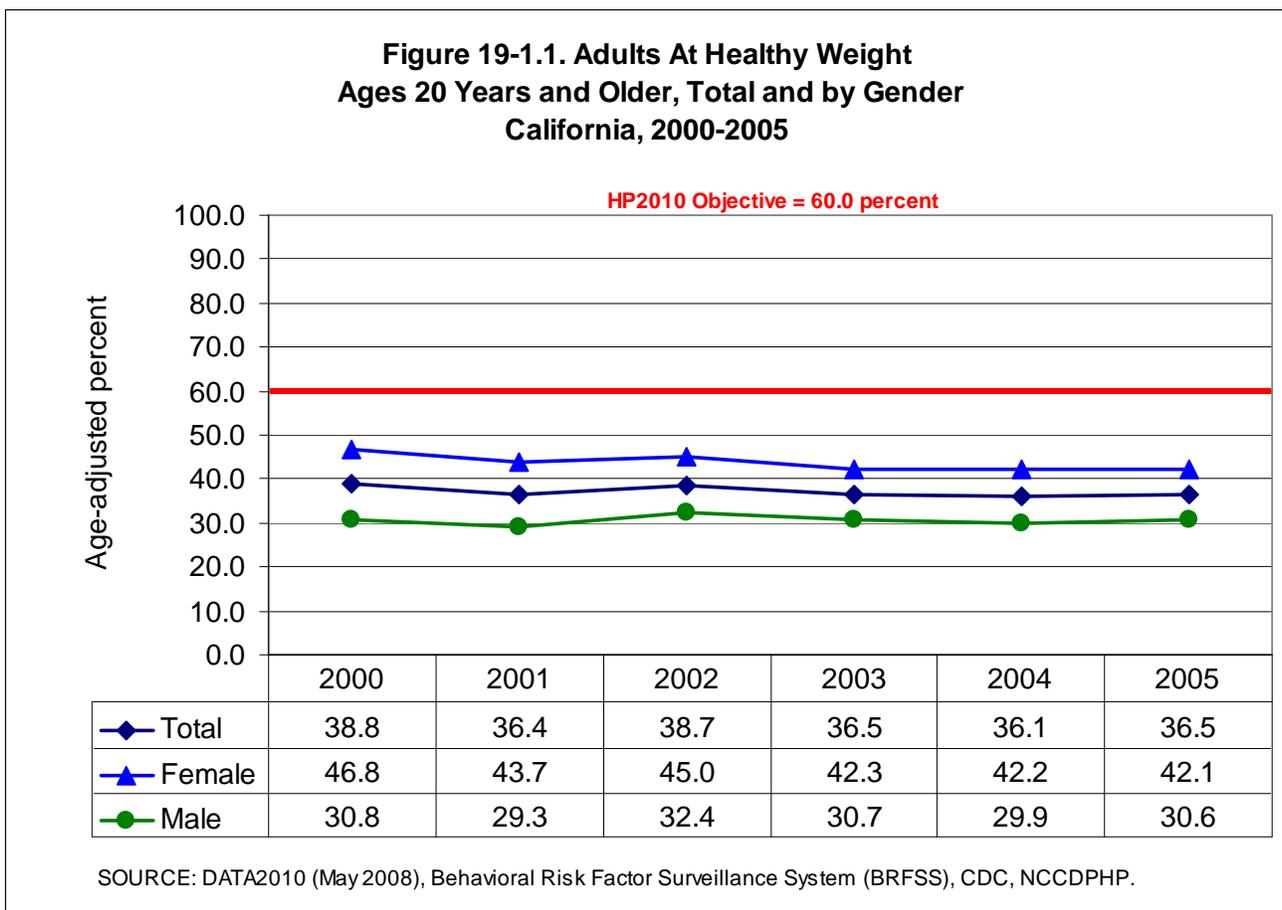


Focus Area 19: Nutrition and Overweight

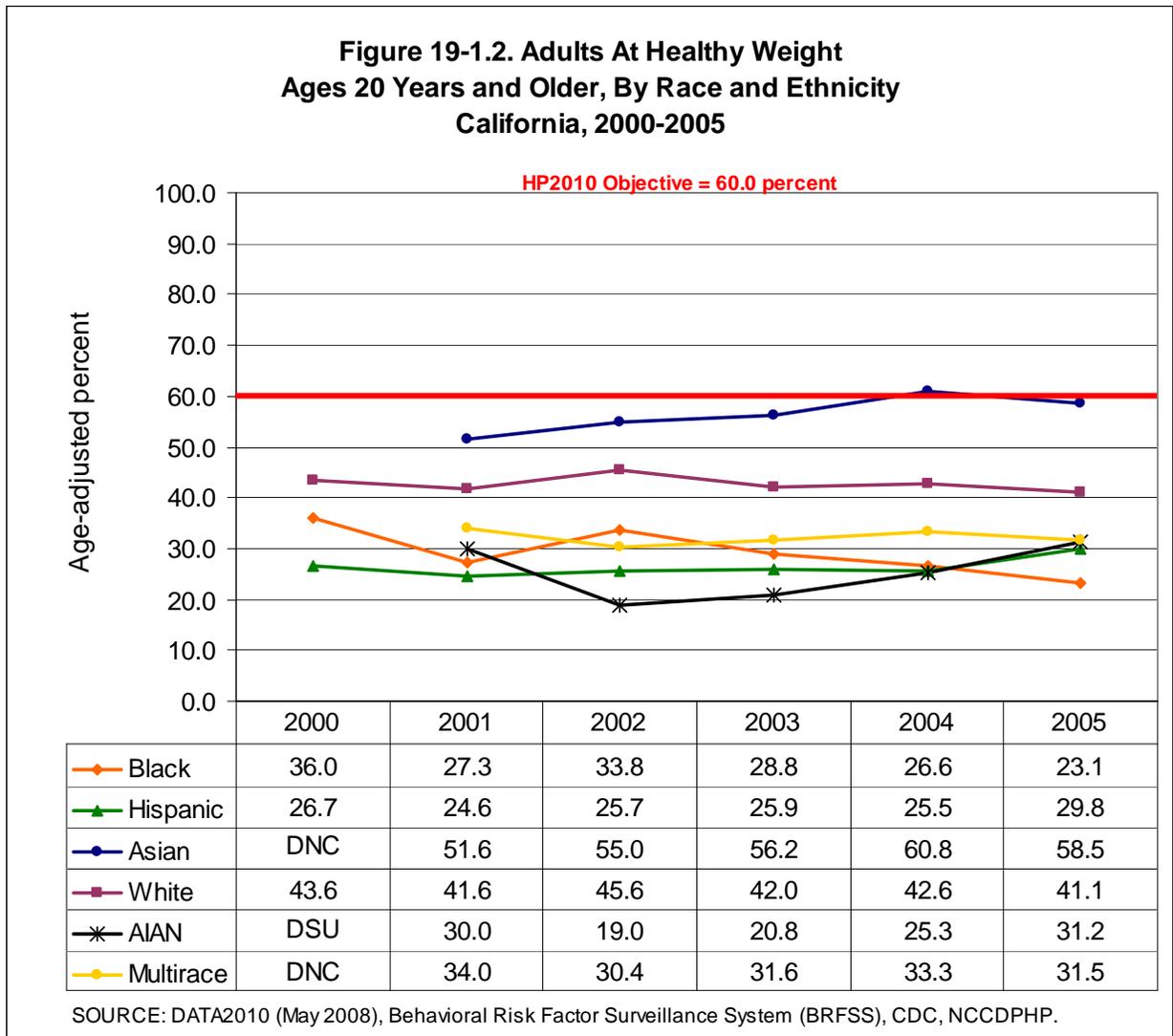
Objective 19-1. Increase the proportion of adults aged 20 years and older who are at a healthy weight. Target = 60.0 percent (age-adjusted) [State Data Source: Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP]

California data in DATA2010 collected by the BRFSS indicate an overall decline in the proportion of adults aged 20 years and older who are in the healthy weight range (Body Mass Index (BMI) of 18.5 – 24.9) from 38.8 percent in 2000 to 36.5 percent in 2005 (**Figure 19-1.1, Table 19-1**). These rates are significantly lower than the HP2010 target of 60.0 percent, and this objective was not being achieved for California adults aged 20 years and older.



