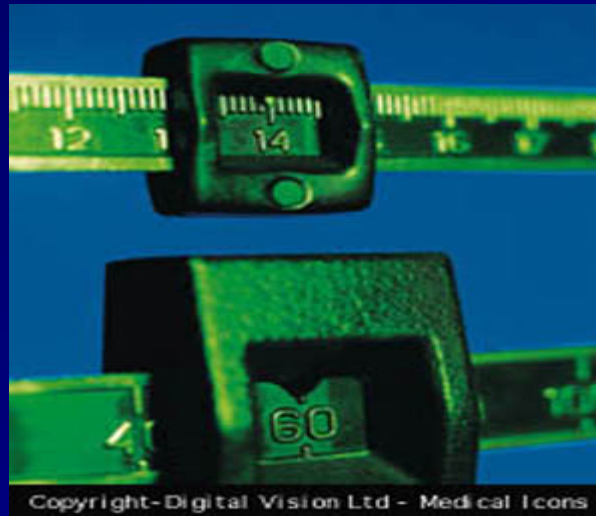


The Burden of Overweight and Obesity in Maryland



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June 6, 2007

Overweight and Obesity Definitions

Body Mass Index
(BMI) = $\text{Kg} / (\text{M})^2$

Adults

Overweight = $\text{BMI} \geq 25$

Obese = $\text{BMI} \geq 30$

Children

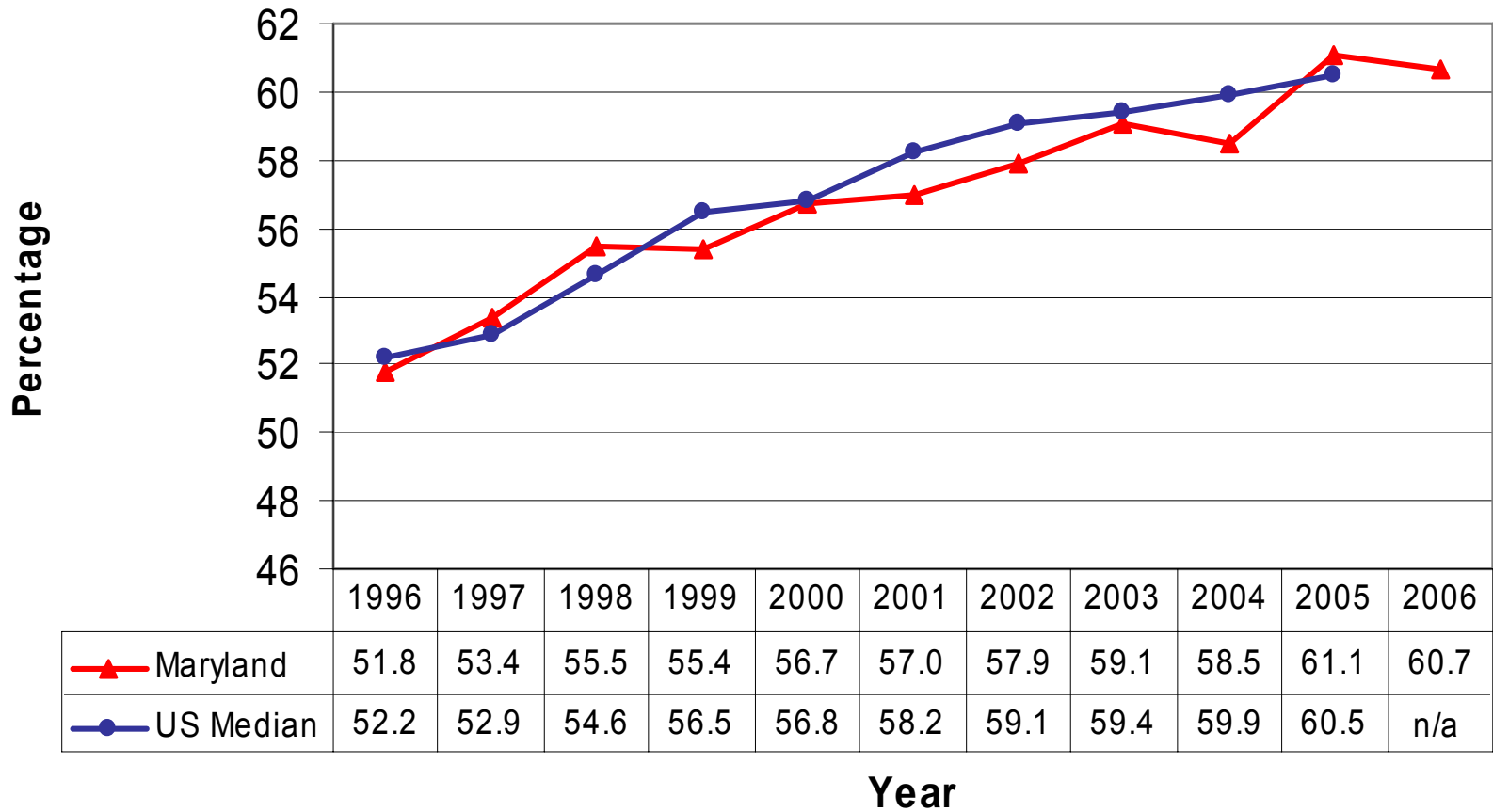
Overweight = $\text{BMI} \geq 95^{\text{th}}$ percentile for age
and gender

At risk for overweight = $\text{BMI} \geq 85^{\text{th}}$ and
< 95^{th} percentile for age and gender

