

A topographic map of the United States, showing elevation with brown and tan colors for higher terrain and green for lower areas. The Great Lakes are highlighted in blue.

# **U.S. Obesity Trends in Adults**

From 1991-1998

Source: Mokdad AH, Serdula MK, Dietz WH, et al.  
JAMA, October 27, 1999; 282(16):1519-1522



# Methods

- Data were analyzed from all states that participated in the Behavioral Risk Factor Surveillance System (BRFSS) from 1991 to 1998.
- The BRFSS is a cross sectional random-digit-dialed telephone survey of noninstitutionalized civilian adults aged 18 years or older.
- SAS and SUDAAN data analysis programs were used because of the complex sampling design.



# Limitations and Implications

- Weights and heights were self-reported. Because overweight individuals tend to underestimate their weight, true obesity rates could be underestimated.
- Only households with telephones are included in BRFSS. People without telephones are likely to be of lower socioeconomic status, a factor associated with obesity.

A vertical strip on the left side of the slide shows a topographic map of the United States, with colors ranging from green in the west to brown and tan in the east, indicating elevation. The map is partially obscured by the dark blue background of the slide.

# Results

- The prevalence of obesity (BMI greater than or equal to 30 kg/m<sup>2</sup>) increased from 12% of the U.S. population in 1991 to 17.9% in 1998.
- Obesity increased in every state, in both sexes, and across all age groups, races, and educational levels, regardless of an individual's smoking status.



# Recommendations

- ▣ Strategies and programs for weight maintenance and weight reduction must become a higher priority.
- ▣ Public health messages should focus increasingly on balancing caloric intake with physical activity.



# Recommendations

- A wide range of participants, including physicians, public health professionals, legislators, communities, and organizations must become engaged to control the obesity epidemic.





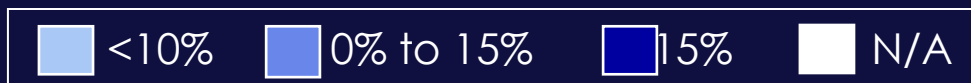
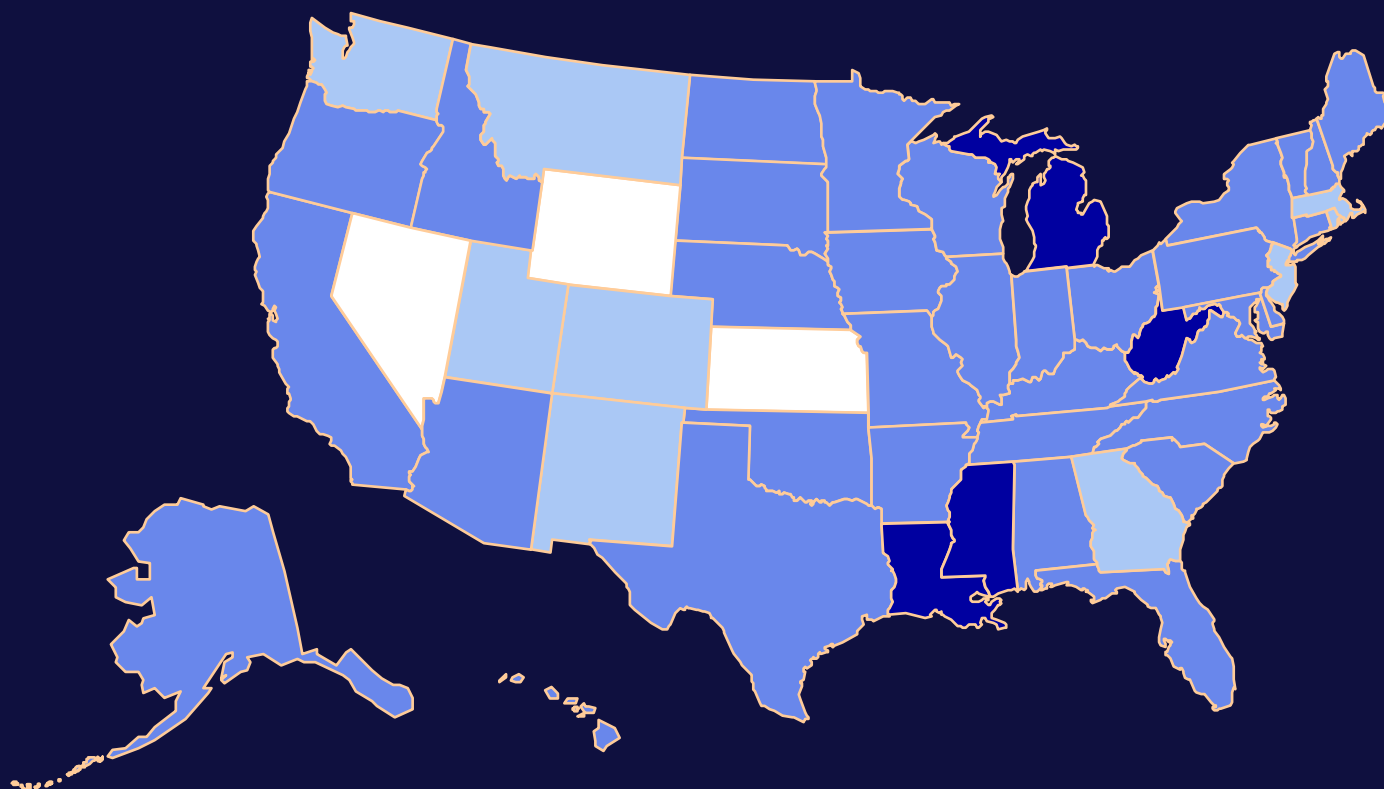
# Research Needs