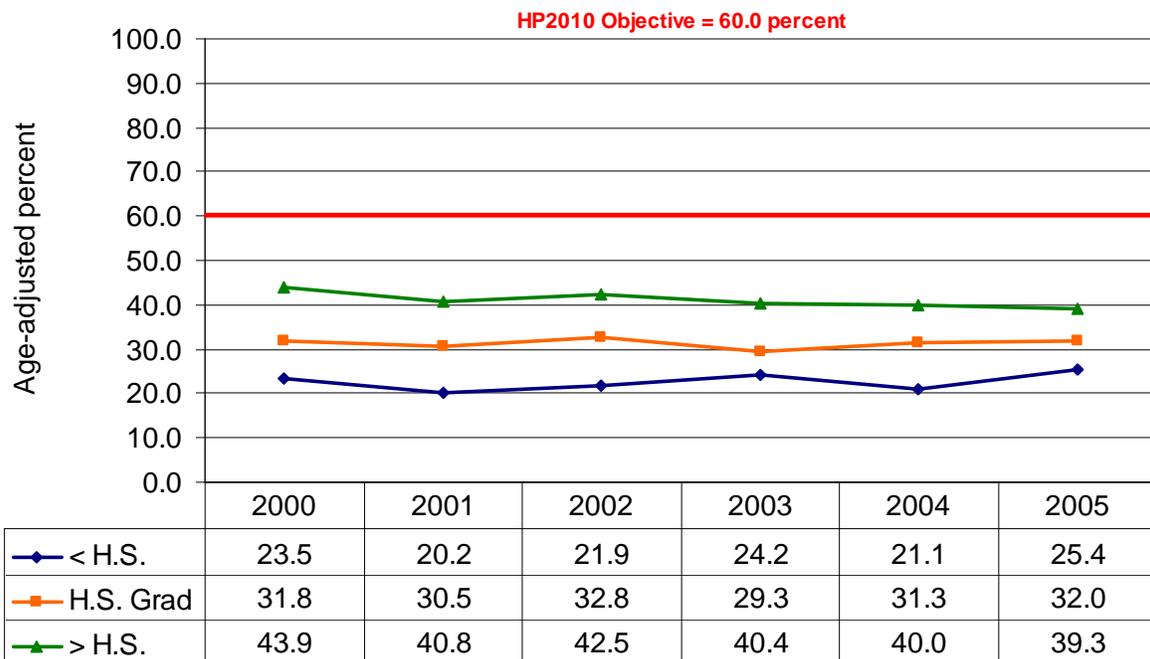
Examined by gender (**Figure 19-1.1, Table 19-1**), California adult females experience significantly higher rates of healthy weight than males (42.1 percent versus 30.6 percent, respectively, in 2005). A statistically significant decline in healthy weight rates for adult females was found, and the HP2010 objective had not yet been achieved for either gender as of 2005.

Examined by race and ethnicity (**Figure 19-1.2, Table 19-1**), Asian adults experienced the highest healthy weight rates in California (58.5 percent in 2005), followed by Whites (41.1 percent in 2005). The lowest healthy weight rates were found for Blacks or African Americans (23.1 percent in 2005), followed by Hispanics or Latinos (29.8 percent in 2005). The HP2010 objective was not being achieved for any racial or ethnic population as of 2005, although the 2004 rate for Asians (60.8 percent) exceeded the HP2010 target.