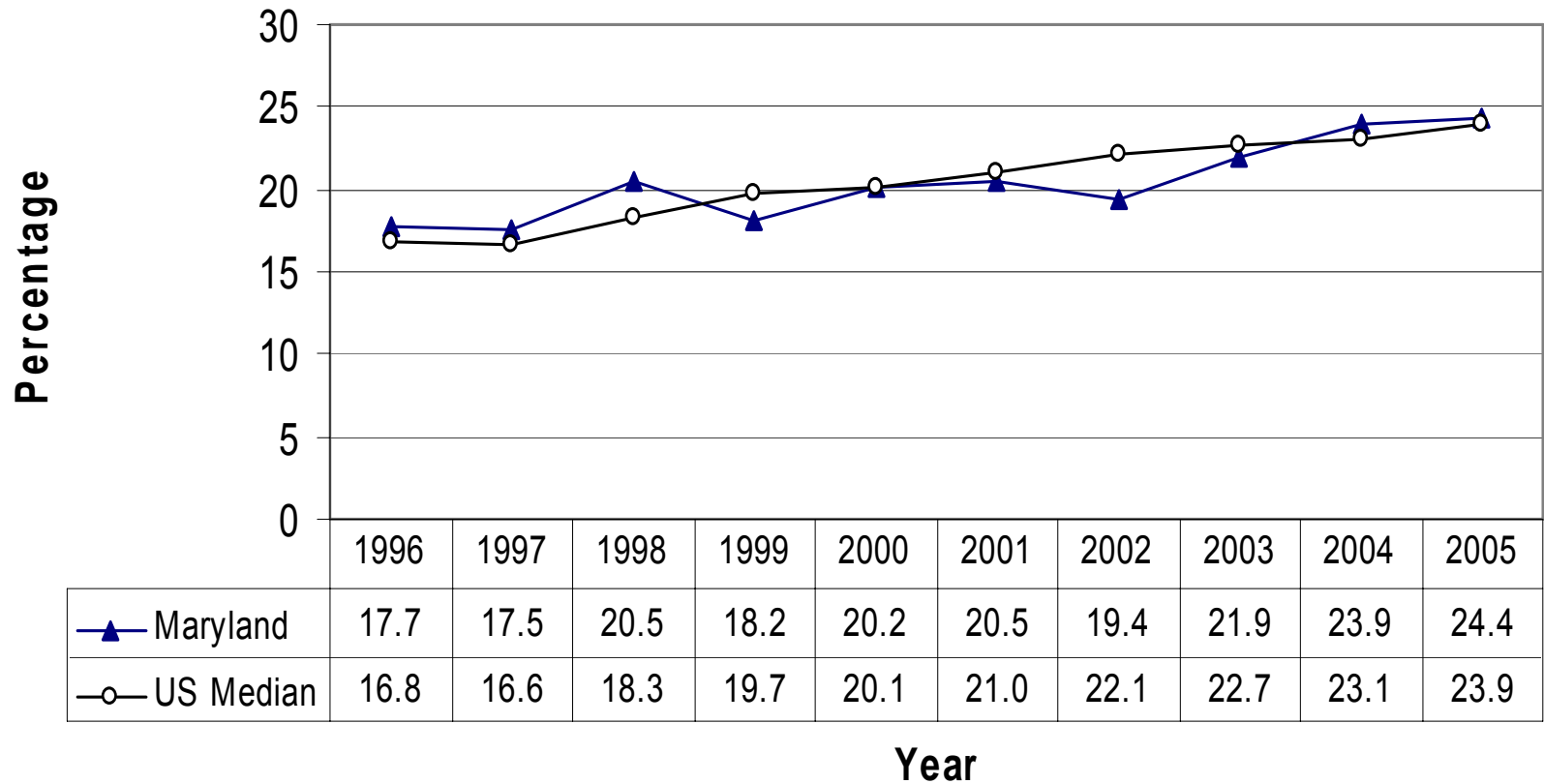
Maryland BRFSS Data

Adults 18 and Over

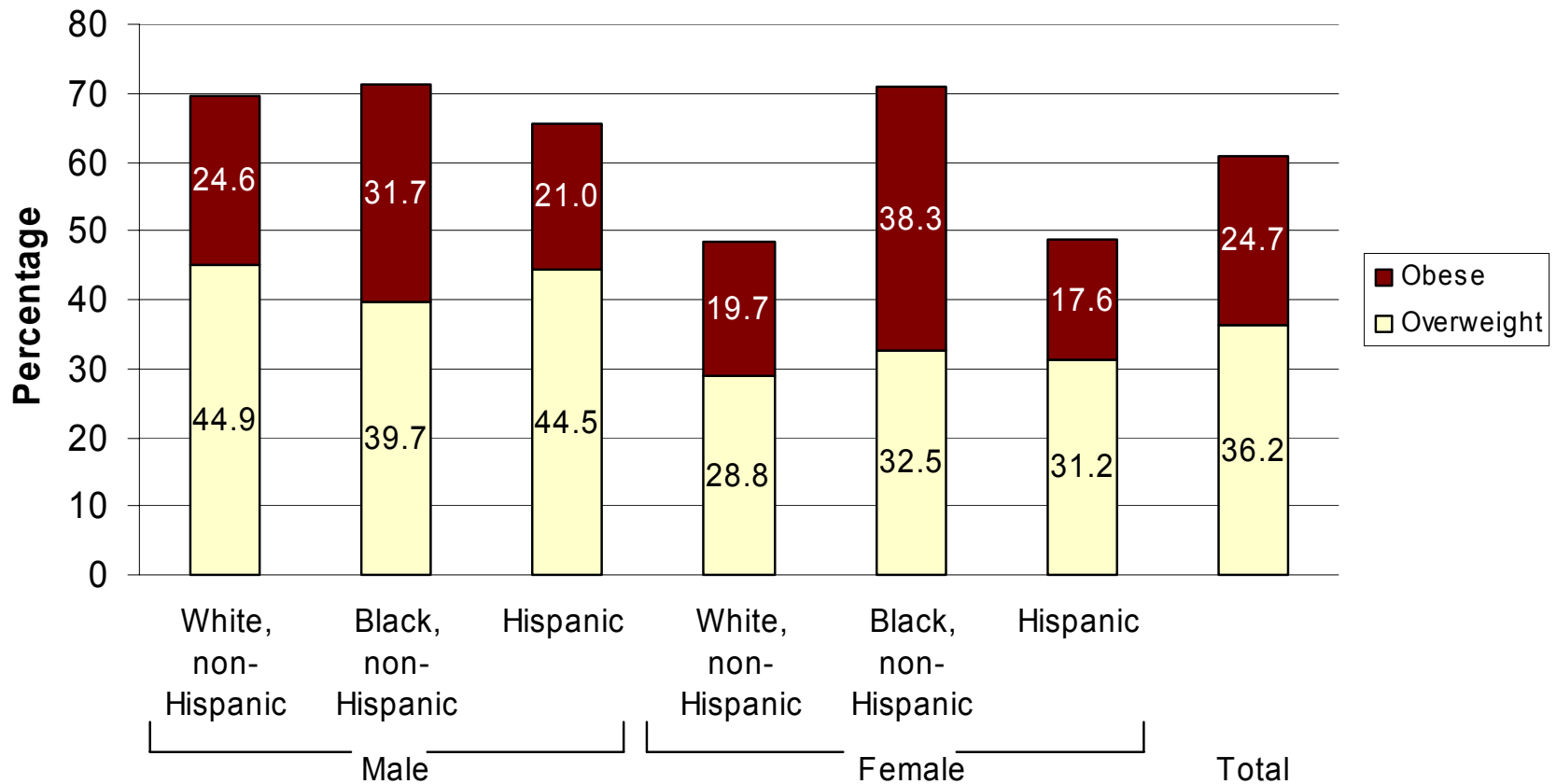
Prevalence of Overweight and Obesity in Adults in Maryland and the United States, 1996-2006