- Identify periods of risk across the life span for developing obesity and the factors that most contribute to the complex problem of obesity.
- Explore and identify individual behavioral change and environmental interventions that work in medical settings, schools, worksites, and communities.

# Prevalence of Obesity\* Among U.S. Adults

## BRFSS, 1991

(\*Approximately 30 pounds overweight)

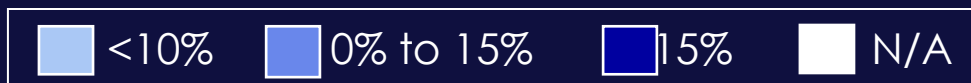
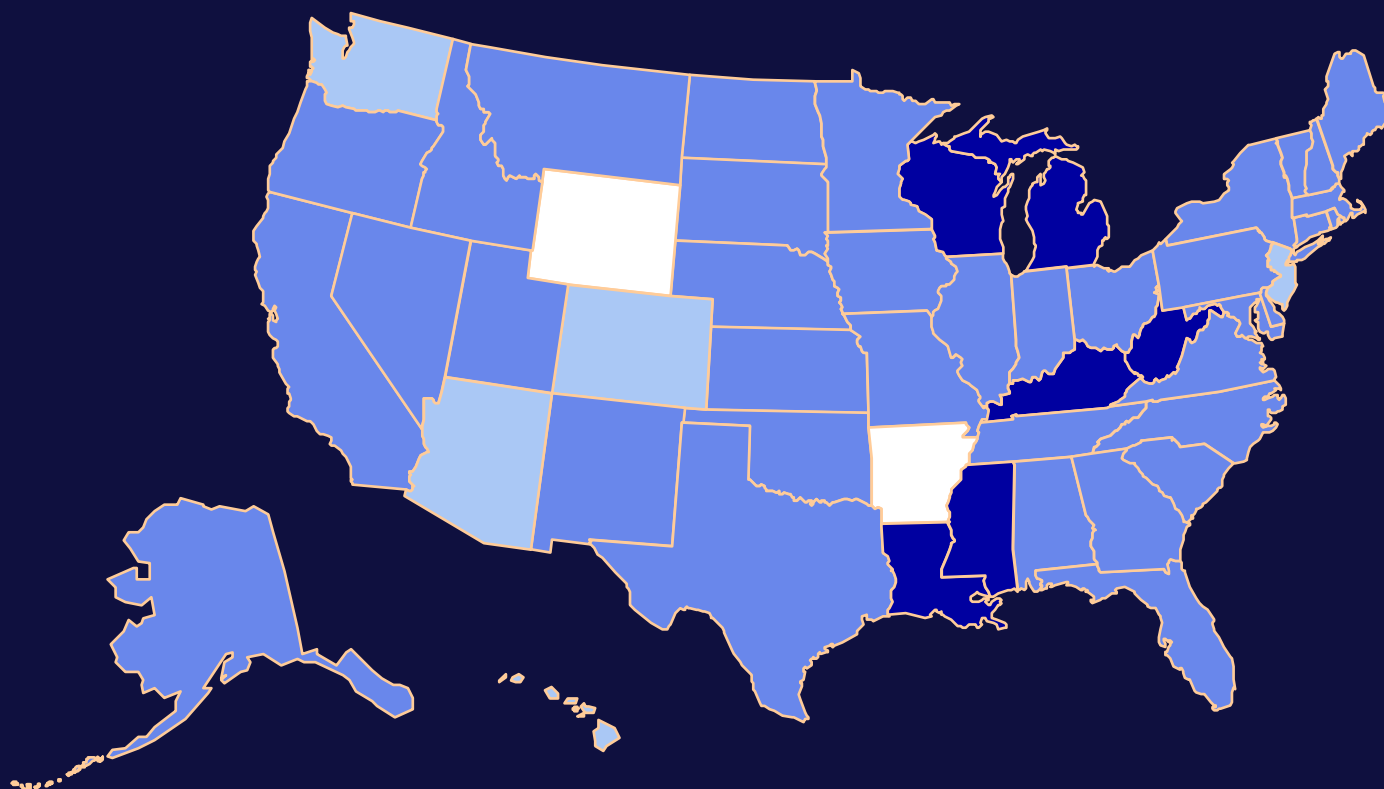




