

US Obesity Data Analysis

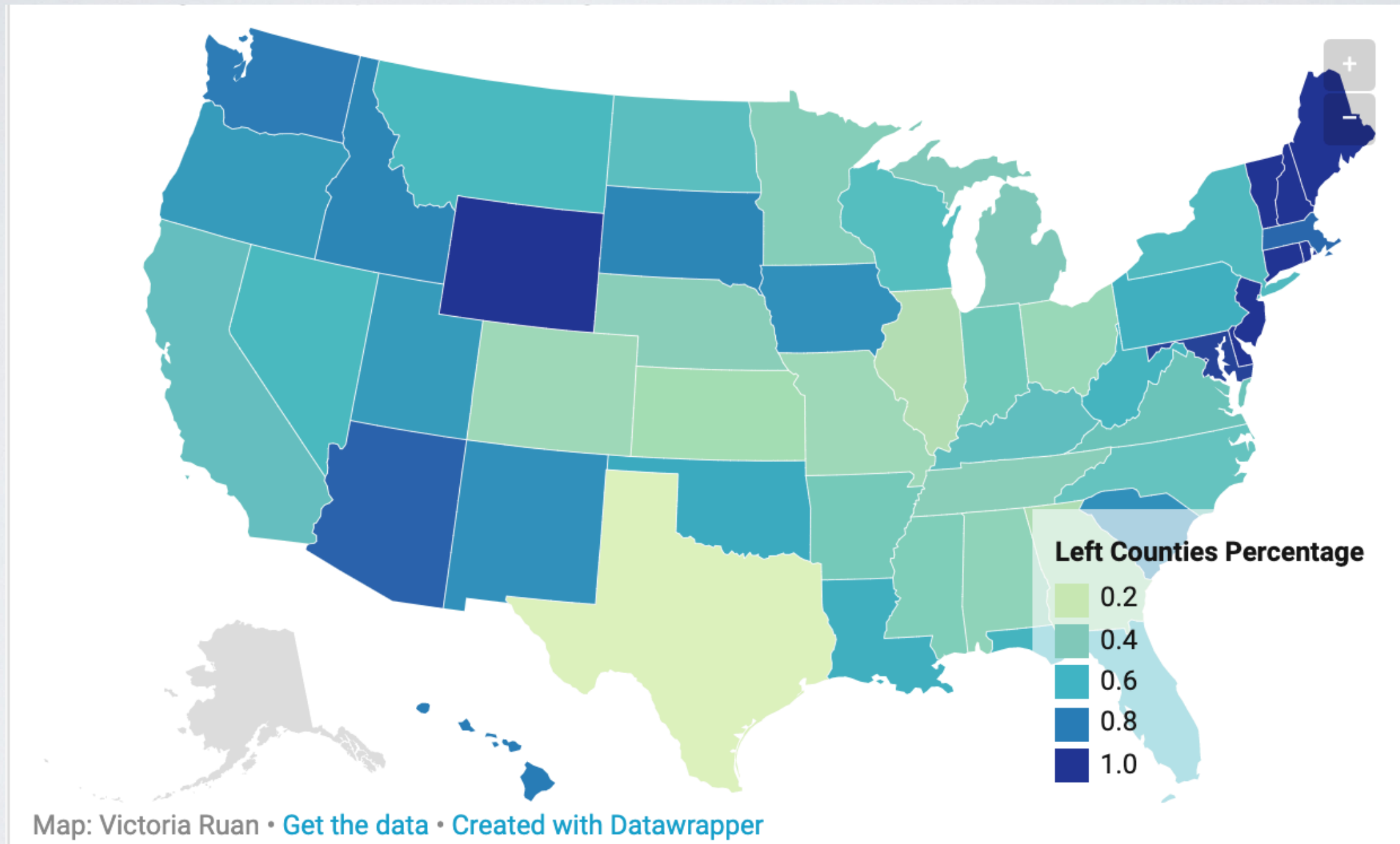
Victoria Ruan

Data Source

- provided by Community Health Data Initiative from CDC
- 1409 counties in total
- 34 out of 50 of states (68%) are included in detailed analysis