Prevalence of Obesity in Adults in Maryland and the United States, 1996-2006

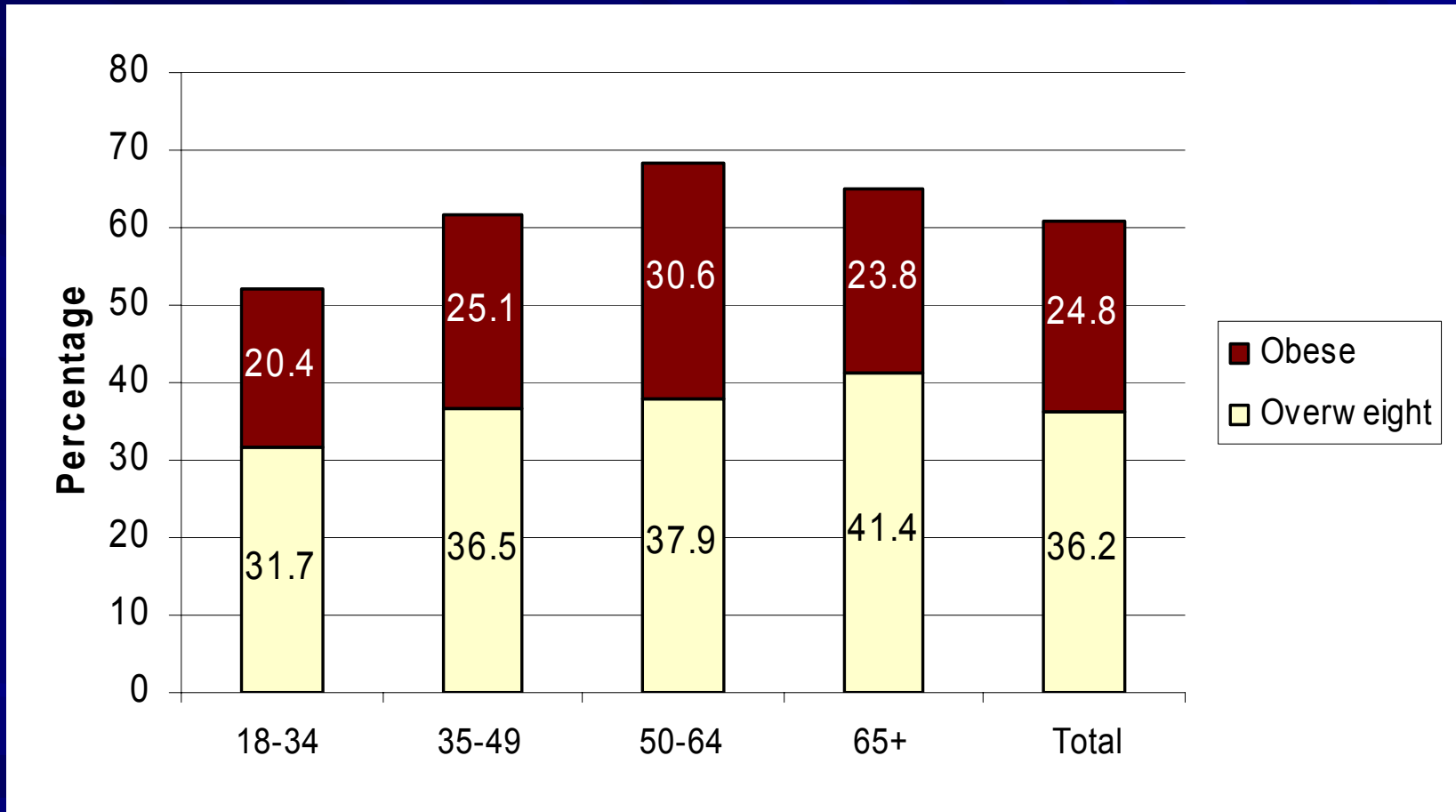


Prevalence of Overweight and Obesity in Adults by Sex and Race/Ethnicity in Maryland, 2005-2006



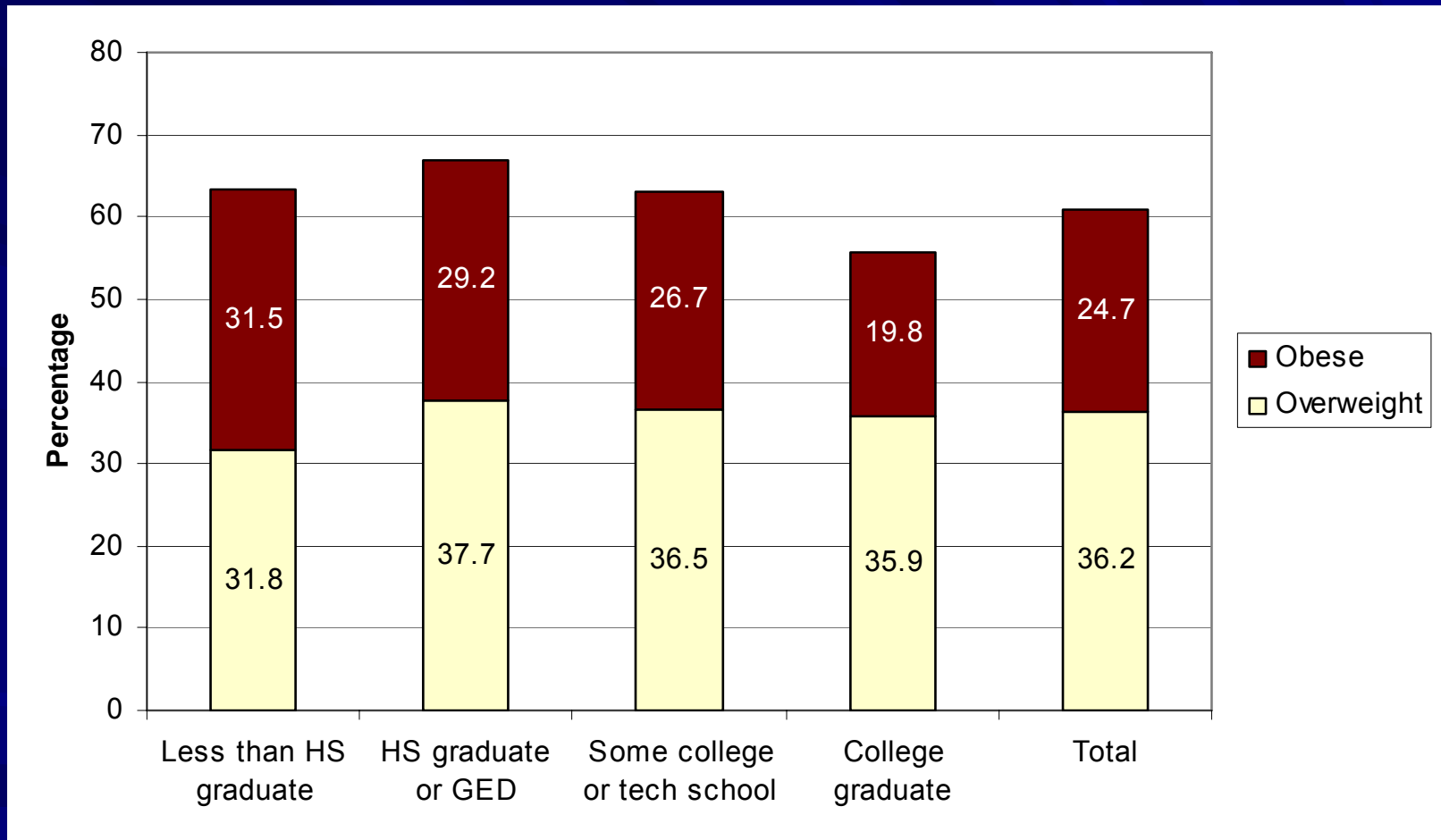
Source: Maryland BRFSS

Prevalence of Overweight and Obesity in Adults by Age Group in Maryland, 2005-2006



