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.

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

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.

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%)

Source of all data: Ohio Behavioral Risk Factor Surveillance System, Community Health Assessments; BHSOS - 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

For more information, please contact the:
Ohio Department of Health
Cardiovascular Health Program
246 North High Street - P.O. Box 118
Columbus, Ohio 43216-0118
Telephone: (614) 466-2144
Fax: (614) 564-2409
E-Mail: BHPRR@gw.odh.state.oh.us
Website: http://www.odh.state.oh.us/ODHPrograms/CARDIO/cardio1.htm

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<table>
<thead>
<tr>
<th>Height in Feet and Inches</th>
<th>Weight in Pounds</th>
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</tr>
<tr>
<td>4'8</td>
<td>27 29 31 34 36 38 40 43 45 47 49 52 54 56</td>
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<tr>
<td>4'10</td>
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</tr>
<tr>
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<td>22 24 26 27 29 31 33 35 37 38 40 42 44 46</td>
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</tr>
<tr>
<td>6'8</td>
<td>13 14 15 17 18 19 20 21 22 23 24 25 26 28</td>
</tr>
</tbody>
</table>

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

For more information, please see the chart at:
http://www.cdc.gov/nccdphp/dnpa/bmi/00binaries/bmi-adults.pdf

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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