Left Percentage Distribution



Correlation Study



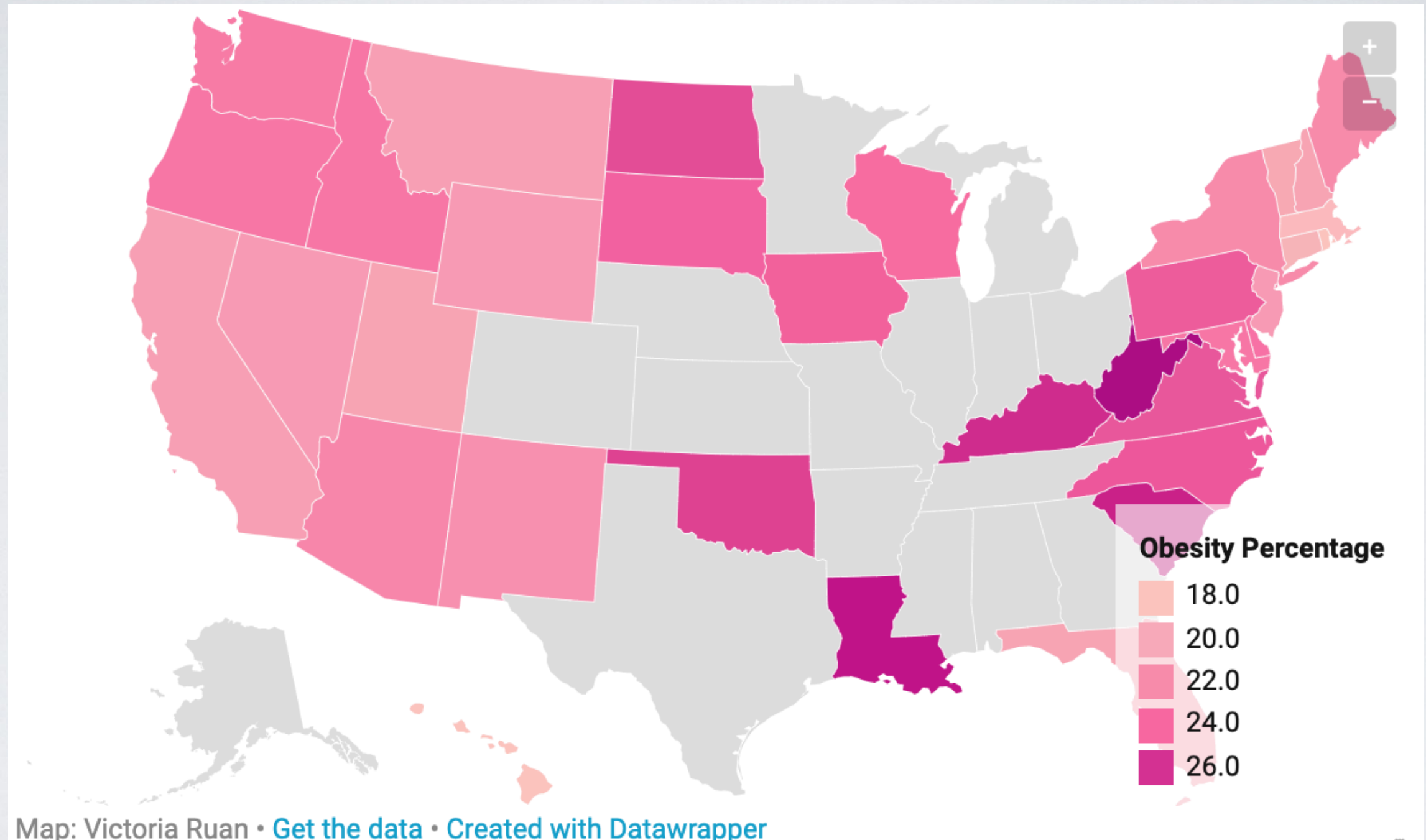
Correlation Study

Rank	Category	Coefficient of Correlation r
1	No Exercise	0.60
2	High Blood Pressure	0.51
3	Diabetes	0.56
4	Average Life Expectancy	-0.58
5	No High School Diploma	0.54