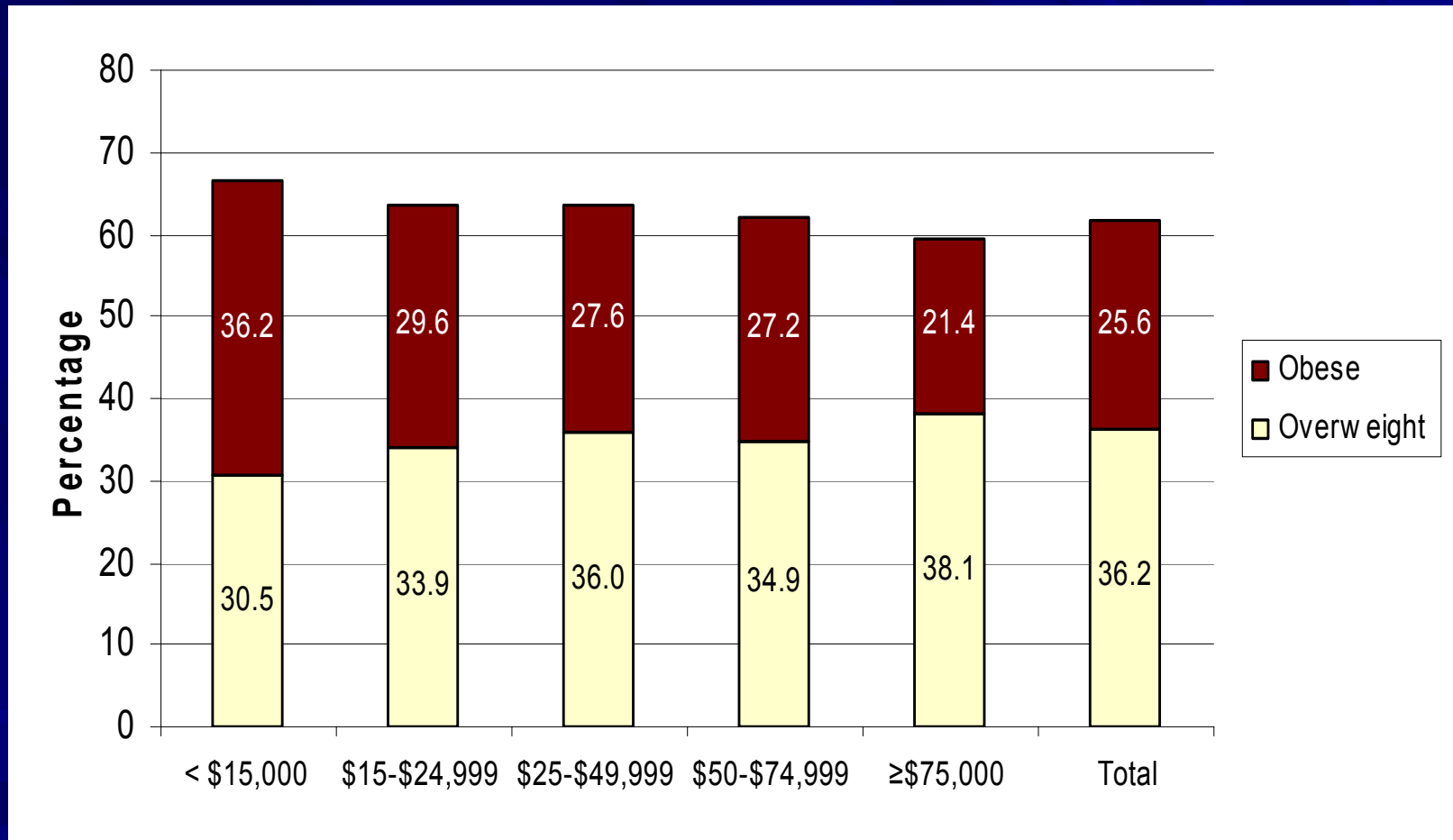
Source: Maryland BRFSS

Prevalence of Overweight and Obesity in Adults by Education Level in Maryland, 2005-2006