Data by education (**Figure 19-1.3, Table 19-1**) show an increasing rate of healthy weight with increasing educational level: adults with less than a high school education had a rate of 25.4 percent in 2005; those who were high school graduates had a rate of 32.0 percent in 2005; those with at least some college education had a rate of 39.3 percent in 2005. This pattern held across all years 2000 – 2005. The HP2010 objective was not being achieved for California adults aged 25 years and older of any educational level as of 2005.

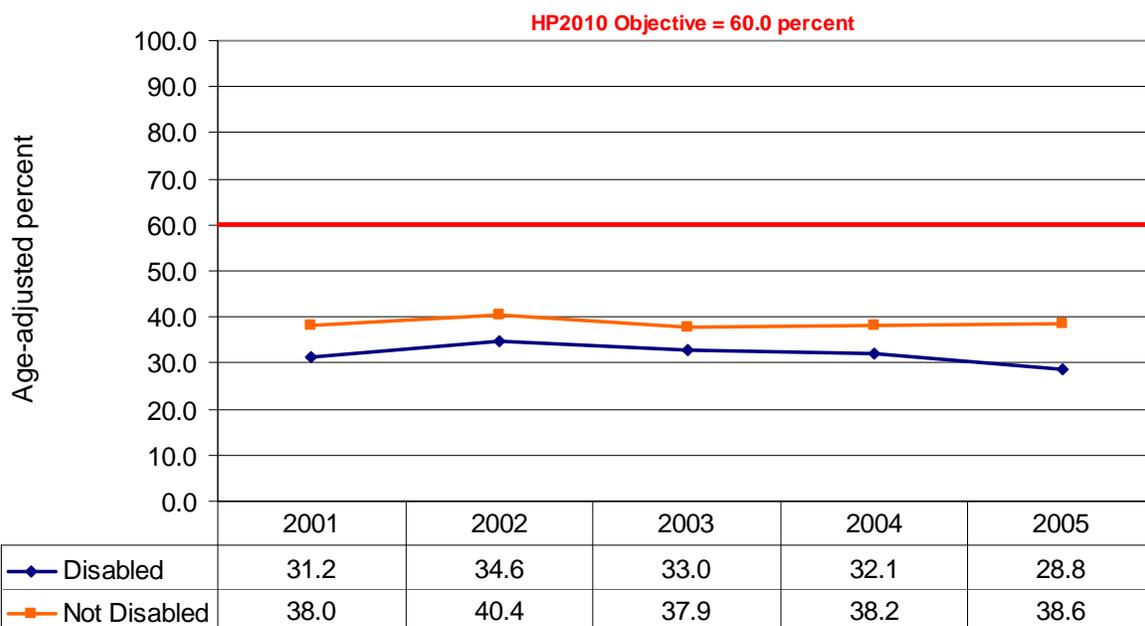
**Figure 19-1.3. Adults At Healthy Weight
Ages 25 Years and Older, By Educational Status
California, 2000-2005**



SOURCE: DATA2010 (May 2008), Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.

Data by disability status (**Figure 19-1.4, Table 19-1**) show that adults without disabilities experienced significantly higher healthy weight rates than those with disabilities (38.6 percent versus 28.8 percent, respectively, in 2005). The HP2010 objective was not being achieved for California adults aged 20 years and older with or without disabilities.

**Figure 19-1.4. Adults At Healthy Weight
Ages 20 Years and Older, By Disability Status
California, 2001-2005**



SOURCE: DATA2010 (May 2008), Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.

For more information on adult obesity in California, visit the CDPH Coordinating Office For Obesity Prevention at:

<http://www.cdph.ca.gov/programs/Pages/CO-OP.aspx>

and the CDC's obesity Web site at:

<http://www.cdc.gov/nccdphp/dnpa/obesity/>

For more information on Healthy People 2010 objective 19-1, please visit:

<http://www.healthypeople.gov/Document/HTML/Volume2/19Nutrition.htm>

and the DATA2010 Web site at: <http://wonder.cdc.gov/data2010/>

Table 19-1. Healthy Weight, Adults Aged 20 Years and Older, California, 2000-2005

