

# BURDEN OF OVERWEIGHT AND OBESITY IN MARYLAND: Data Update Summary, 2008

Maryland’s epidemic of adult obesity is worsening. Obesity increases the risk of diabetes, coronary heart disease and stroke, high blood cholesterol, hypertension, gallbladder disease, osteoarthritis, sleep apnea and other breathing problems, and some forms of cancer (breast, colorectal, endometrial, and kidney). Healthy behaviors such as eating fruits and vegetables and participating in physical activity contribute to a healthy weight.

This summary provides an update, based on 2007 data, to the “Burden of Overweight and Obesity in Maryland” (Maryland Department of Health and Mental Hygiene, 2005), which characterized overweight and obesity in adults, related chronic diseases, obesity-related health behaviors, and health disparities.

## Obesity rates are increasing in Maryland and the U.S.

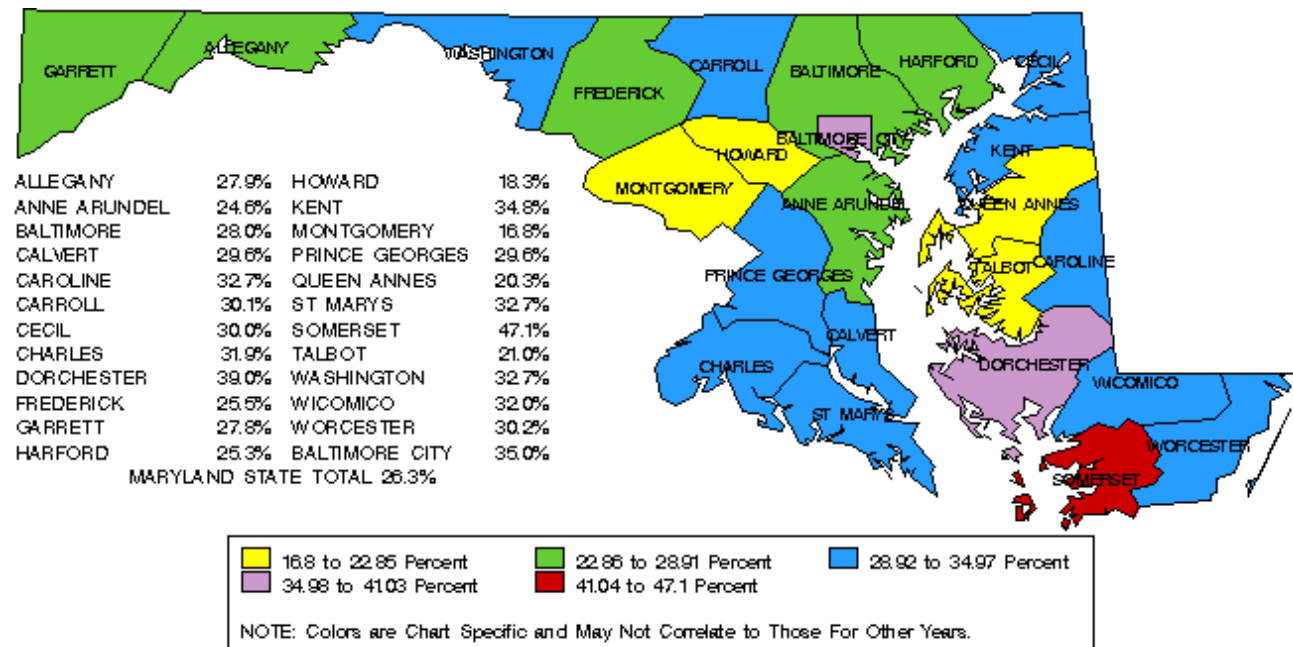
- Adult obesity prevalence in Maryland increased from 17.5% to 26.3% between 1997 and 2007 (a 50% increase)
- 62.7% of Maryland adults (2.5 million people) were overweight or obese in 2007
- 37.3% of Maryland adults were at a healthy weight in 2007