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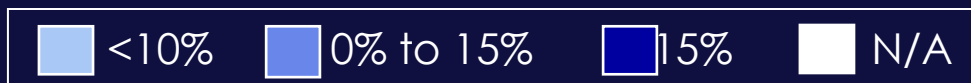
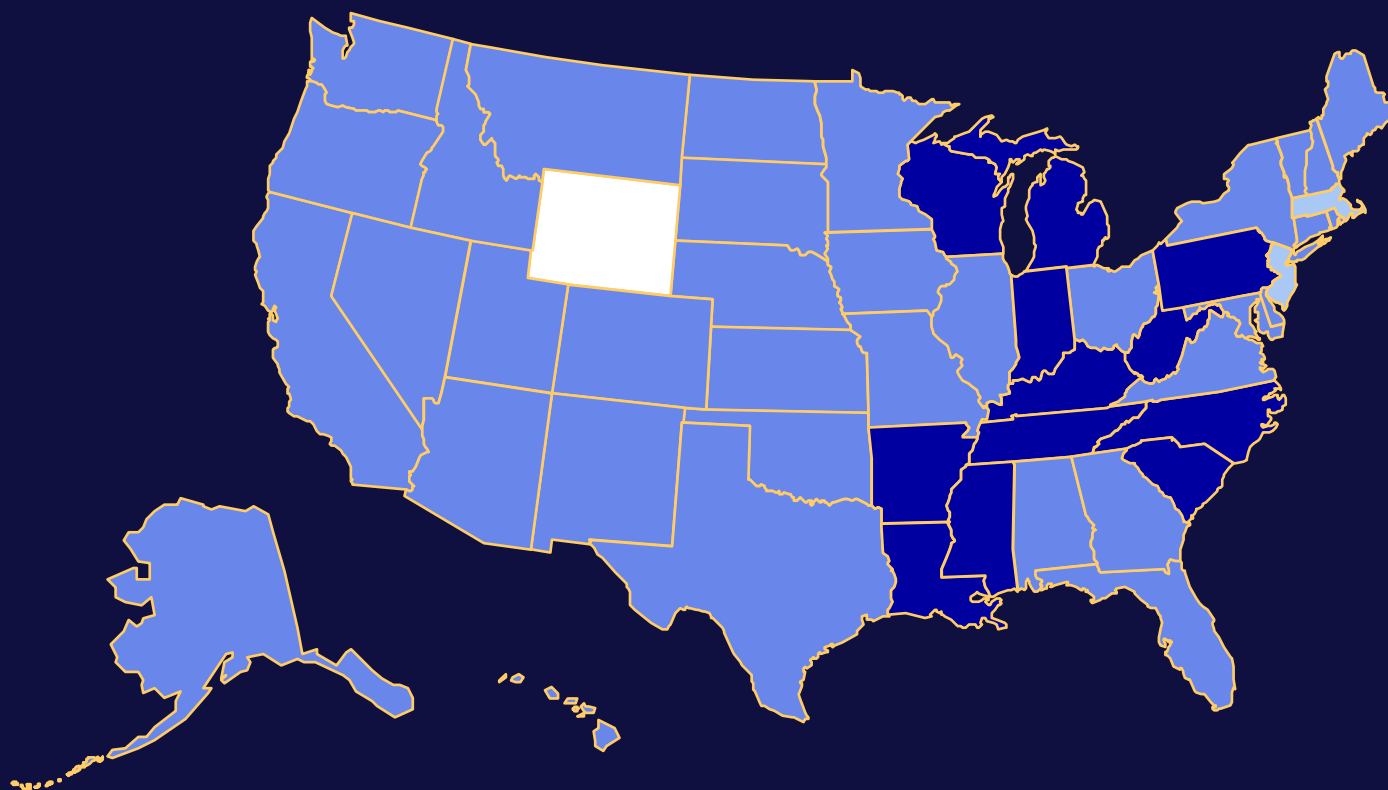
(\*Approximately 30 pounds overweight)