	2000			2001			2002		
	Percent ¹	Lower 95% C.I.	Upper 95% C.I.	Percent ¹	Lower 95% C.I.	Upper 95% C.I.	Percent ¹	Lower 95% C.I.	Upper 95% C.I.
Statewide Total	38.8	37.0	40.6	36.4	34.6	38.2	38.7	36.9	40.5
Gender									
Male	30.8	28.3	33.3	29.3	26.8	31.8	32.4	29.7	35.1
Female	46.8	44.3	49.3	43.7	41.3	46.1	45.0	42.6	47.4
Race-Ethnicity									
American Indian or Alaska Native (AIAN)	DSU	-----	-----	30.0	19.2	40.8	19.0	8.8	29.2
Asian	DNC	-----	-----	51.6	43.6	59.6	55.0	47.2	62.8
Black or African American	36.0	28.7	43.3	27.3	20.8	33.8	33.8	26.0	41.6
Hispanic or Latino	26.7	23.0	30.4	24.6	21.1	28.1	25.7	22.0	29.4
Multiracial (2 or more races)	DNC	-----	-----	34.0	24.6	43.4	30.4	19.6	41.2
White	43.6	41.2	46.0	41.6	39.4	43.8	45.6	43.4	47.8
Education Level²									
Less than high school	23.5	19.0	28.0	20.2	16.1	24.3	21.9	17.2	26.6
High school graduate	31.8	28.1	35.5	30.5	27.0	34.0	32.8	28.9	36.7
At least some college	43.9	41.5	46.3	40.8	38.4	43.2	42.5	40.1	44.9
Disability Status									
Disabled	DNC	-----	-----	31.2	26.9	35.5	34.6	30.1	39.1
Not Disabled	DNC	-----	-----	38.0	36.0	40.0	40.4	38.2	42.6

	2003			2004			2005		
	Percent ¹	Lower 95% C.I.	Upper 95% C.I.	Percent ¹	Lower 95% C.I.	Upper 95% C.I.	Percent ¹	Lower 95% C.I.	Upper 95% C.I.
Statewide Total	36.5	34.7	38.3	36.1	34.3	37.9	36.5	34.7	38.3
Gender									
Male	30.7	28.2	33.2	29.9	27.4	32.4	30.6	28.1	33.1
Female	42.3	39.9	44.7	42.2	40.0	44.4	42.1	39.9	44.3
Race-Ethnicity									
American Indian or Alaska Native (AIAN)	20.8	11.8	29.8	25.3	15.5	35.1	31.2	21.2	41.2
Asian	56.2	48.2	64.2	60.8	52.4	69.2	58.5	51.1	65.9
Black or African American	28.8	21.7	35.9	26.6	19.7	33.5	23.1	16.0	30.2
Hispanic or Latino	25.9	22.4	29.4	25.5	22.2	28.8	29.8	26.5	33.1
Multiracial (2 or more races)	31.6	22.2	41.0	33.3	20.4	46.2	31.5	24.8	38.2
White	42.0	39.8	44.2	42.6	40.4	44.8	41.1	38.9	43.3
Education Level²									
Less than high school	24.2	19.5	28.9	21.1	17.2	25.0	25.4	21.1	29.7
High school graduate	29.3	25.6	33.0	31.3	27.6	35.0	32.0	28.5	35.5
At least some college	40.4	38.2	42.6	40.0	37.8	42.2	39.3	37.3	41.3
Disability Status									
Disabled	33.0	29.3	36.7	32.1	27.4	36.8	28.8	25.1	32.5
Not Disabled	37.9	35.9	39.9	38.2	36.2	40.2	38.6	36.6	40.6

SOURCES: DATA2010 (May 2008 Edition), Behavioral Risk Factor Surveillance System, (BRFSS), CDC, National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP).

NOTES: ¹ Age-adjusted by the direct method using the 2000 U.S. Standard Population; ² Data for persons aged 25 years and older.
 DSU = Data Statistically Unreliable: data do not meet criteria for statistical reliability, data quality, or confidentiality.
 DNC = Data Not Collected.