

Obesity

Recommendations / Conclusion: In Louisiana in 2006, residents aged 55-64, Black residents, and those who report being unable to work had higher rates for obesity. However, males and those who are self-employed were most likely to be overweight. Reducing overweight and obesity are crucial to efforts to minimize chronic illness in Louisiana.

Overweight among adults, overall and by select categories. Behavioral Risk Factor Surveillance System, Louisiana 2006

Characteristics+	Sample Size*	Obese**		Sample Size*	Overweight++	
		%	95% CI		%	95% CI
Total	1847	27.1	(25.7-28.5)	2320	35.9	(34.4-37.3)
Age						
18-34	284	22.8	(19.9-25.7)	378	30.8	(27.7-34.0)
35-54	754	29.9	(27.8-32.0)	918	38.0	(35.8-40.2)
55-64	432	34.1	(31.0-37.0)	457	37.1	(34.1-40.2)
65+	372	24.2	(21.7-26.6)	554	40.1	(37.2-43.0)
Gender						
Male	672	27.7	(25.5-29.9)	1040	42.5	(40.0-45.0)
Female	1175	26.6	(25.0-28.2)	1280	29.5	(27.8-31.1)
Race						
White	1161	24.3	(22.8-25.8)	1634	35.1	(33.5-36.8)
Black	575	36.1	(33.0-34.2)	508	36.7	(33.5-39.9)
Education						
< High school	309	33.1	(29.0-37.4)	291	33.0	(28.9-37.1)
High school grad	694	31.4	(29.0-34.4)	722	35.4	(32.8-38.1)
Some college/ grad	841	23.0	(21.3-24.7)	1302	36.8	(34.9-38.8)
HH Income						
<\$25,000	650	34.5	(31.6-37.4)	577	33.8	(30.9-36.7)
\$25,000-\$49,999	447	27.1	(24.3--30.0)	578	36.9	(33.8-40.0)
\$50,000+	483	24.0	(21.8-26.2)	790	38.7	(36.2-41.2)
Employment						
Employed	839	27.2	(25.2-29.2)	1132	37.9	(35.7-40.0)
Self- employed	499	24.1	(22.0-26.3)	746	40.7	(38.1-43.4)
Unemployed	277	26.0	(22.4-29.5)	285	26.1	(22.5-29.5)
Unable to work	228	42.2	(37.0-47.4)	150	31.7	(26.6-36.7)

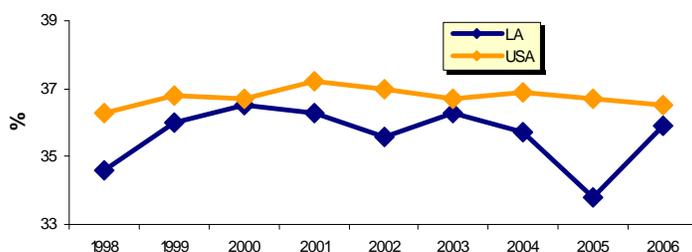
* Percentages are based on weighted data estimates. Un-weighted sample size (obese) = 1847 Un-weighted sample size (overweight) = 2320

+ In this analysis, data for each category are included only for persons for whom the data were available; excluded data were either unknown or refused..

** The proportion of respondents whose BMI were greater than or equal to 30.0

++ The proportion of respondents whose BMI were greater than or equal to 25.0 but less than 30.0

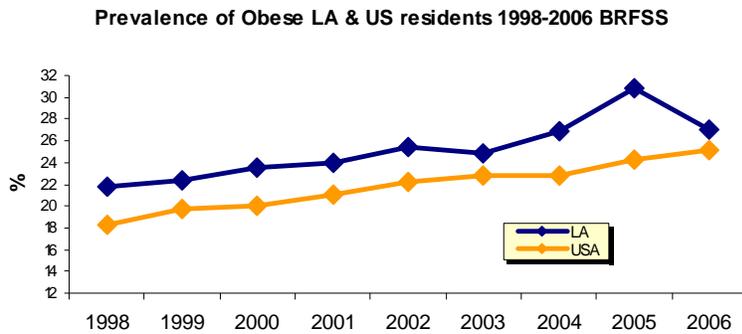
Prevalence of Overweight residents LA & US 1998-2006



Obesity is defined as having a body mass index (BMI) of over 30, which is calculated by dividing weight in kg by height in meters squared. Overweight is defined as having a BMI greater than or equal to 25.0 but less than 30.0. Obesity has increased dramatically in the United States over the last 25 years, from 15% in the late 1970's to 32.9% in the early 2000's (from NHANES, as cited in Centers for Disease Control and Prevention, [CDC], 2007). This epidemic has a dramatic impact on society at large, due to the considerable medical costs that illnesses complicated and/or caused by obesity can incur (as cited in *Healthy People 2010*).