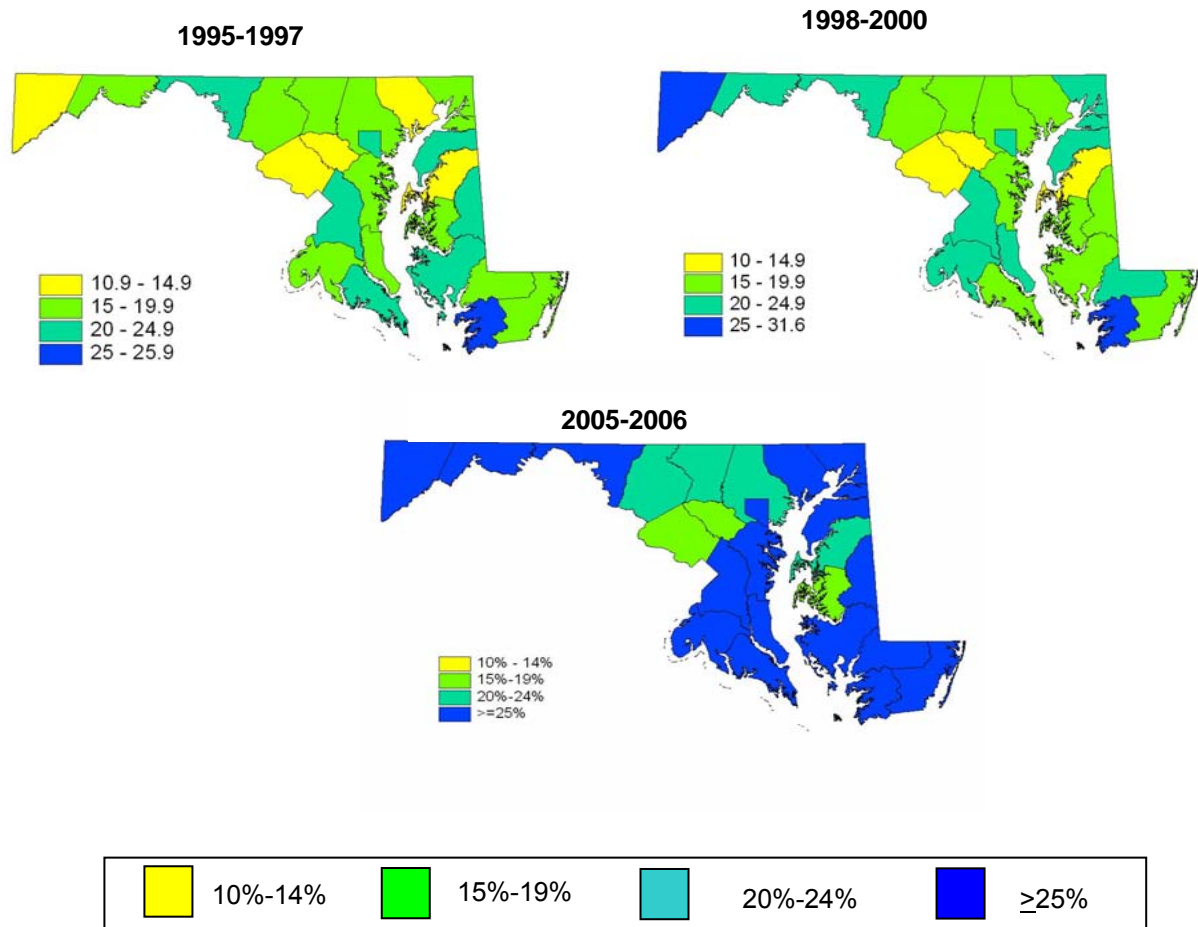
Source: Maryland BRFSS

Prevalence of Overweight and Obesity in Adults by Income in Maryland, 2005-2006



Source: Maryland BRFSS

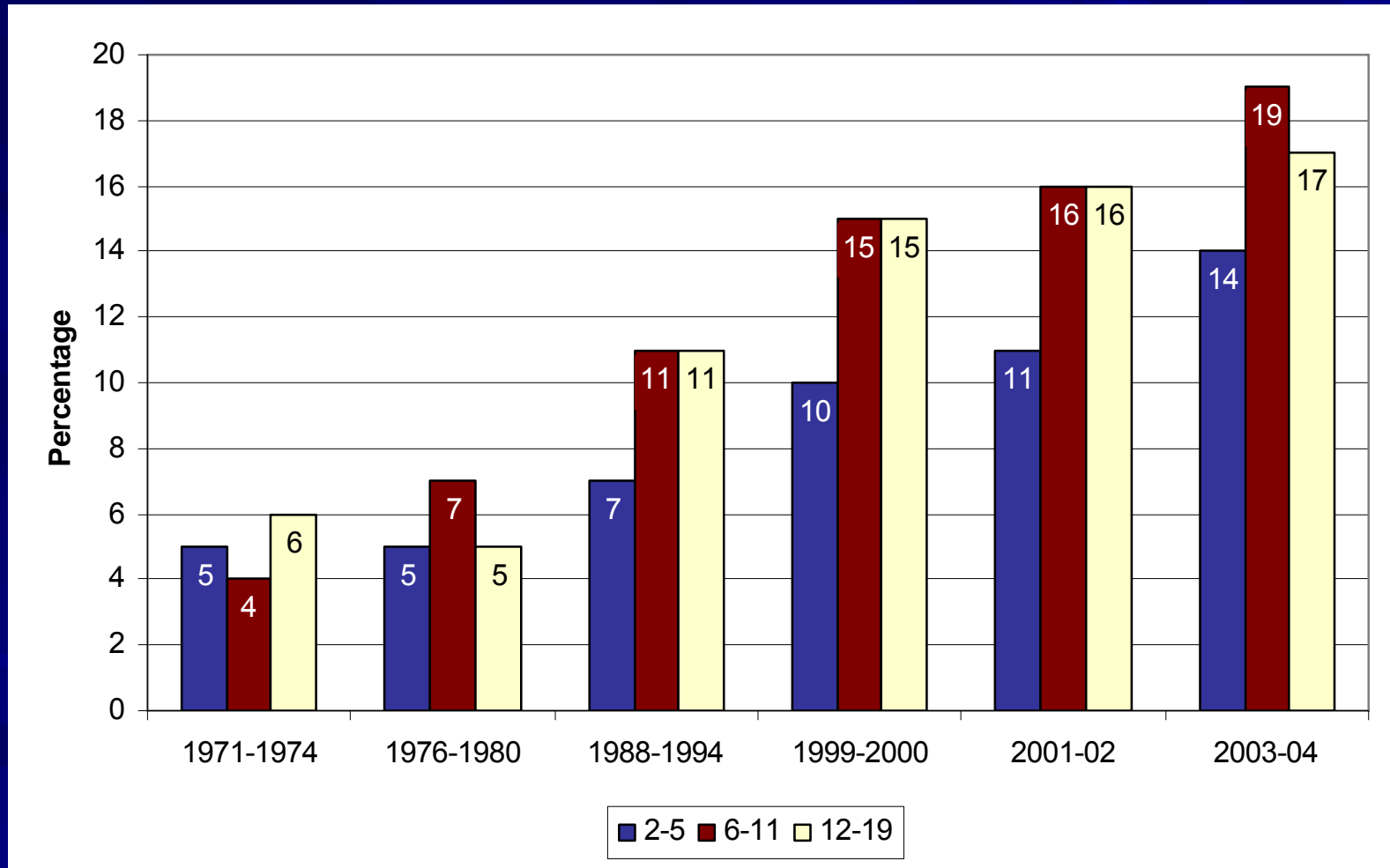
Obesity Trends Among Maryland Adults By Jurisdiction, 1995-2006



Child and Adolescent Overweight and Obesity

Maryland and the
United States

Prevalence Of Overweight In Children And Adolescents Aged 2-19, United States, Selected Years 1971-74 Through 2003-04



