Body Mass Index can be calculated using the formula:

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

An adult Body Mass Index Calculator is available at www.cdc.gov/healthyweight

Obesity affects all Utahns
- 15.6% of U.S. teens are overweight and 14.8% are obese
- 13.2% of Utah teens are overweight and 9.6% are obese
- In the U.S., one of every three adults (39.8%) is obese (in 2015-2016)
- In Utah, more than one of four (25.2%) of adults were obese in 2017
  - Pacific Islander adults have the highest rate of obesity in Utah (41.6%), followed by American Indian adults (34.4%) in Utah (2015-2017)
  - Asian American adults had the lowest rate (9.3%) (2015-2017)
  - Adults of Hispanic/Latino ethnicity had slightly higher rates of obesity than non-Hispanic adults (27.9% vs. 24.8%)

Lifestyle risk factors for obesity include:

Sedentary lifestyles
- 46.0% of Utah adults do not meet the recommended level of aerobic activity
- 66.7% of Utah adults do not meet the recommended level of muscle-strengthening activities at least 2 days a week

Low consumption of fruits and vegetables
- 65.7% of Utah adults eat less than two servings of fruits a day
- 86.6% of Utah adults eat less than three servings of vegetables a day

Environmental factors can affect obesity
- For example, 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 (29.2% vs. 25.4%)

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

(1) YRBSS Fact Sheets and Comparison of State/District and National Results. YRBS Trend and National Fact Sheets, available at https://nccd.cdc.gov/Youthonline/
(2) Utah Youth Risk Behavior Survey 2017
(3) Centers for Disease Control and Prevention, Adult Obesity Facts, available at https://www.cdc.gov/obesity/data/adult.html
(4) Utah Behavioral Risk Factor Surveillance System 2017
(5) Utah Behavioral Risk Factor Surveillance System 2015-2017

www.choosehealth.utah.gov