US Overall Summary

Statistics	Obesity	No Exercise	High Blood Pressure	Diabetes	No High School Diploma	Average Life Expectan
mean	23.9%	25.8%	26.7%	7.4%	13.0%	76.7
min	8.7%	8.3%	13.3%	0.5%	1.9%	66.6
max	38.7%	49.5%	47.1%	16.8%	35.5%	81.3
median	24.0%	25.1%	26.4%	7.1%	12.1%	76.9
standard deviation	4.4%	6.4%	5.3%	2.17%	5.0%	2.0

Obesity By States

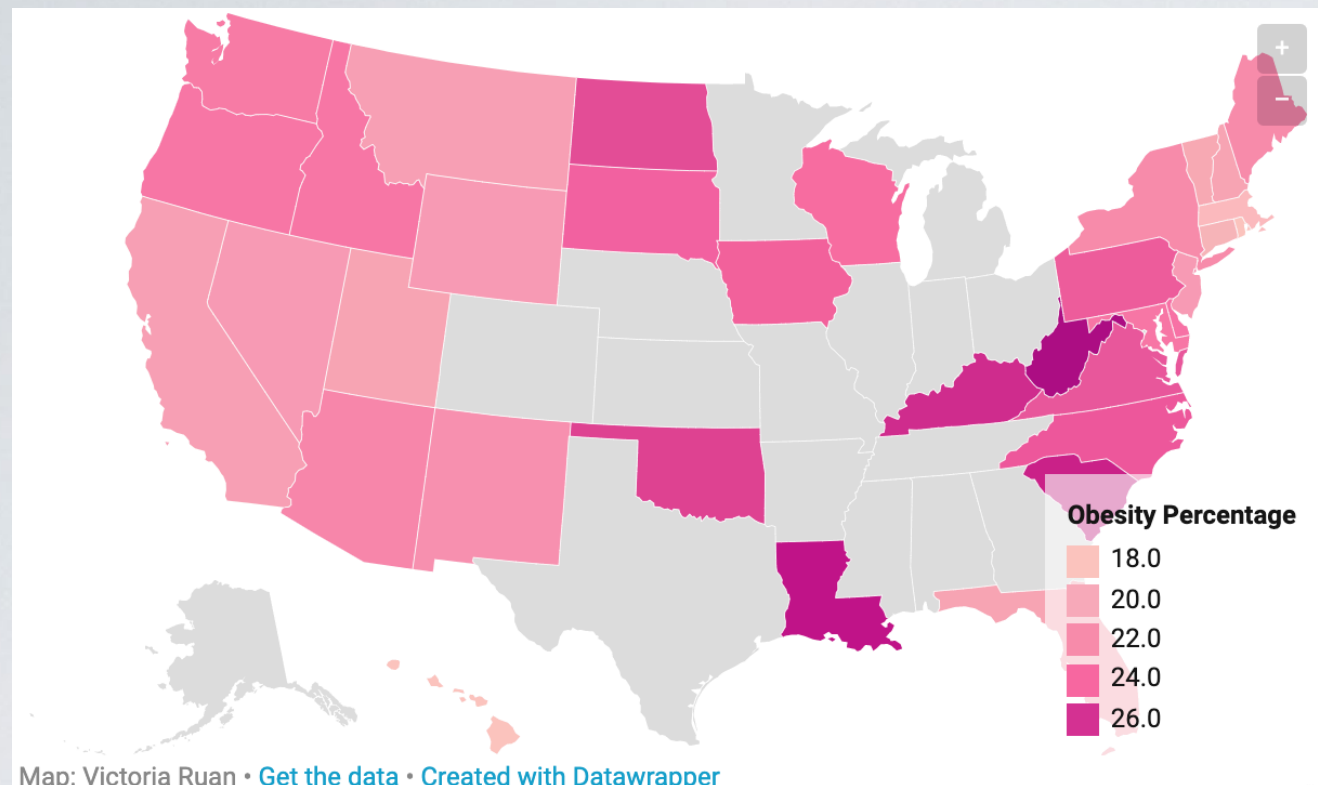


Top States Data Summary

Statistics	Obesity	No Exercise	High Blood Pressure	Diabetes	No High School Diploma	Average Life Expectancy
Top 1	West Virginia 27.91%	Kentucky 35.14%	West Virginia 32.54%	West Virginia 10.12%	Kentucky 21.11%	Hawaii 79.48 years
