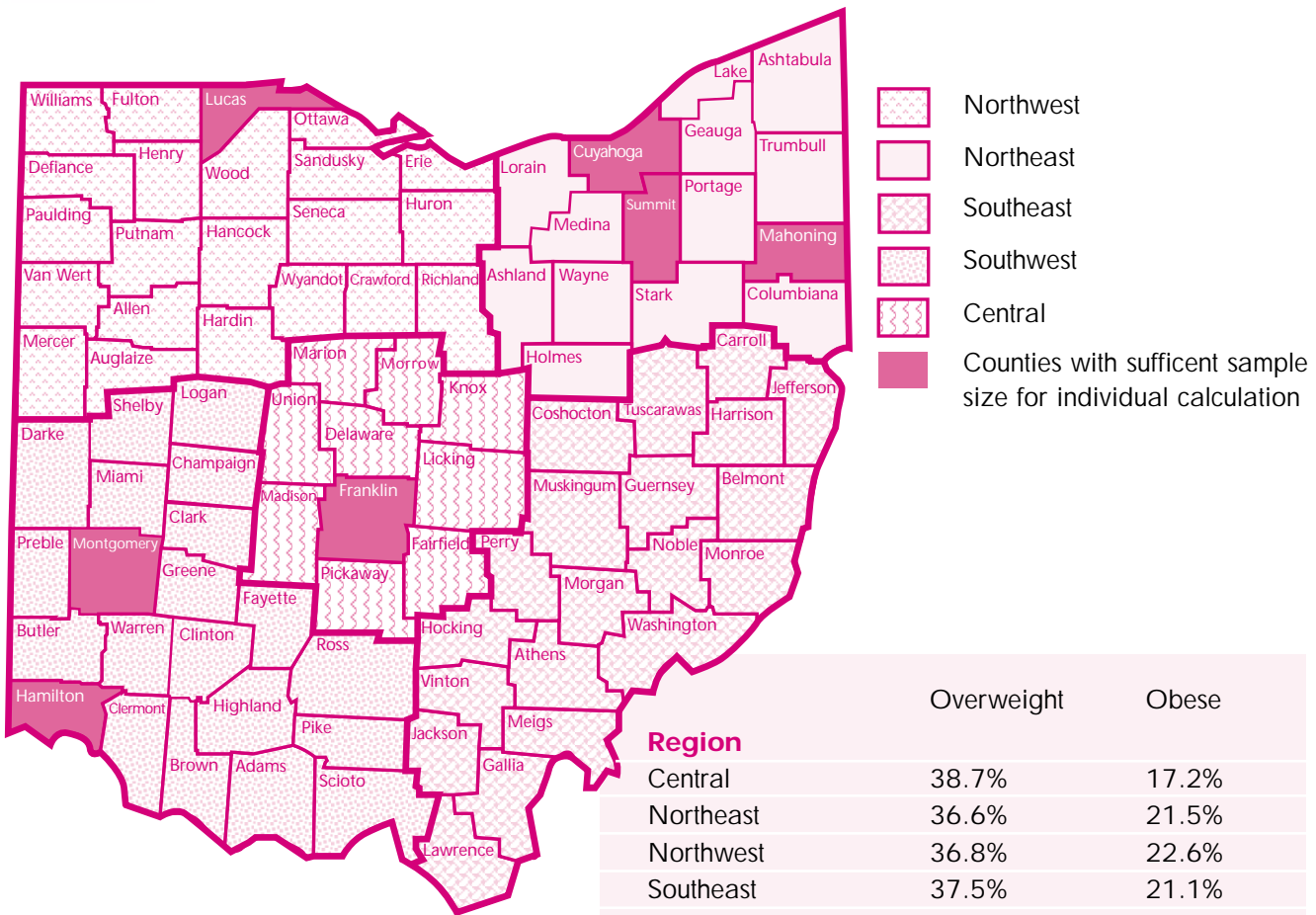
Trend in Prevalence of Overweight and Obese Persons, Aged 18 Years and Older, Ohio 1984-2001



Note: Obesity is defined as Body Mass Index (BMI) greater than or equal to 30kg/m²; overweight is BMI greater than or equal to 25 kg/m² but less than 30 kg/m² (see page 4 for BMI calculation).



Overweight and Obesity Prevalence by Region/County 1999-2001



	Overweight	Obese
Region		
Central	38.7%	17.2%
Northeast	36.6%	21.5%
Northwest	36.8%	22.6%
Southeast	37.5%	21.1%
Southwest	37.3%	23.0%
County		
Cuyahoga	38.0%	23.5%
Franklin	33.5%	20.1%
Hamilton	35.9%	17.4%
Lucas	33.2%	25.2%
Mahoning	41.0%	23.3%
Montgomery	35.7%	21.1%
Summit	38.0%	19.9%
State of Ohio (1999-2001)	36.7%	21.4%

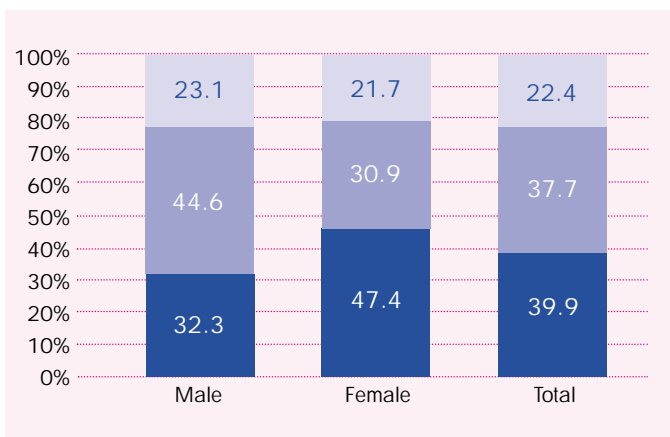
- Obesity prevalence is highest in **Southwest Ohio (23.0%)** and lowest in Central Ohio (17.2%); however, overweight prevalence is highest in Central Ohio (38.7%) and lowest in Northeast Ohio (36.6%).
- Among the metropolitan counties, Lucas County (25.2%) has the highest prevalence of obesity in Ohio and Mahoning County the highest overweight prevalence (41%).