# Prevalence of Obesity\* Among U.S. Adults

## BRFSS, 1993

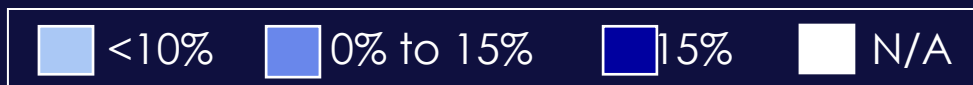
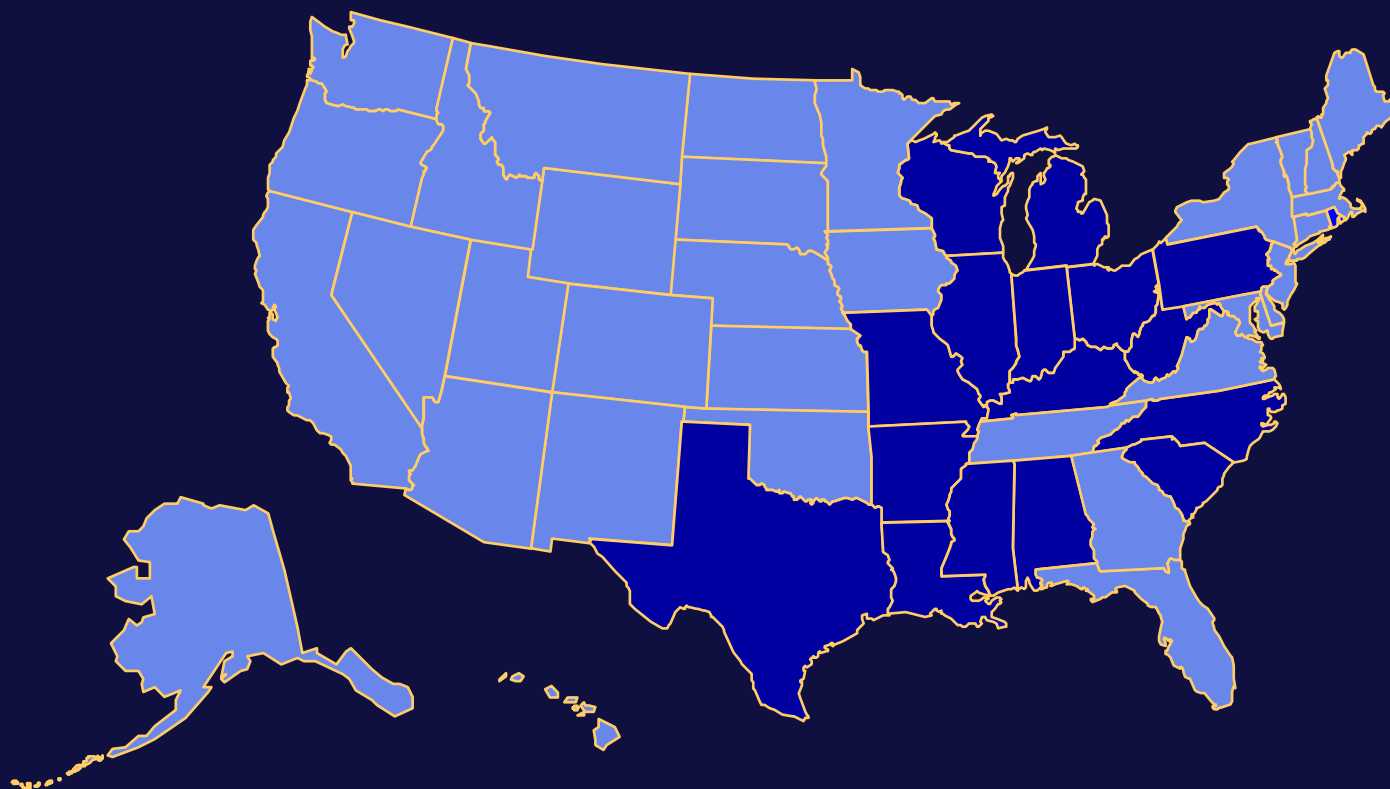
