

OVERWEIGHT AND OBESITY — OVERVIEW

According to the 2006 Behavioral Risk Factor Surveillance System, over 61% of Americans ages 18 years or older are overweight (36.5%) or obese (25.1%). Since 1997, the proportion of Americans that are obese or overweight has increased by 16.9% (BRFSS 2006).

Obesity is one of the 10 leading U.S. health indicators and is associated with increased risk for:

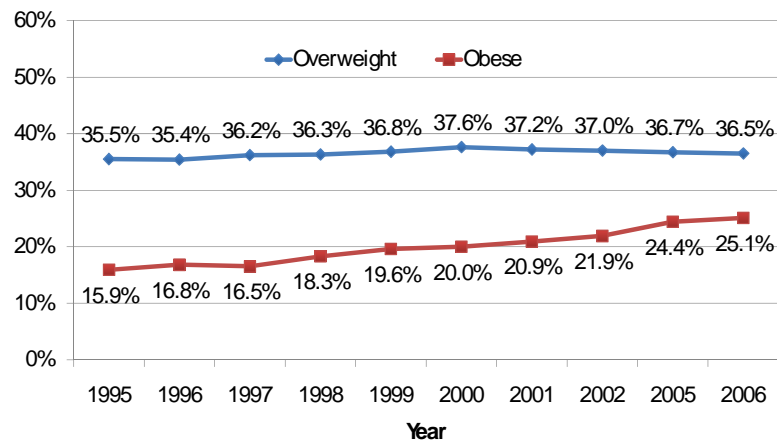
- Hypertension
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

(Department of Health and Human Services [DHHS], 2006)

The percentage of children and adolescents who are overweight has more than tripled since the early 1970s and over 17% of children and adolescents in the U.S. are now overweight (DHHS 2006). One serious consequence of the obesity epidemic is the increase in type 2 diabetes among children ages 6-11 years and adolescents ages 12-19 years. Although there has been no definitive large-scale reporting of incidence within these age groups, a recent epidemiological review suggested that as many as 8 to 45% of new-onset pediatric diabetes cases in the U.S. may be type 2 (Copeland 2005).

Overweight or Obese

U.S. Adults Age 18 and Older With a BMI of 25 or More



Behavioral Risk Factor Surveillance System (BRFSS), 1995 - 2006

Who is most impacted — Overweight and Obesity—Adults

A review of the most recent data available from the 2005 California Health Interview Survey finds that overall, 53.6% of the adult population living in the North Inland region are either overweight (37.1%) or obese (16.5%). Those adults living in the North Inland region most impacted by overweight and obesity include:

Education Level

- 58% of persons with a high school education or less is either overweight (36.6%) or obese (21.4%).

Gender

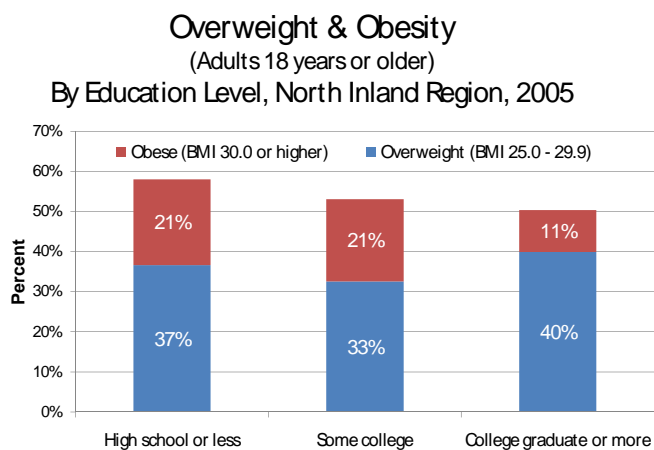
- 72% of males are either overweight (51.5%) or obese (19.6%).