Overweight and Obesity Prevalence by Demographic



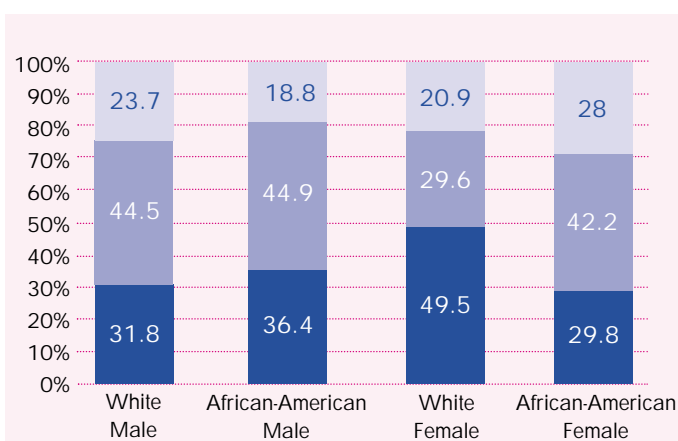
- In 2001, approximately 38% of adult Ohioans were overweight and 22% were obese.
- Men (23.1%) are slightly more likely to be obese than women (21.7%).
- Over 67% of men and 52% of women were overweight or obese.

Prevalance by Gender — Ohio 2001



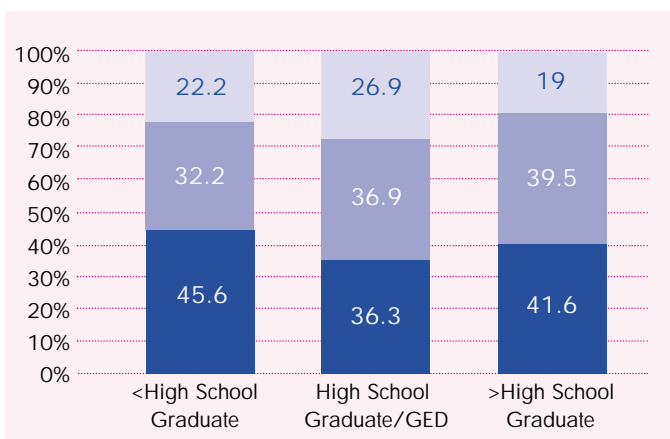
- Prevalence of obesity was highest for African-American females (28%) and lowest for African American males (18.8%).
- About 68% of white men and over 63% of African-American men were overweight or obese, compared to 50.5% of white women and 70.2% of African-American women.

Prevalance by Race & Gender — Ohio 2001

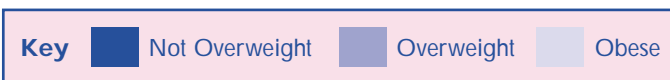


- Obesity prevalence is highest for adults with a high school degree or GED (26.9%) as compared to persons who were more than high school graduate (19%).
- However, adults who had more than high school education were more likely to be overweight (39.5%) than other education levels (< high school graduate: 32.2%; high school graduate or GED: 36.3%)

Prevalance by Education Level — Ohio 2001



Source of all data:
Ohio Behavioral Risk Factor Surveillance System, Community Health Assessments; BHSIOS - Prevention, Ohio Department of Health, 2002





Assessing Weight Status Using the Body Mass Index Chart*

- BMI measures weight in relation to height. The BMI ranges shown are for adults.
- They are not exact ranges of healthy and unhealthy weights. However, they show that health risk increases at higher levels of overweight and obesity.
- Even within the healthy BMI range, weight gains can carry health risk for adults.

Risk factors for obesity

The causes of obesity are complex and not fully understood. However, **sedentary lifestyle** and **poor dietary habits** are the primary risk factors.

Prevention and Management of Obesity

- Modest weight loss (5-10% of body weight) is associated with health benefits, including improvement in blood pressure, blood cholesterol (especially HDL, the “good” cholesterol), and blood sugar.
- Moderate physical activity, just 30 minutes of brisk walking at least 5 days a week can promote weight loss and improve cardiovascular health.
- Good dietary habits:
 - Choose a diet that is low in saturated fat and cholesterol and moderate in total fat
 - Choose beverages and foods to moderate your intake of sugars
 - If you drink alcoholic beverages, do so in moderation

		Weight in Pounds													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet and Inches	4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
	6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
	6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
	6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Healthy Weight
 Overweight
 Obese

$$BMI = \left\{ \frac{\text{Weight (pounds)}}{\text{Height (inches)}^2} \right\} \times 703$$

For more information, please contact the:

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*The chart is condensed with 2 inch height and 10 pound weight increments. If you would like to look up exact numbers of BMI, please check out this site: <http://www.cdc.gov/nccdphp/dnpa/bmi/00binaries/bmi-adults.pdf>