	<b>Previous MD data</b>	<b>Current MD data</b>	<b>Current US data</b>	<b>HP 2010</b>
<b>Healthy People 2010 Objective</b>	<b>Maryland BRFSS 2003</b>	<b>Maryland BRFSS 2007</b>	<b>US BRFSS 2007</b>	<b>Healthy People 2010 Target</b>
<b>Objective 19.1</b> Increase the proportion of adults who are at a healthy weight (a BMI of 18.5-24.9) to 60%.	41.0%	37.3%	37.0%	60%
<b>Objective 19.2</b> Reduce the proportion of adults who meet the criteria for obese (a BMI of 30+) to 15%.	21.9%	26.3%	26.3%	15%

## Adult obesity prevalence worsened in all jurisdictions of Maryland in the past decade

- In 1995-1997, 8 of 24 Maryland jurisdictions had an obesity prevalence of 20% or more
- By 2007, 22 of 24 Maryland jurisdictions had an obesity prevalence of 20% or more, and 11 of 24 Maryland jurisdictions had obesity prevalence over 30%
- No Maryland jurisdiction reached the Healthy People 2010 target obesity prevalence of 15% or less

Adult Obesity Prevalence by Jurisdiction (Source: 2007 Maryland BRFSS)



## Obesity is linked to higher risk of certain chronic conditions

- Obese adults were most likely to report having high blood pressure, high cholesterol, diabetes, arthritis, or asthma
- Diabetes prevalence in obese adults was 5.4 times the diabetes prevalence in normal weight adults

Source: Maryland BRFSS 2007 data	Overall Prevalence	Prevalence in Normal Weight Adults	Prevalence in Obese Adults
High Blood Pressure	29.1%	16.0%	47.7%
High Cholesterol	36.9%	28.6%	46.9%
Diabetes	8.5%	3.3%	17.7%
Arthritis	27.8%	20.3%	38.6%
Asthma	12.9%	10.0%	17.9%

## Rates of inadequate fruit and vegetable intake and physical inactivity have worsened

- In 2007, 73.4% of Maryland adults consumed less than five or more servings of fruits and vegetables each day
- In 2007, 23.0% of adults reported being physically inactive during the last month

	Previous MD data	Current MD data	Current US data	HP 2010 Goal
Healthy People 2010 Objective	Maryland BRFSS 2003	Maryland BRFSS 2007	US BRFSS 2007	Healthy People 2010 Target
<b>Objective 19-5</b> Increase the proportion of adults who consume at least two daily servings of fruit to 75%.	28.9%*	26.6%*	24.4%*	75%
<b>Objective 19-6</b> Increase the proportion of adults who consume at least three daily servings of vegetables, with at least one-third being dark green or orange vegetables, to 50%.	* consumed 5 or more daily servings of fruits and vegetables	* consumed 5 or more daily servings of fruits and vegetables	* consumed 5 or more daily servings of fruits and vegetables	50%
<b>Objective 22-1</b> Reduce the proportion of adults who engage in no leisure-time physical activity to 20%.	21.3%	23.0%	22.6%	20%

## Disparities exist in adult obesity, fruit and vegetable consumption, and physical inactivity

- Obesity was most prevalent among:
  - Females (27.2%) compared with males (25.4%)
  - Non-Hispanic black adults (34.4%) compared with non-Hispanic white adults (25.1%) and Hispanic adults (18.7%)
  - African American women (40.8 %), an increase from 30.0% in 2001-2003
  - Adults between the ages of 50-64 (32.5%)
  - Those with a household income category of \$35,000- 49,999 (33.6%).
  - Those with a high school degree or GED (31.5%)
- Inadequate consumption of fruit and vegetables each day was most prevalent among:
  - Males (77.7%) compared with females (69.5%)
  - Hispanic adults (79.1%) compared with non-Hispanic black adults (74.8%) and non-Hispanic white adults (72.9%)
  - Adults between the ages of 25-34 years (78.5%)
  - Those with a household income category in the lowest household income category of <\$15,000/year (80.7%)
  - Those with the lowest education level of less than high school graduate (80.7%)
- Physical inactivity was most prevalent among:
  - Females (24.4%) compared with males (21.4%)
  - Hispanic adults (33.8%) compared with non-Hispanic black adults (28.4%) and non-Hispanic white adults (20.3%)
  - Adults older than 65 years (32.7%)
  - Those with a household income category in the lowest household income category of <\$15,000/year (48.3%)
  - Those with the lowest education level of less than high school graduate (48.3%)