Obesity produces an increasingly negative impact in the lives of those affected in that it raises the risk of developing illnesses that inevitably reduce both the quantity of productive years as well as quality of life (*Healthy People 2010*). The *Healthy People 2010* health objective is to "increase the proportion of adults that are at a healthy weight" to 60% (objective 19-1).

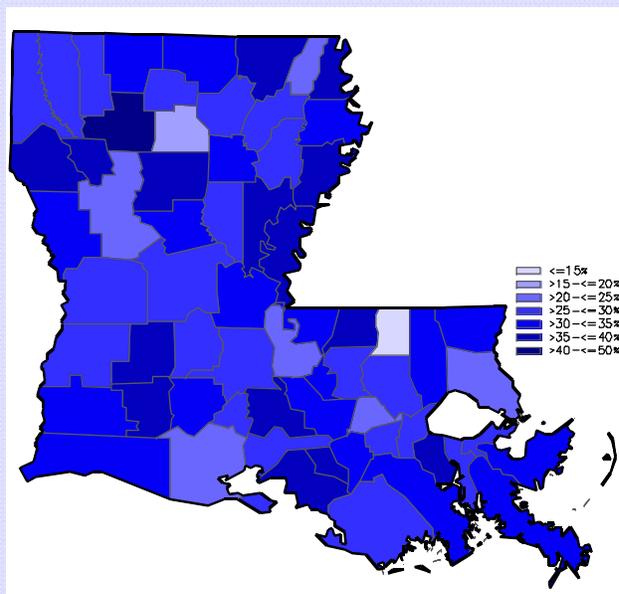
According to the Centers for Disease Control and Prevention [CDC] (2007), obesity increases the risk chronic illnesses such as hypertension, type 2 diabetes, coronary heart disease (CHD), gall bladder disease, and cancer.



In 2006, the proportion of Louisiana residents classified as obese was 27.1% [95% CI: 25.7-28.5]. Those in the 55-64 age group had a significantly higher obesity rate (34.1% [95% CI: 31.0-37.0]) than those in other age groups. Another 35.9% [95% CI: 34.4-37.3] of Louisiana residents were classified as overweight. Among those aged 65 and older, overweight was especially high: 40.1% [95% CI: 37.2-43.0]. Only 37% of Louisiana residents were classified as having a healthy weight.

The prevalence of obesity has been rising steadily over the last decade, while overweight has increased slightly. Louisiana's obesity prevalence has remained above the national average throughout the decade.

Prevalence of Obesity in Louisiana 2004-2006 by Parish and Region+**



Parish	N	%	95% CI
Bienville	71	46.4	[29.9– 62.8]
Red River*	44	39.6	[21.6 - 57.6]
E Carroll*	33	39.5	[13.1 - 65.5]
Morehouse	149	39.1	[27.8 - 50.4]
Allen	136	39	[26.2 - 51.8]
Concordia	115	38.6	[26.2 - 51]
E Feliciana	76	38.6	[24.7 - 52.4]
Tensas*	36	37.6	[10.5 - 64.7]
St Mary	263	37.4	[29.5 - 45.3]
Catahoula	80	37.1	[21.5 - 52.7]

* Denotes categories less than 50 respondents. Inferences based on categories with less than 50 respondents should be used with caution.
 **The 2004, 2005, and 2006 BRFSS data files were combined to increase the sample size by parish.

Region+	N	%	95% CI
1	962	26.9	[23.6 – 30.1]
2	949	23.4	[20.3 - 26.5]
3	939	31.4	[27.8 - 34.9]
4	967	28	[24.7 - 31.4]
5	921	25.6	[22.2 - 28.9]
6	951	27	[23.6 - 30.3]
7	945	27.7	[24.3 - 31]
8	949	28.6	[24.9 - 32.2]
9	975	25.2	[22 - 28.3]

+ Respondents that were obese by region (2004 LA BRFSS)