Race/ethnicity

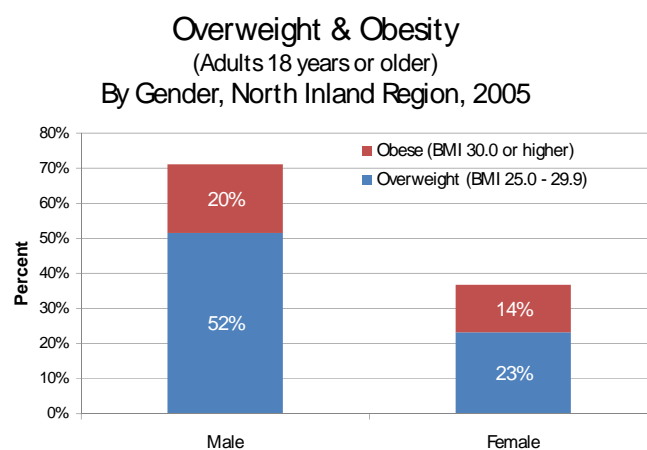
- 59% of Latinos are either overweight (34.2%) or obese (25.4%).

Age Category

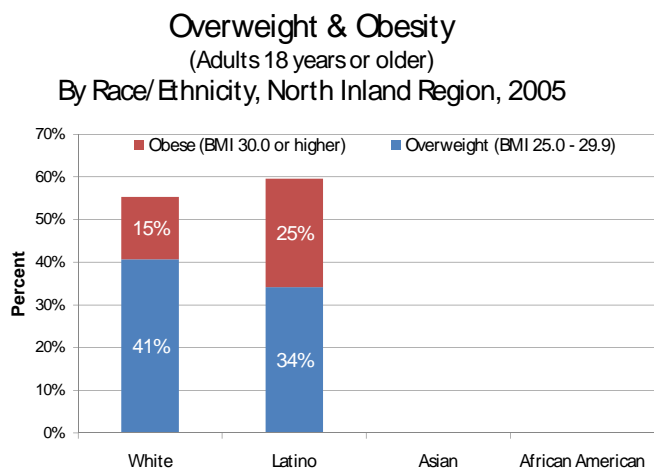
- 60% of persons age 40 to 64 are either overweight (40.5%) or obese (19.3%).



California Health Interview Survey 2005

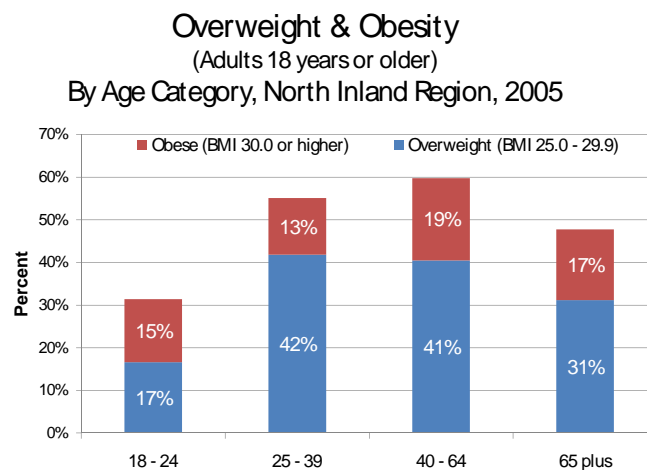


California Health Interview Survey 2005



California Health Interview Survey 2005

* = Statistically unstable



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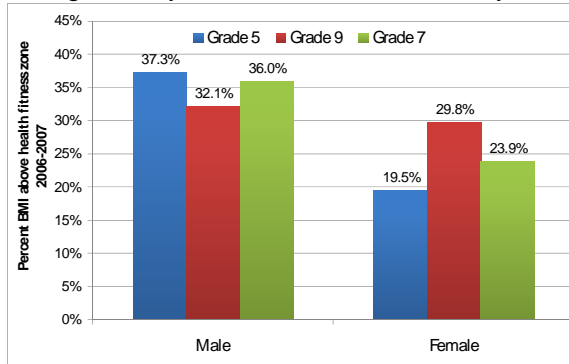
Who is most impacted — Overweight and Obesity—Children

Review of California Department of Education physical fitness test results for 2006/2007 identify higher levels of overweight male students and those in grade 9.

Comparison of several school districts in the PPH service area identified Escondido Union students as having higher levels of overweight students than other districts.