Source: NHANES

Health Complications of Overweight and Obesity

- Diabetes
- High Blood Pressure
- High Cholesterol
- Asthma

Prevalence of Selected Chronic Conditions by Weight Status, Maryland 2003-2006

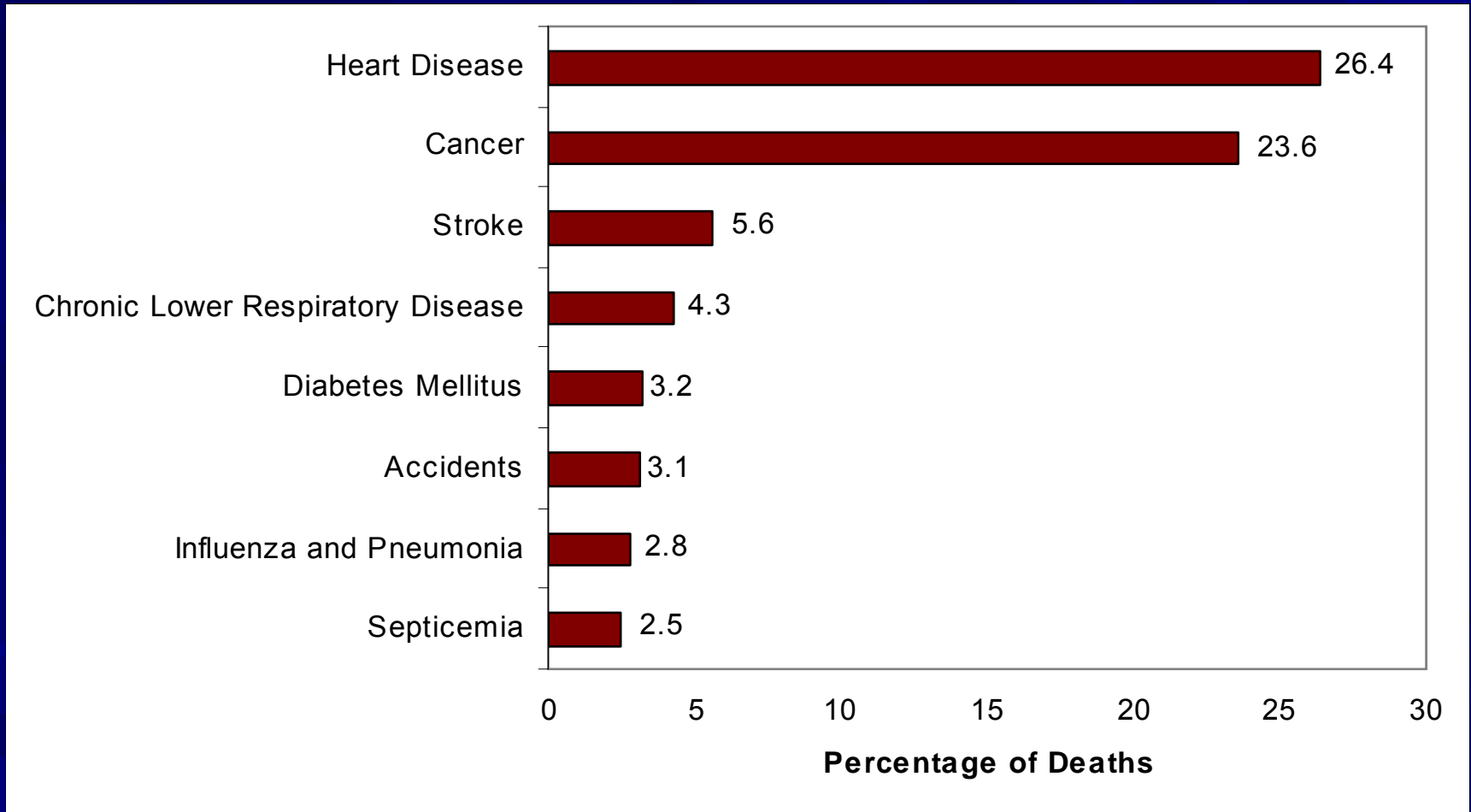
	Normal	Overweight	Obese
High Blood Pressure	1.0	1.75	2.68
High Cholesterol	1.0	1.46	1.67
Diabetes	1.0	2.21	5.34
Asthma	1.0	1.0	1.70

