

BRFSS Fact Sheet

Overweight and Obesity



Tennessee
Department of Health

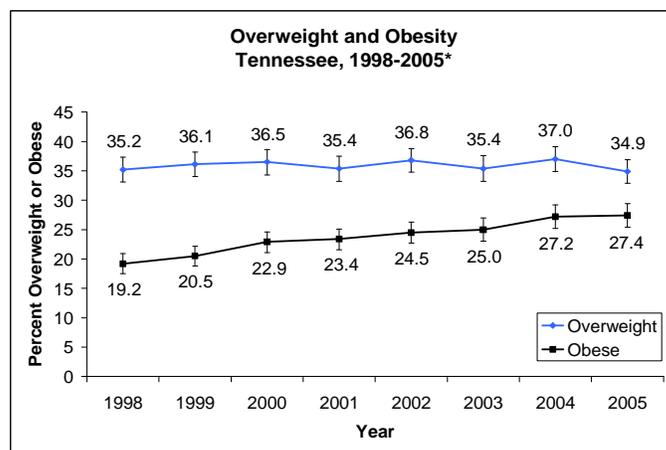
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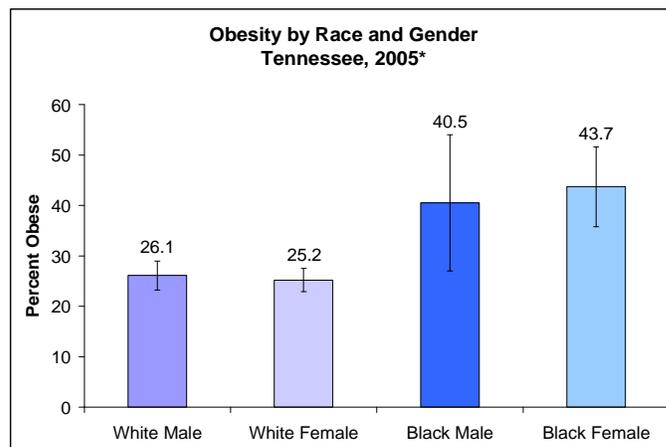
Overweight and obesity substantially raise the risk of illness from high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke, and arthritis.¹ In addition, higher body weights are associated with higher mortality rates.¹ One of the Healthy People 2010 goals is to reduce the proportion of adults who are obese to 15%.¹ Maintenance of a healthy weight is important for increasing the quality and years of healthy life for all Tennesseans.

- In 2005, 62.3% of adults in Tennessee were overweight or obese, compared to 61.1% for the United States.² Among all 50 states, the percentage of overweight/obese adults ranged from 53.0% in Hawaii to 67.3% in Mississippi.² Compared to other states, Tennessee had the 21st highest percentage of overweight/obese adults.
- The percentage of obese adults in Tennessee increased steadily, from 19.2% in 1998 to 27.4% in 2005. A similar trend in the percentage of overweight persons was not observed.
- Obesity was most prevalent among black females (43.7%), followed by black males (40.5%), white males (26.1%) and white females (25.2%).

- Obesity increased with increasing age (from 15.8% in 18-24 year olds to 32.9% in 55-64 year olds). There was a decrease in obesity in the oldest age group (22.8% in those 65 years and older).



- The prevalence of obesity was lowest among college graduates (21.3% ± 3.8)*. Among those with lower levels of education the prevalence was: less than high school 27.5% (± 6.0), high school 31.6% (± 3.4), and some post-high school 27.7% (± 4.1).



- The percentage of obese adults decreased with increasing income.

Definitions:

Body mass index (BMI): BMI is used as an indicator of healthy weight, overweight, and obesity. It is calculated by dividing weight (in kilograms) by the square of height (in meters).

Overweight: 25 ≤ BMI < 30

Obesity: BMI ≥ 30

References:

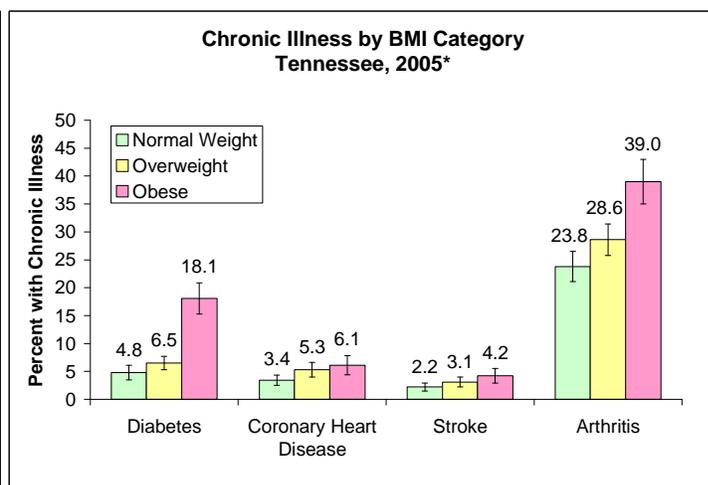
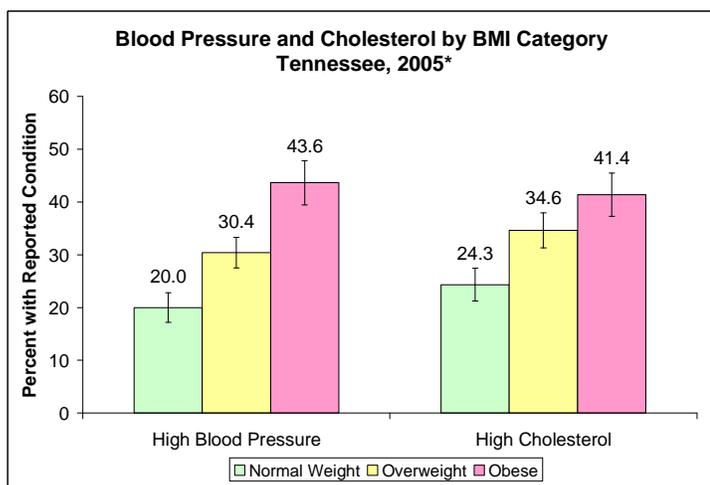
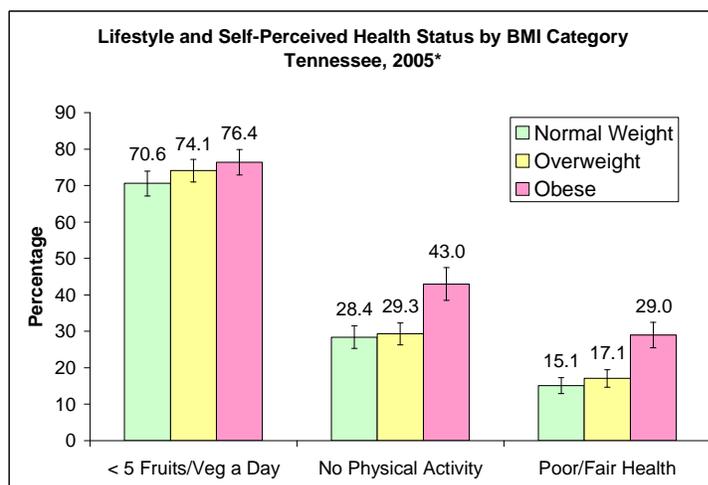
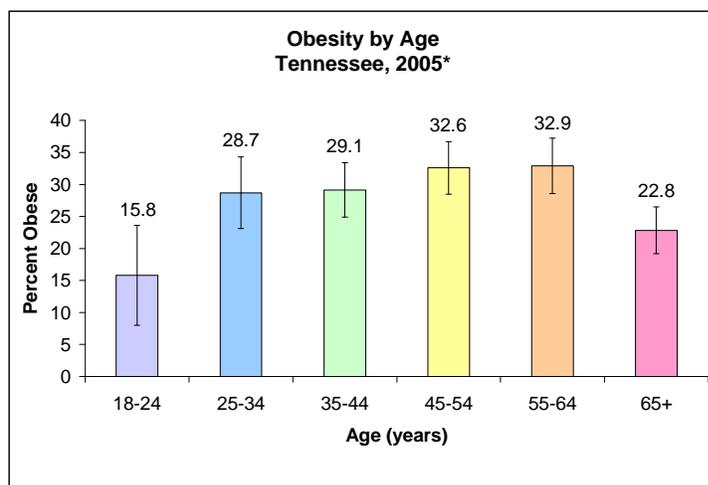
1. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
2. Centers for Disease Control and Prevention (www.cdc.gov/brfss)

Prepared by the Tennessee Department of Health; Office of Policy, Planning and Assessment; Surveillance, Epidemiology and Evaluation section based on 2005 TN Behavioral Risk Factor Surveillance System data.

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- The percentage of overweight and obese individuals reporting they ate less than 5 servings of fruits and vegetables a day was slightly higher than for normal weight persons.
- The percentage of obese persons reporting no physical activity or exercise in the past 30 days was approximately 1.5 times that of normal weight and overweight persons.
- A higher percentage of obese adults reported their health status as fair or poor compared to those that were normal weight or overweight.
- High blood pressure was more prevalent in overweight and obese persons than in those with normal weight. A similar trend was observed for high cholesterol.
- Diabetes, coronary heart disease, stroke and arthritis were all more common in obese individuals than in those that were not obese. In the case of diabetes, the percentage of those with the disease was almost 3 times higher in obese persons than in those with normal weight.



*The number above each column indicates the percent value for that column. Error bars represent 95% confidence intervals, as do ranges for percentages given in the text.