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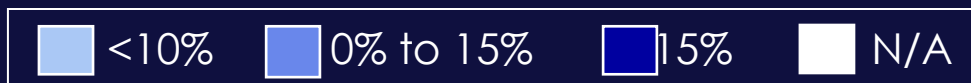
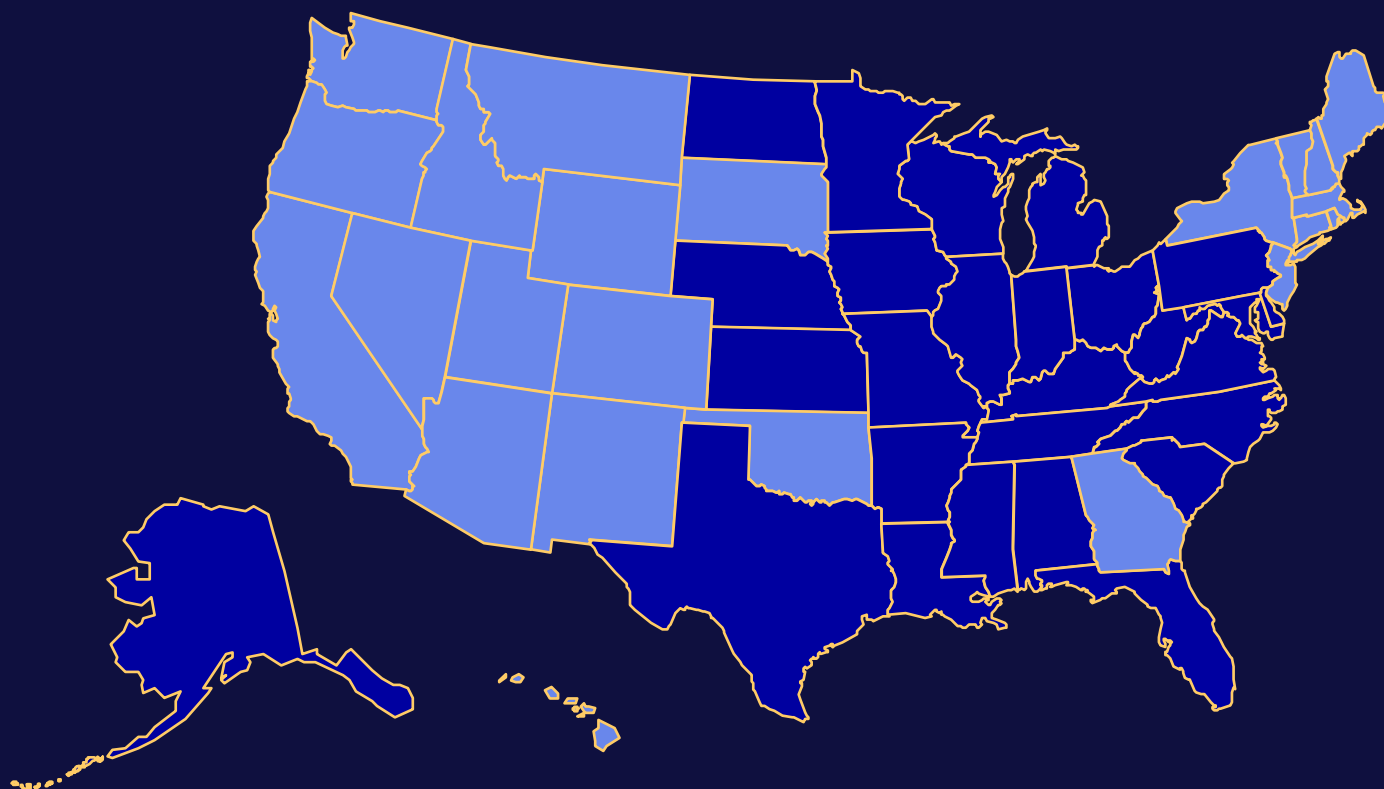
