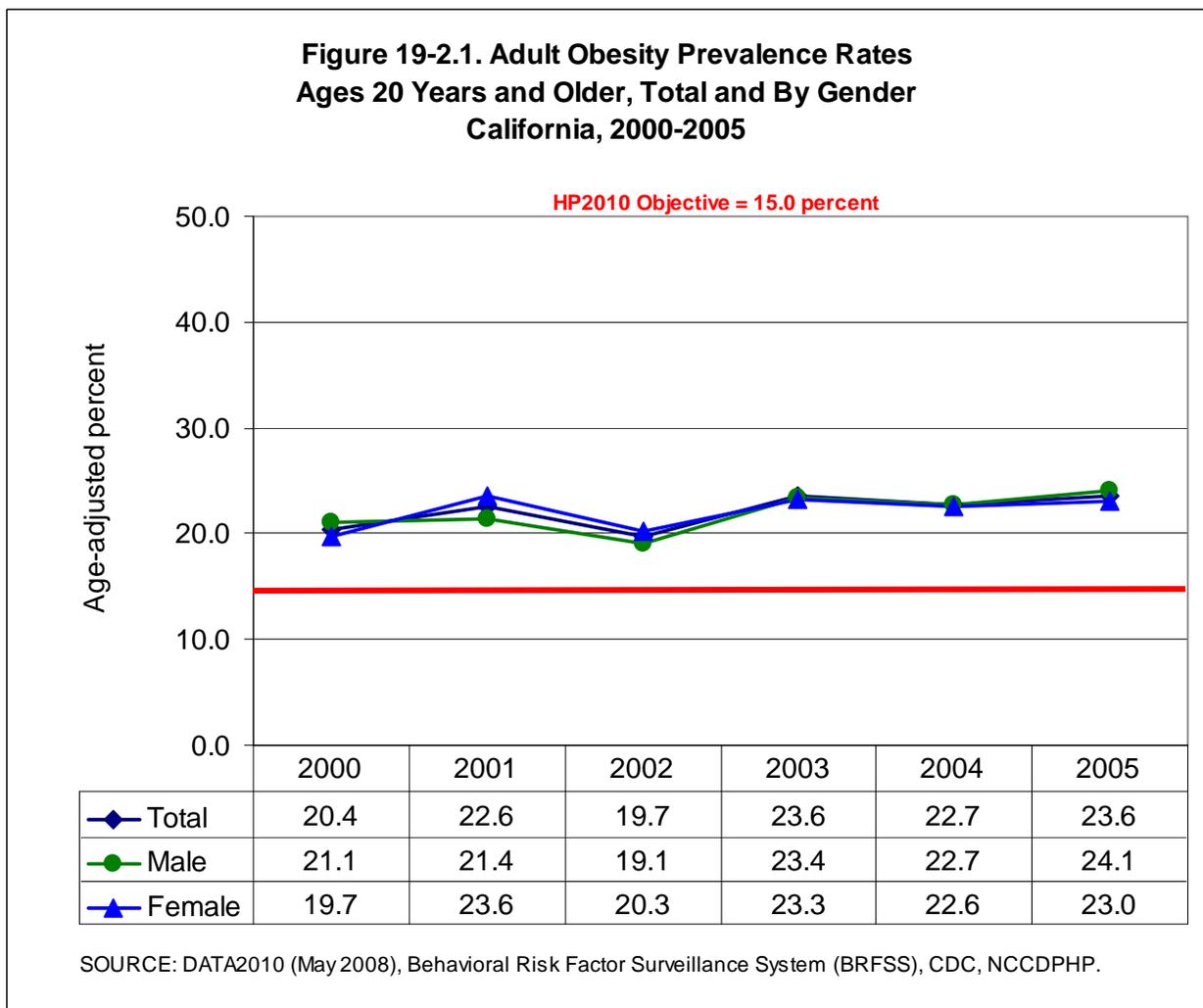


## Focus Area 19: Nutrition and Overweight

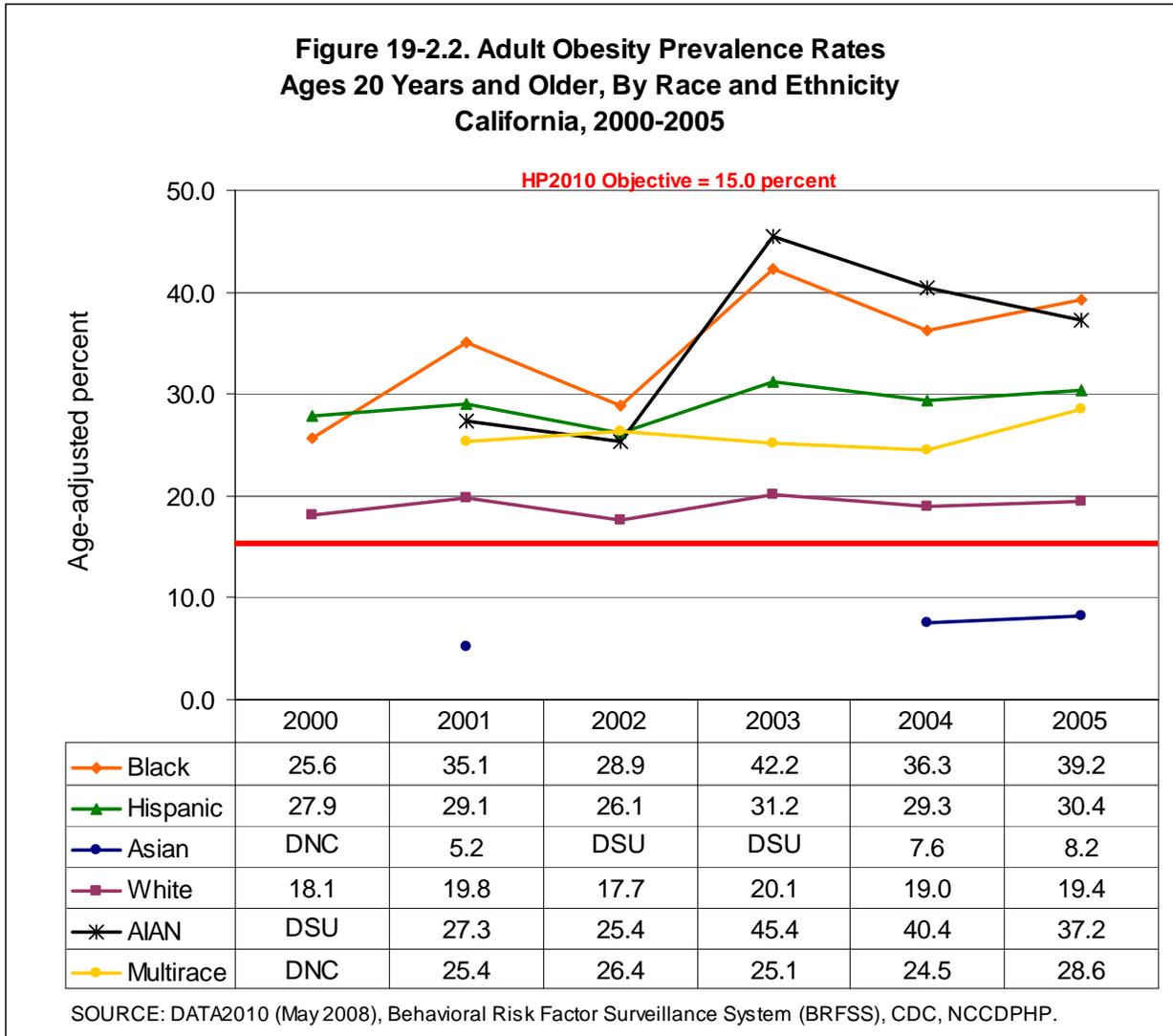
**Objective 19-2. Reduce the proportion of adults aged 20 years and older who are obese (BMI equal to or greater than 30.0). Target = 15.0 percent (age-adjusted) [State Data Source: Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP]**

According to data in DATA2010 collected by the BRFSS, age-adjusted obesity prevalence rates for California adults aged 20 years and older increased overall from 20.4 percent in 2000 to 23.6 percent in 2005 (**Figure 19-2.1, Table 19-2**). California's adult obesity rates remain significantly higher than the HP2010 target of 15.0 percent, and no significant trend was found in the data.