Source: Maryland BRFSS

Leading Causes of Death for Marylanders

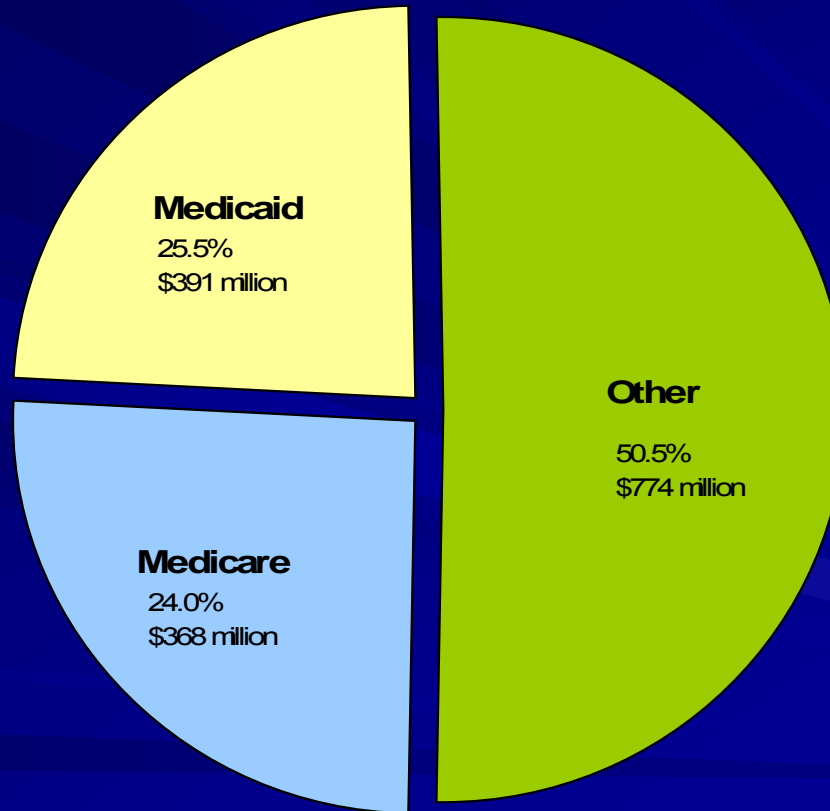
Maryland Vital Statistics

Leading Causes Of Death Maryland, 2005



Source: Maryland Vital Statistics Summary, 2005

Economic Costs Associated with Adult Overweight and Obesity

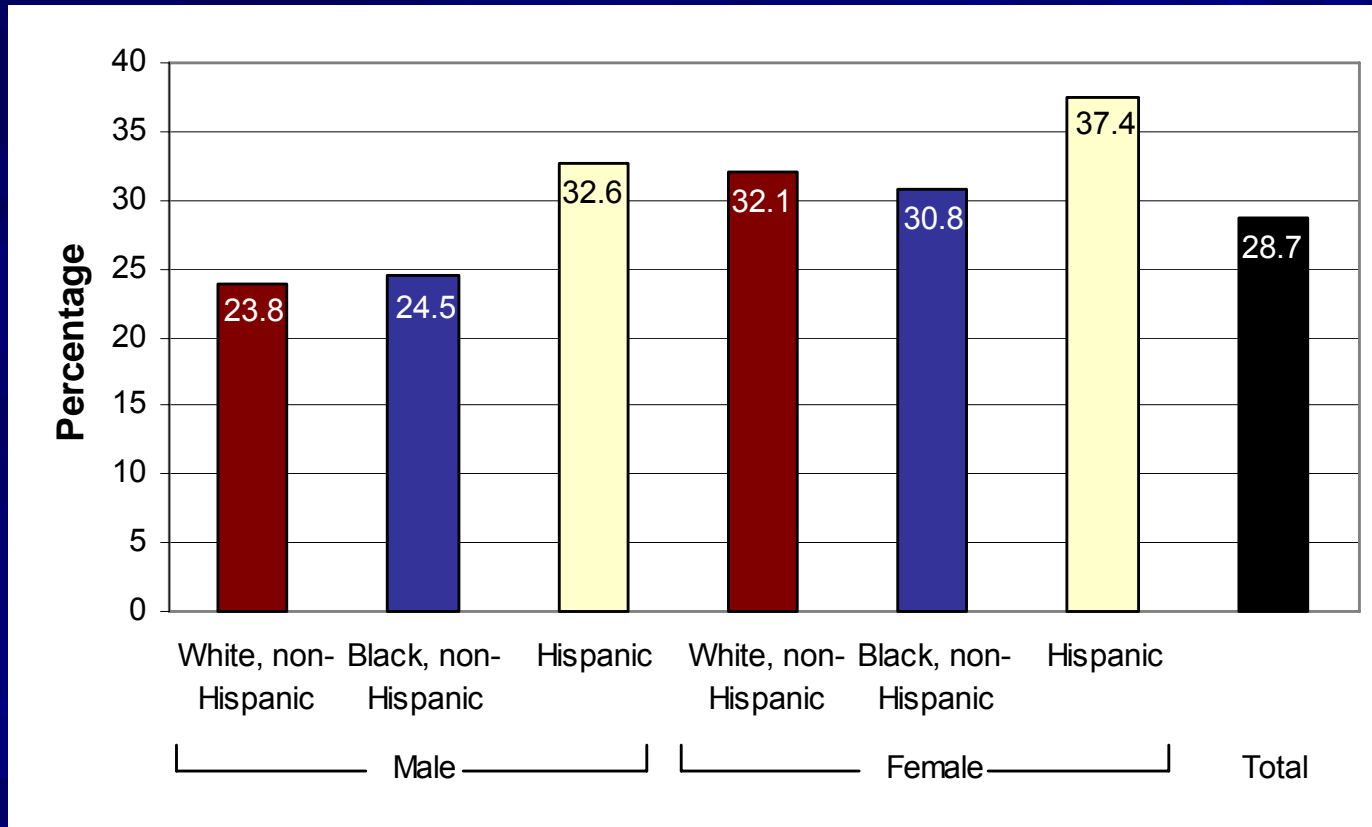


Source: Finkelstein, Feibelkorn, and Wang, 2004

Health Behaviors and Their Association With Overweight and Obesity

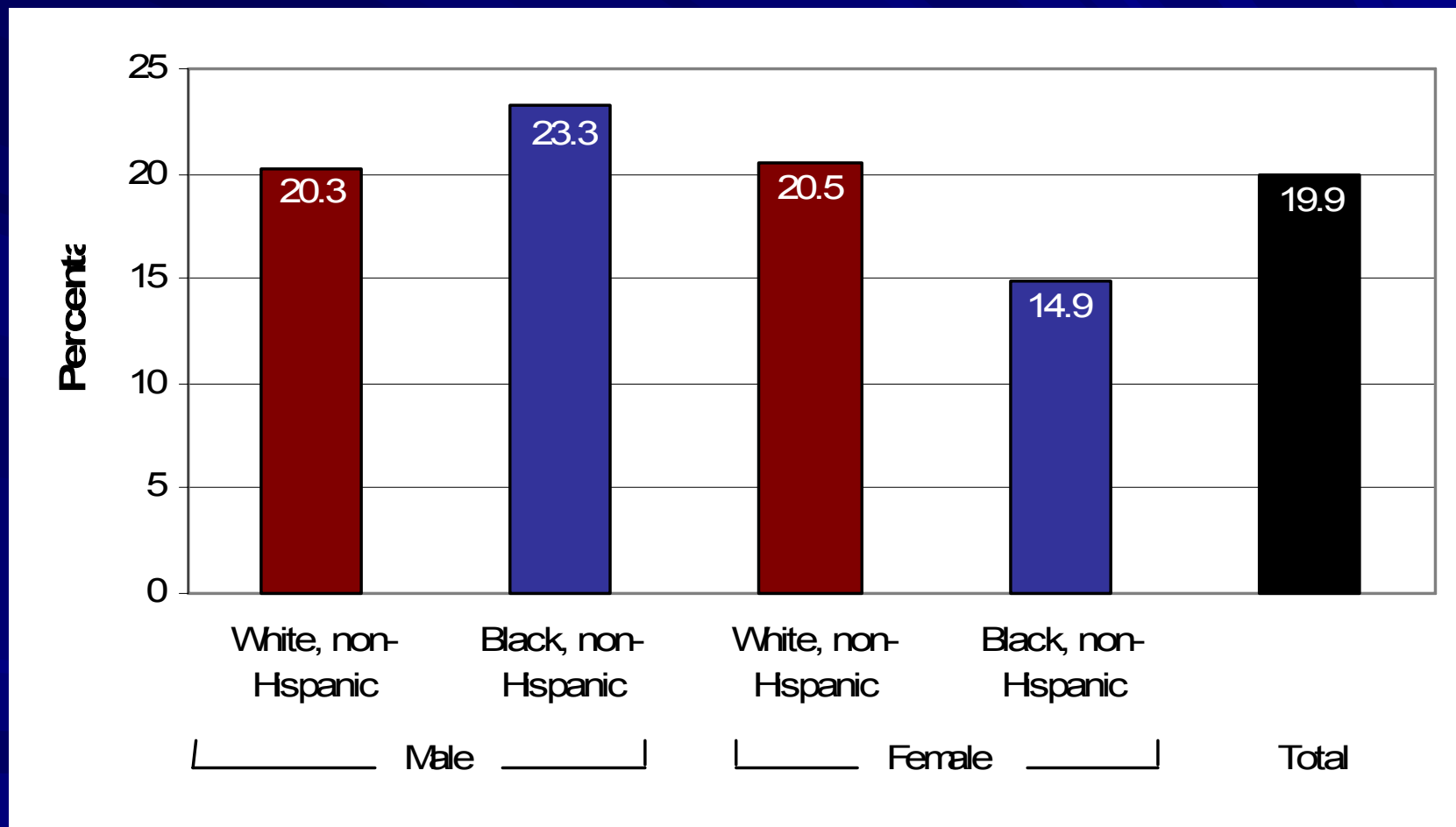
- Fruit and vegetable consumption
- Physical activity
- Breastfeeding

Percentage of Adults Who Reported Consuming 5 or More Servings of Fruits and Vegetables Daily by Race/Ethnicity and Gender Maryland, 2005-2006