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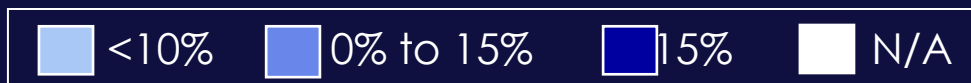
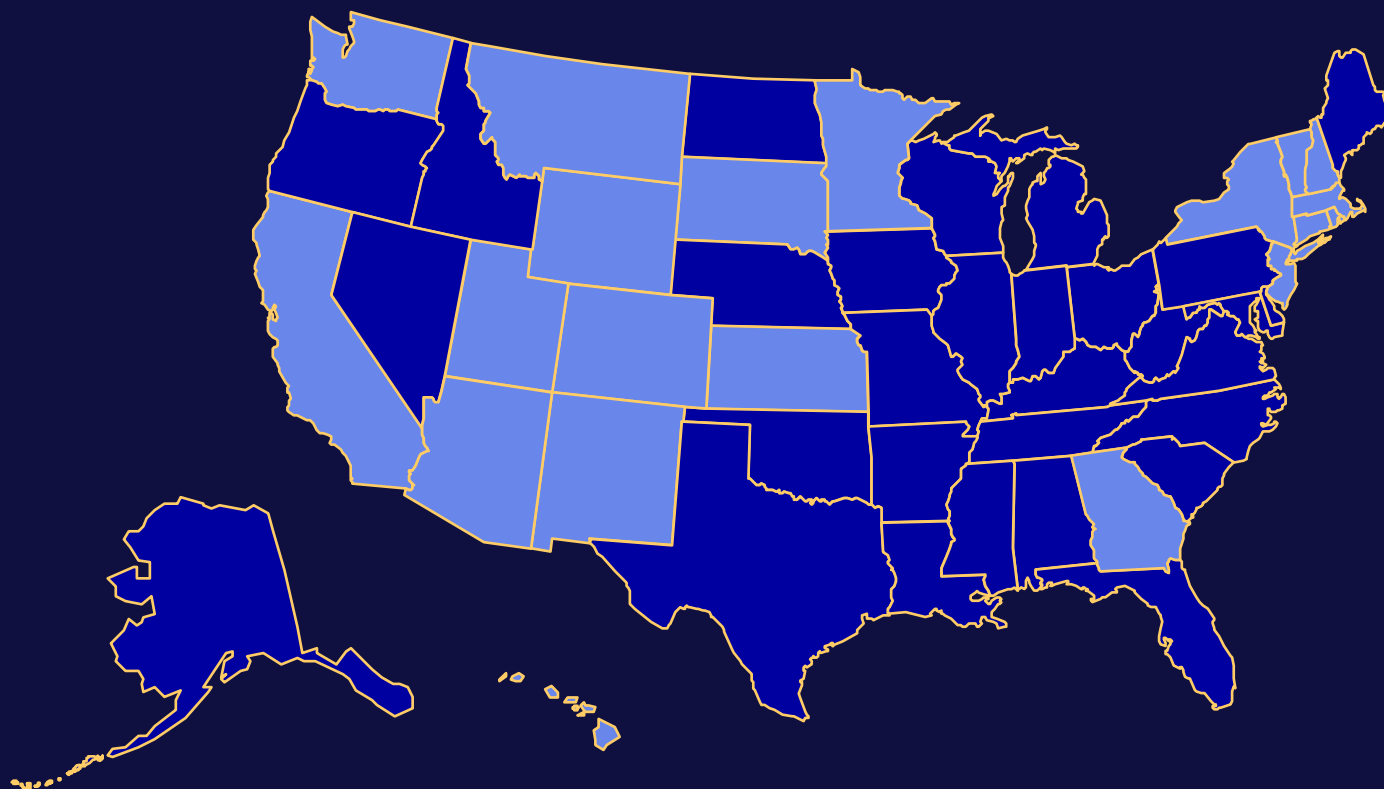
## BRFSS, 1995