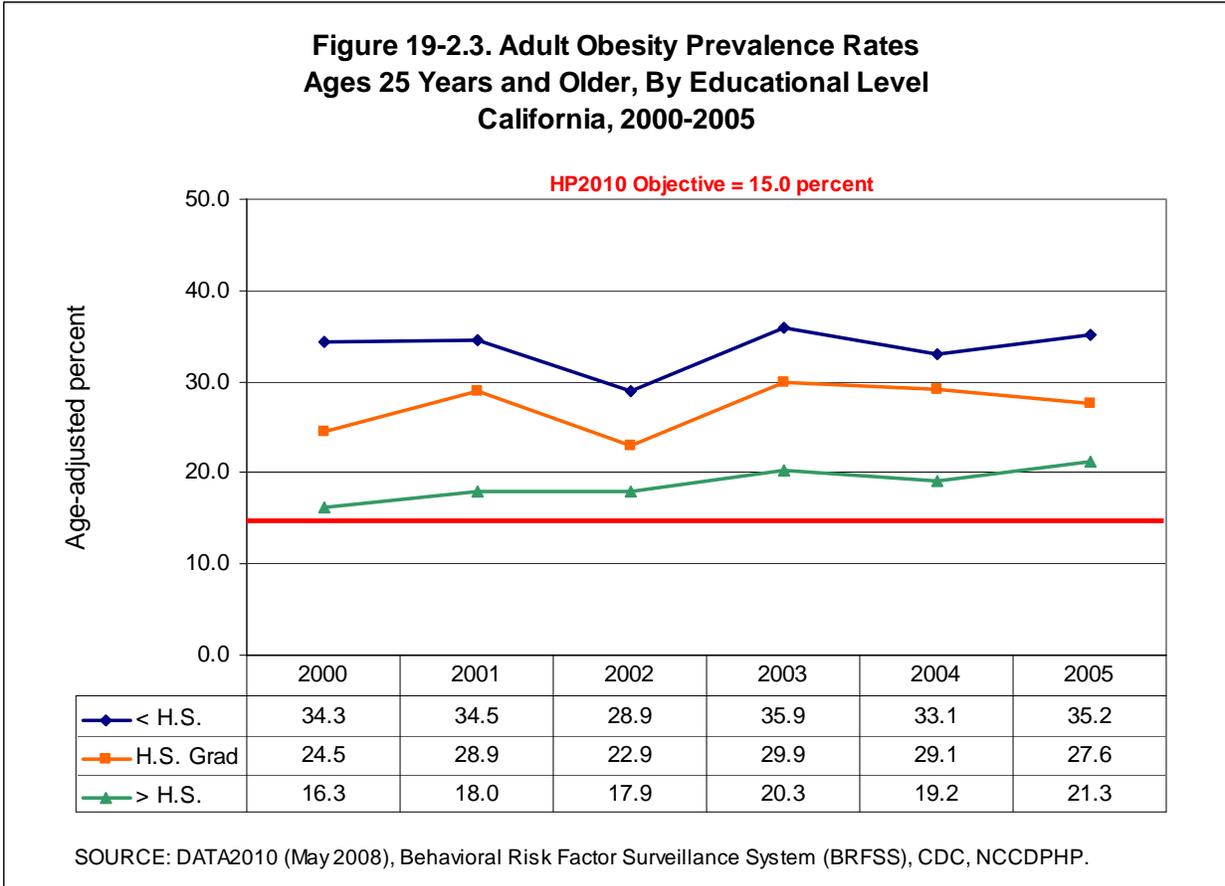


Age-adjusted obesity prevalence rates for adult females increased from 19.7 percent in 2000 to 23.0 percent in 2005, and for adult males increased from 21.1 percent in 2000 to 24.1 percent in 2005 (**Figure 19-2.1, Table 19-2**). No significant trends were found in adult obesity prevalence rates for either females or males, and this HP2010 objective was not being achieved for either gender as of 2005.