Overweight

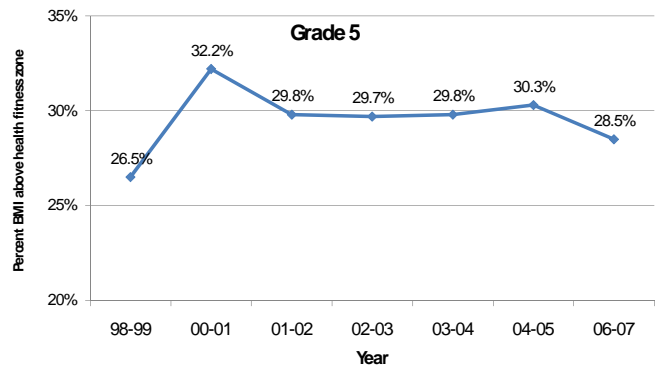
San Diego County Children and Adolescents by Gender



California Department of Education Physical Fitness Report 2007

Overweight

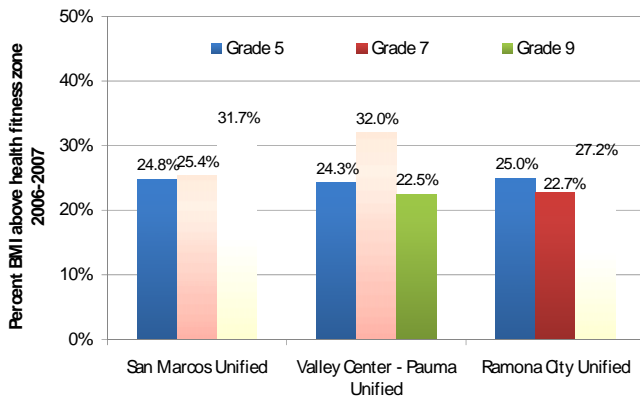
San Diego County Children and Adolescents by Grade



California Department of Education Physical Fitness Report 1999 -2007

Overweight

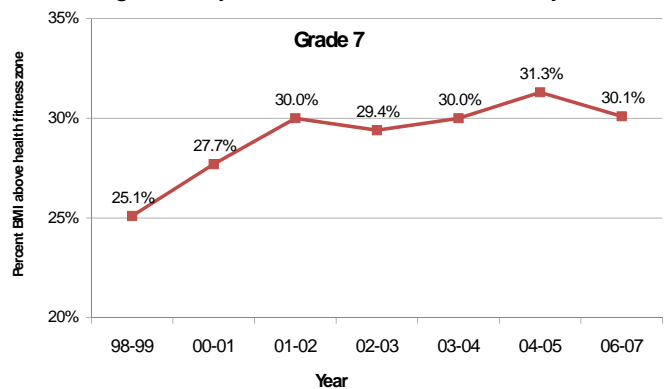
Children and Adolescents by School District



California Department of Education Physical Fitness Report 2007

Overweight

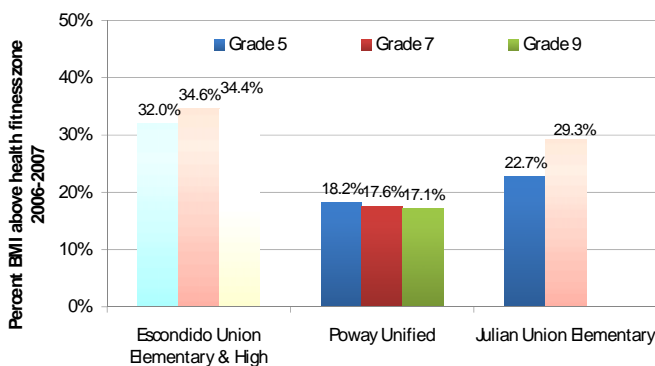
San Diego County Children and Adolescents by Grade



California Department of Education Physical Fitness Report 1999 -2007

Overweight

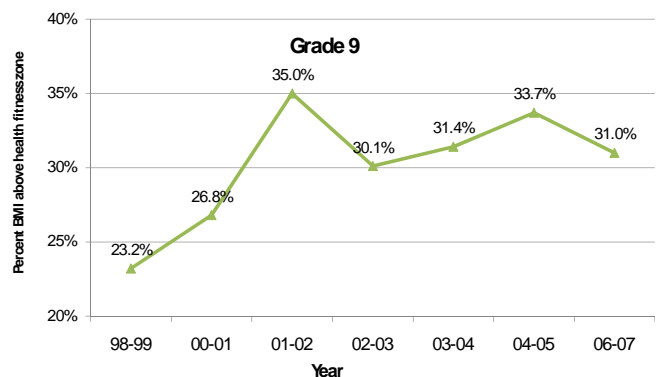
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Overweight

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