(\*Approximately 30 pounds overweight)



## A vertical strip of a topographic map. It shows a mountainous region with a river valley and a lake. The map uses color to represent elevation, with green for lower elevations and brown for higher elevations. The river flows through the valley, and the lake is situated in a basin. The map is oriented vertically, with the river flowing from top to bottom.

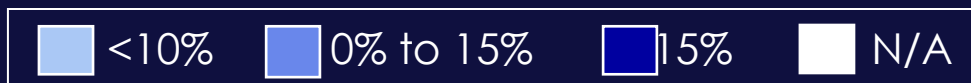
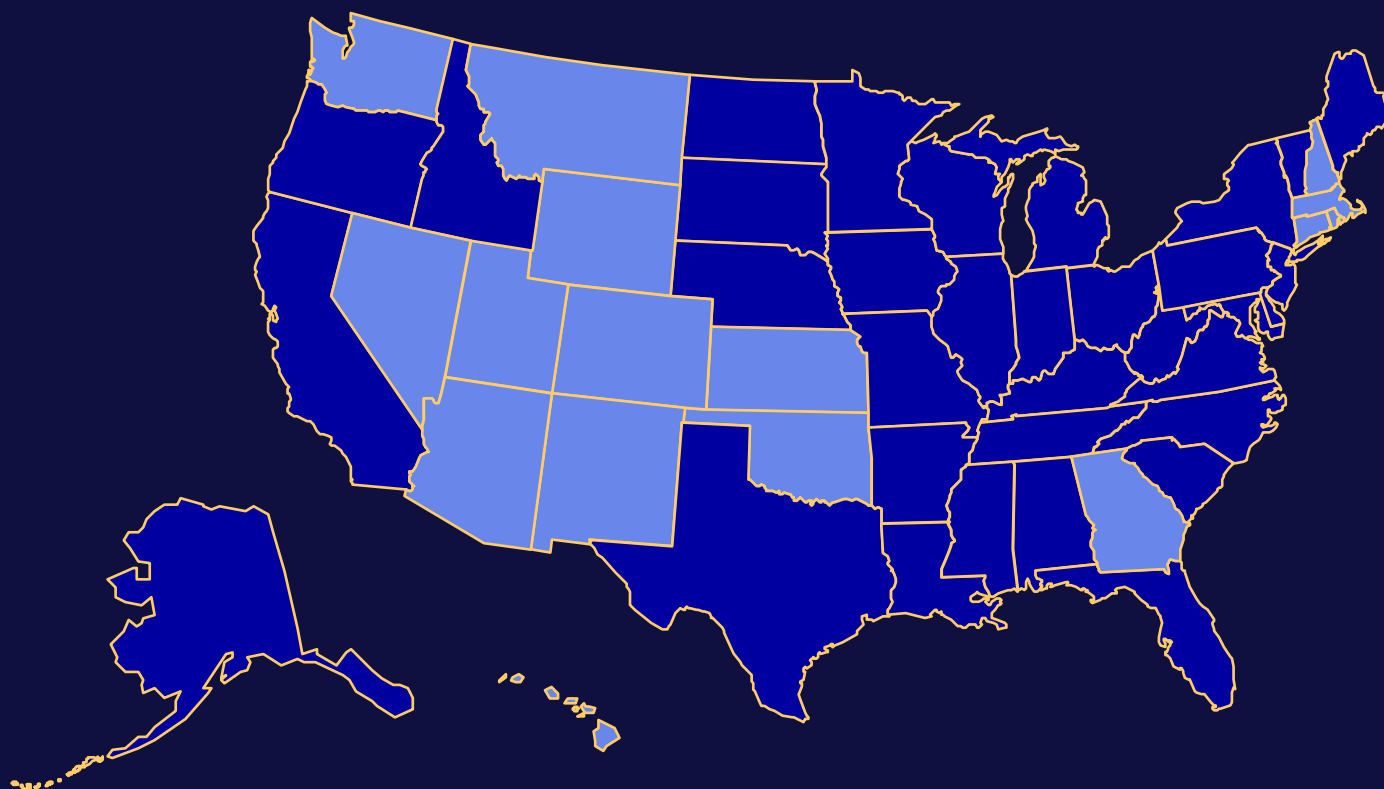
(\*Approximately 30 pounds overweight)



# Prevalence of Obesity\* Among U.S. Adults

## BRFSS, 1997

(\*Approximately 30 pounds overweight)





# Prevalence of Obesity\* Among U.S. Adults

## BRFSS, 1998

(\*Approximately 30 pounds overweight)