Top 2	Louisiana 27.06%	Louisiana 34.98%	Oklahoma 31.44%	South Carolina 9.31%	West Virginia 18.3%	Rhode Island 78.62 years
Top 3	South Carolina 26.7%	Oklahoma 32.42%	South Carolina 30.91%	Oklahoma 8.56%	Louisiana 18.24%	Iowa 78.47 years

Bottom States Data Summary

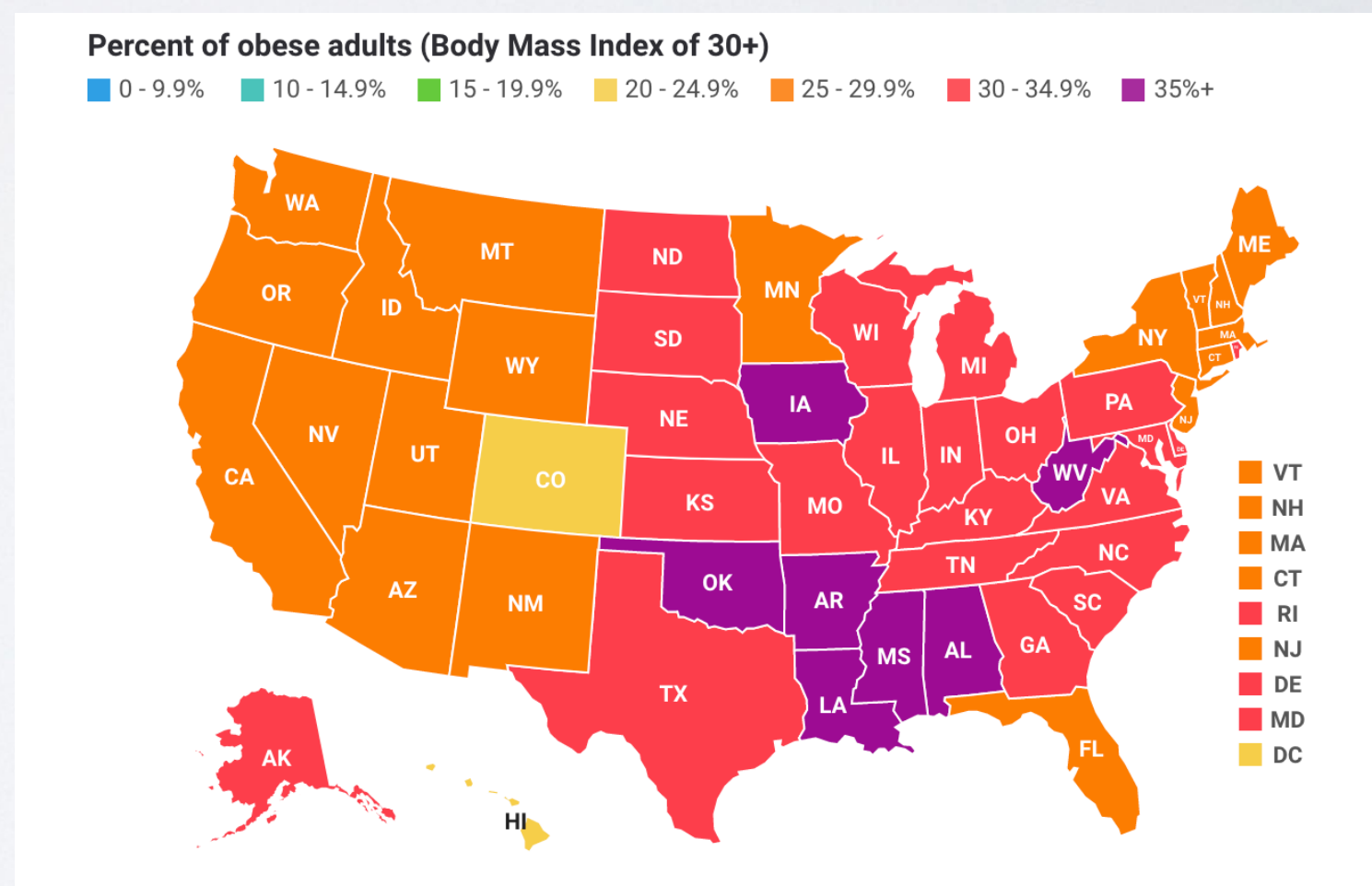
Statistics	Obesity	No Exercise	High Blood Pressure	Diabetes	No High School Diploma	Average Life Expectancy
Bottom 1	Rhode Island 17.94%	Washington 18.97%	New Mexico 22.45%	Utah 13.75%	Utah 1.27%	Louisiana 60.14 years
Bottom 2	Hawaii 18.13%	Hawaii 19.1%	Utah 22.45%	Wyoming 21.31%	Wyoming 1.85%	South Carolina 70.78 years
Bottom 3	Massachusetts 18.83%	Utah 19.94%	Wisconsin 23.46%	Vermont 20.66%	Montana 10.77%	Kentucky 66.58 years














