



## FACT SHEET

### Obesity In Utah

# Body Mass Index

can be calculated  
using the formula:

$$\text{Weight (lb.)} / [\text{Height (in.)}]^2 * 703$$

An adult Body Mass Index  
Calculator is available at  
[www.cdc.gov/healthyweight](http://www.cdc.gov/healthyweight)

Obesity is defined as a body mass index  
of **30 or more**.

- (1) Cornell Chronicle, available at [www.news.cornell.edu/stories/2014/06/poor-neighborhoods-not-poor-parents-pack-pounds](http://www.news.cornell.edu/stories/2014/06/poor-neighborhoods-not-poor-parents-pack-pounds) (June 19, 2014) Karene Evans citing Gary W. Evan's publication in *Journal of Applied Developmental Psychology* (35:3)
- (2) Youth Risk Behavior Survey 2013;
- (3) Centers for Disease Control and Prevention, Adult Overweight and Obesity, available at [www.cdc.gov/obesity/adult/index.html](http://www.cdc.gov/obesity/adult/index.html); (4) Utah Behavioral Risk Factor Surveillance System 2011-2013
- (5) Cynthia L. Ogden et al., Prevalence of Obesity and Trends in Body Mass Index Among US Children and Adolescents, 1999-2010, 307 J. AM. MED. ASS'N 483; 485-87 (2012), available at <http://jama.jamanetwork.com/article.aspx?articleid=1104932>

## The Burden of Obesity in Utah

- Obesity can have serious health consequences
  - » An increased risk of high blood pressure, high cholesterol, type 2 diabetes, heart disease and stroke
  - » Higher rates of gallbladder disease, sleep apnea, respiratory problems and some types of cancer
- 17% of children and adolescents in the U.S. are obese<sup>(1)</sup>
- 11.0% of Utah teens are overweight and 6.4% are obese<sup>(2)</sup>
- In the U.S., one of every three adults (35.7%) is obese<sup>(3)</sup>
- In Utah, less than one of four (24.1%) of adults are obese<sup>(4)</sup>
  - » Pacific Islander adults have the highest rate of obesity (45.0%), followed by American Indian adults (34.6%) in Utah
  - » Asian American adults have the lowest rate (8.9%)
  - » Adults of Hispanic/Latino ethnicity have slightly higher rates of obesity than non-Hispanics (26.1% vs. 24.1%)

### *Lifestyle risk factors for obesity include:*

#### **Sedentary lifestyles**

- 41.9% of Utah adults do not meet the recommended level of aerobic activity
- Adults need to do muscle-strengthening activities at least 2 days a week

#### **Low consumption of fruits and vegetables**

- 70.4% of Utah adults eat less than two servings of fruits a day
- 82.6% of Utah adults eat less than three servings of vegetables a day

#### **Environment can also influence the risk of obesity**

- Adults who live in households at or below the poverty level of 133% have higher rates of obesity than adults who live in households above this level (28.3% vs. 24.8%)
- Families with lower incomes tend to live in poorer neighborhoods
- Poor neighborhoods generally have fewer playgrounds and limited safe places to exercise<sup>(5)</sup>
- Poorer neighborhoods tend to have fewer supermarkets but more fast food restaurants