



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

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

The Burden of Obesity in Utah

Obesity affects all Utahns

- 15.6% of U.S. teens are overweight and 14.8% are obese⁽¹⁾
- 13.2% of Utah teens are overweight and 9.6% are obese⁽²⁾
- In the U.S., one of every three adults (39.8%) is obese (in 2015-2016)⁽³⁾
- In Utah, more than one of four (25.2%) of adults were obese in 2017⁽⁴⁾
 - » Pacific Islander adults have the highest rate of obesity in Utah (41.6%), followed by American Indian adults (34.4%) in Utah (2015-2017)⁽⁵⁾
 - » Asian American adults had the lowest rate (9.3%) (2015-2017)⁽⁵⁾
 - » Adults of Hispanic/Latino ethnicity had slightly higher rates of obesity than non-Hispanic adults (27.9% vs. 24.8%)⁽⁴⁾

Lifestyle risk factors for obesity include:

Sedentary lifestyles

- 46.0% of Utah adults do not meet the recommended level of aerobic activity⁽⁴⁾
- 66.7% of Utah adults do not meet the recommended level of muscle-strengthening activities at least 2 days a week⁽⁴⁾

Low consumption of fruits and vegetables

- 65.7% of Utah adults eat less than two servings of fruits a day⁽⁴⁾
- 86.6% of Utah adults eat less than three servings of vegetables a day⁽⁴⁾

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%)⁽⁴⁾