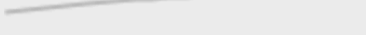






















My Distribution

Adult Obesity Rate, 2017,
by the Behavioral Risk
Surveillance System data

<https://www.stateofobesity.org/data/>



Rank ▲	State	Adult Obesity Rate 2017	95% Confidence Interval	Trend 1990 - 2017
1	 West Virginia	38.1% <div><div></div></div>	+/- 1.7%	
2	 Mississippi	37.3% <div><div></div></div>	+/- 2.0%	
3	 Oklahoma	36.5% <div><div></div></div>	+/- 1.6%	
4	 Iowa	36.4% <div><div></div></div>	+/- 1.3%	
5	 Alabama	36.3% <div><div></div></div>	+/- 1.6%	
6	 Louisiana	36.2% <div><div></div></div>	+/- 1.8%	
7	 Arkansas	35.0% <div><div></div></div>	+/- 2.4%	
8	 Kentucky	34.3% <div><div></div></div>	+/- 1.7%	
42	 Connecticut	26.9% <div><div></div></div>	+/- 1.2%	
43	 Nevada	26.7% <div><div></div></div>	+/- 2.3%	
44	 Massachusetts	25.9% <div><div></div></div>	N/A	
45	 New York	25.7% <div><div></div></div>	+/- 1.1%	
46	 Montana	25.3% <div><div></div></div>	+/- 1.6%	
46	 Utah	25.3% <div><div></div></div>	+/- 1.1%	
48	 California	25.1% <div><div></div></div>	+/- 1.3%	
49	 Hawaii	23.8% <div><div></div></div>	+/- 1.4%	
50	 District of Columbia	23.0% <div><div></div></div>	+/- 1.6%	