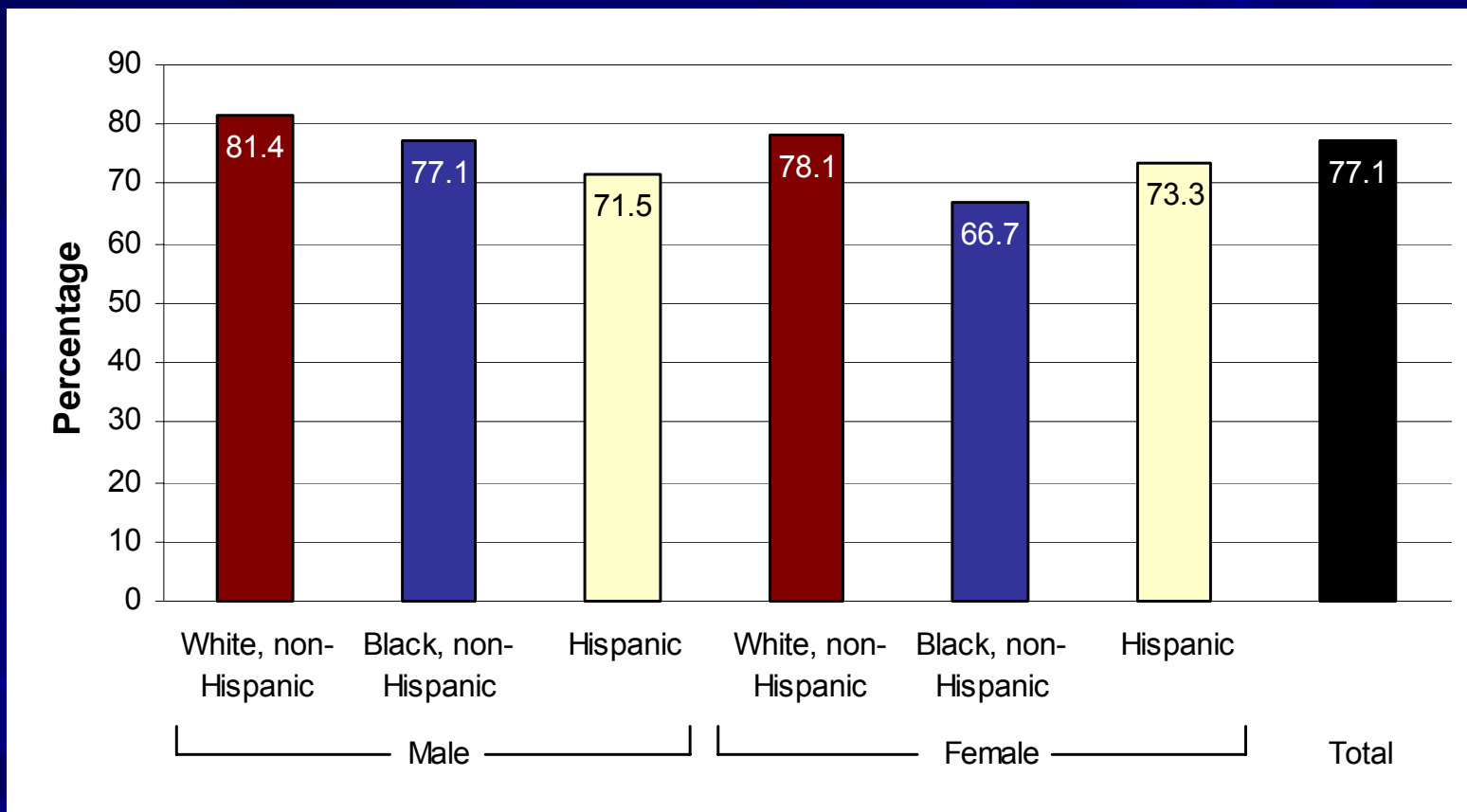


Source: Maryland BRFSS

Percentage of students who reported consuming 5 or more servings of fruits and vegetables daily by race/ethnicity and gender in Maryland, 2005

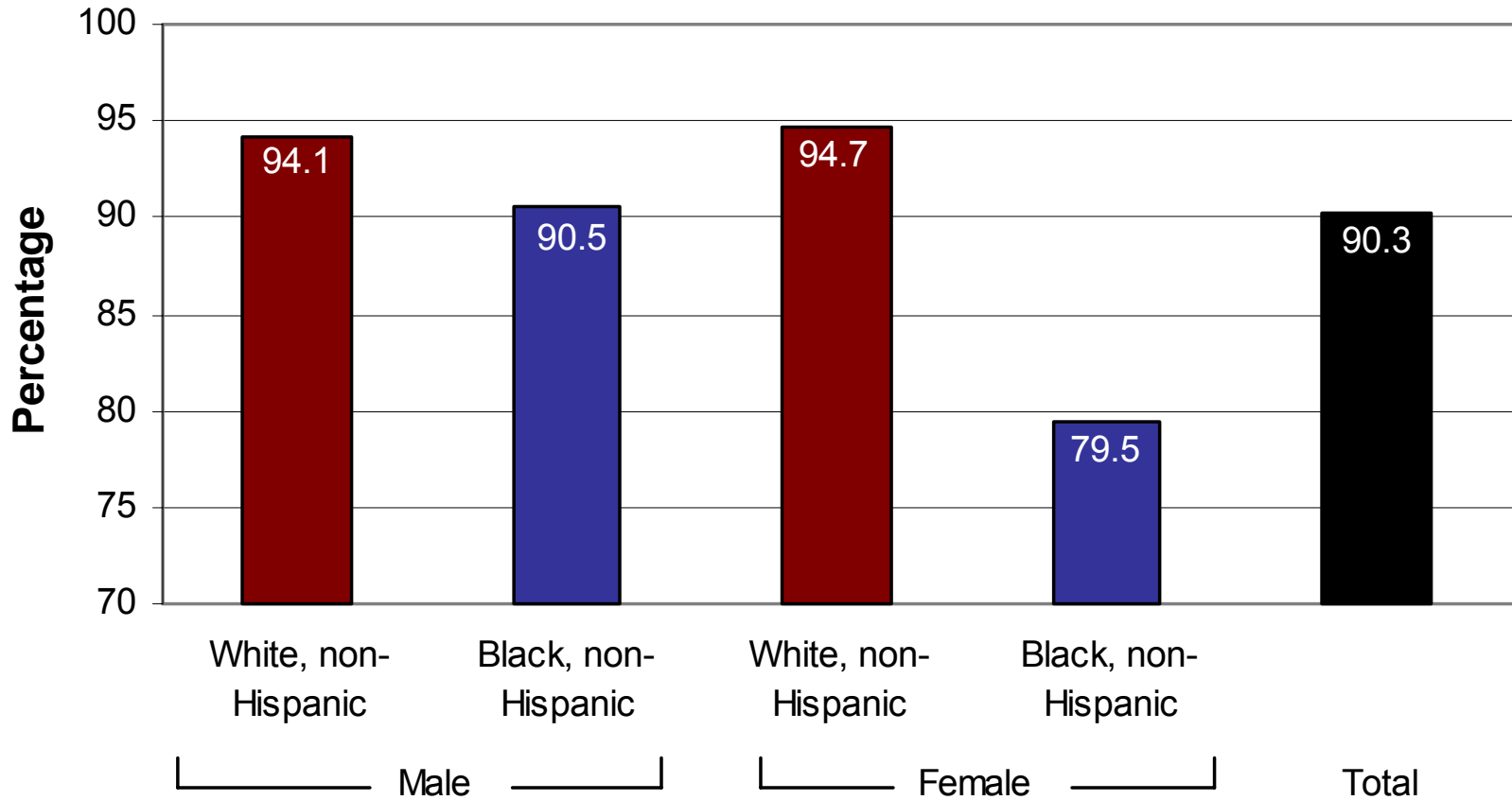


Percentage of Adults Who Reported Any Leisure-Time Physical Activity by Race/Ethnicity and Gender, Maryland, 2005-2006



Source: Maryland BRFSS

Percentage of students who reported any moderate or vigorous activity in past 7 days by race/ethnicity and gender in Maryland, 2005



Breastfeeding: Maryland 2003

- Prevalence of breastfeeding is 78%, exceeding the national goal of 75%
- Only 65% of black mothers initiated breastfeeding, while 92% of Asian mothers and 82% of white mothers did so; Hispanic mothers (95%) were also more likely than non-Hispanic mothers (75%) to breastfeed
- Sixty percent of mothers younger than age 25 breastfed their infants, compared to 85% of mothers 25 years or older
- Mothers with education beyond high school were more likely to breastfeed their infants than their less educated peers

Conclusions

- The issue of disparities is quite profound
- Life span approach is needed; efforts must begin in early childhood
- Consequences of a progressively obese population has significant impact on our society as a whole
- Targeted interventions must consider geographic, racial/ethnic, and gender disparities

PREVENTION is the KEY!

WHEN and HOW?

Prevention Programs

- Must target the “obesogenic” environment
- Address racial/ethnic/gender/SES disparities
- Need to market health as a value
- Motivation is needed
- Parents and families
- Can not ignore the psychological effects of obesity