Interesting Distribution Based On Race



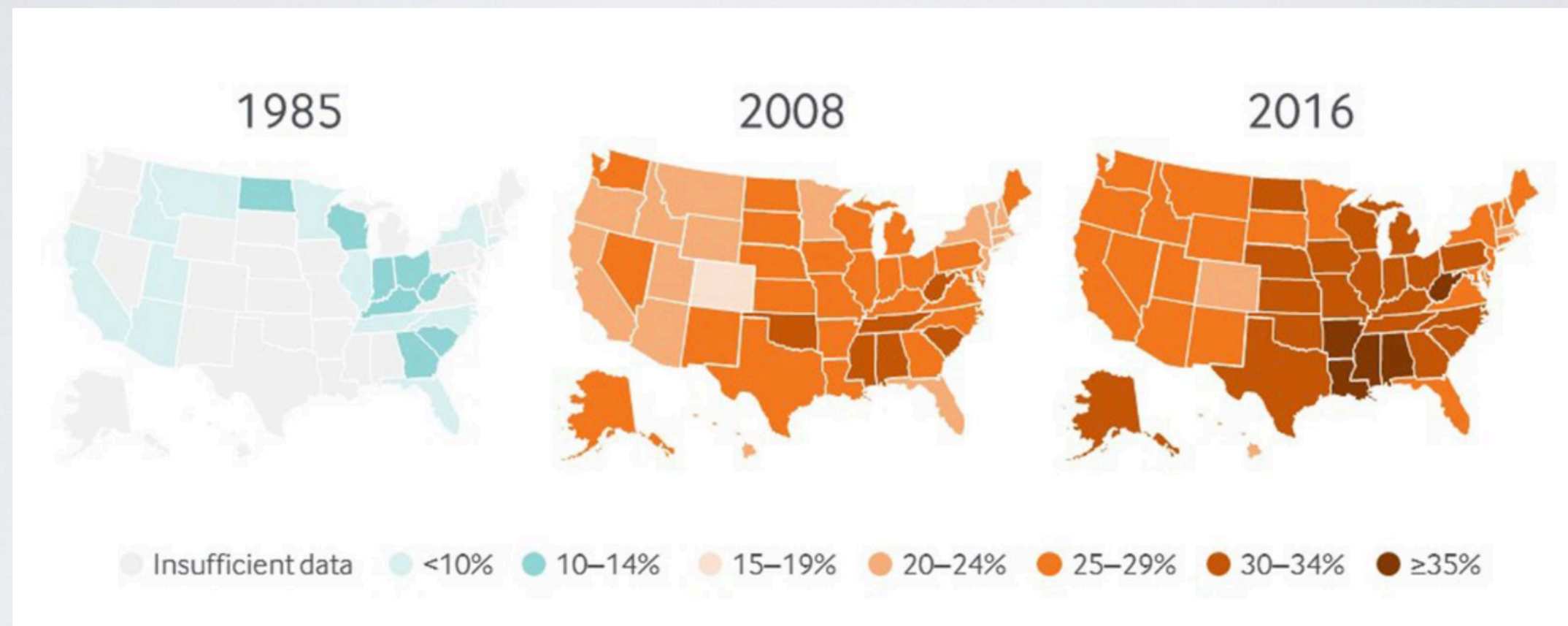
Correlation Study of Race

Rank	Category	Coefficient of Correlation r
1	Asian	-0.31
2	White	-0.19
3	Hispanic	-0.14
4	Native American	0.13
5	Black	0.25
6	No High School Diploma	0.54

Recommend Action Plans

- Promote higher education in the country
 - alleviate poverty issues
- Implement policies that make healthy choices easy
 - less expensive
 - more convenient to access
- Add nutrition classes into core curriculums for primary, middle, and high schools

Obesity Trends Among U.S. Adults



<https://www.commonwealthfund.org/blog/2018/rising-obesity-united-states-public-health-crisis>

Thank You