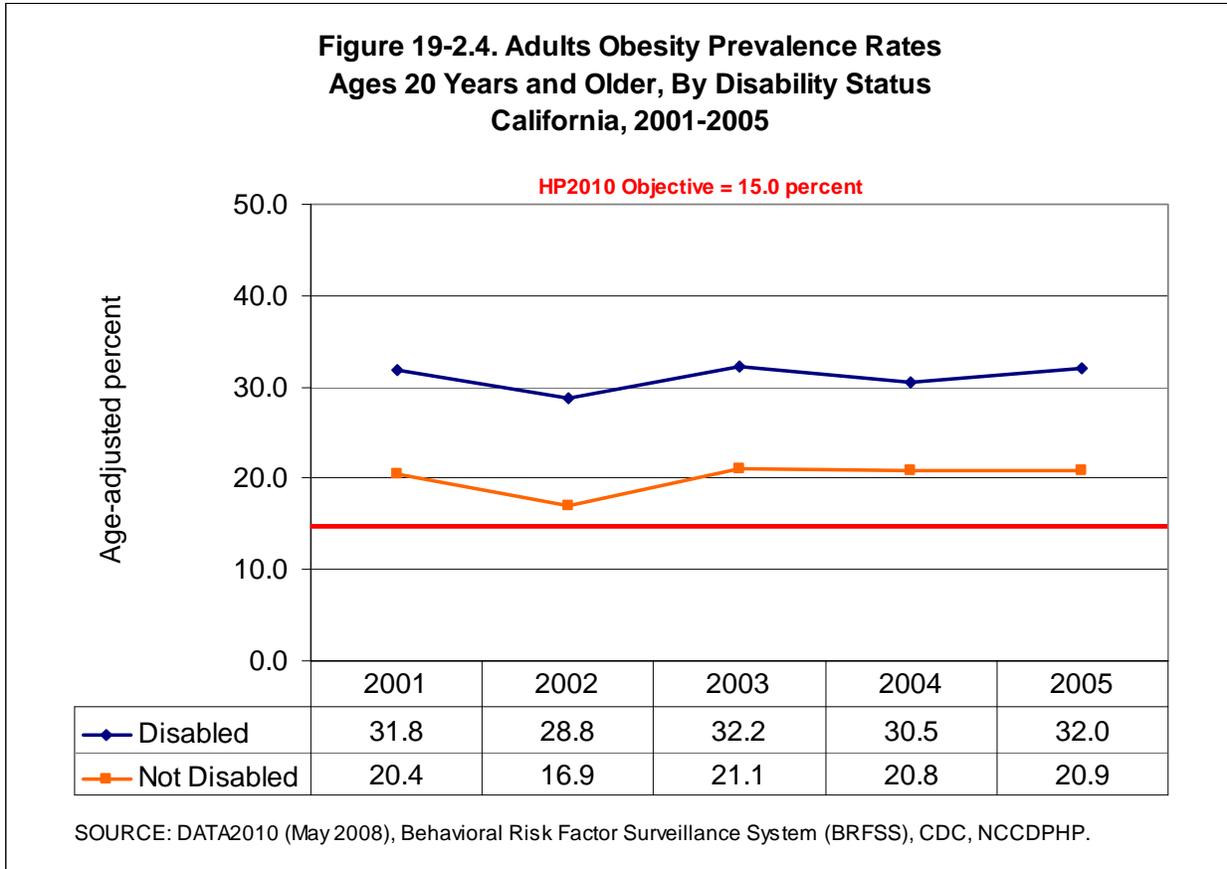
Data by race and ethnicity (**Figure 19-2.2, Table 19-2**) show that Blacks or African Americans had significantly higher adult obesity prevalence rates than any other racial or ethnic population in California in 2005 (39.2 percent), followed by the American Indian or Alaska Native (AIAN) population (37.2 percent), and by Hispanics or Latinos (30.4 percent). The lowest adult obesity prevalence rates were found for Asians (8.2 percent in 2005), followed by Whites (19.4 percent in 2005). This HP2010 objective was being achieved only for the Asian population in California.



Examined by educational level (**Figure 19-2.3, Table 19-2**), adult obesity prevalence rates decreased with increasing levels of education. Adults with less than a high school education had a rate of 35.2 percent in 2005, compared with 27.6 percent for those who were high school graduates and 21.3 percent of those with at least some college education. This HP2010 objective was not being met for California adults aged 25 years and older of any educational level as of 2005, and rates for adults with at least some college increased significantly away from the HP2010 target.



Examined by disability status (**Figure 19-2.4, Table 19-2**), adults with disabilities had significantly higher obesity prevalence rates than those without disabilities (32.0 percent versus 20.9 percent, respectively, in 2005). The HP2010 objective was not being achieved for California adults aged 20 years and older regardless of disability status.



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>

Also see the CDC's obesity Web site at:

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

For more information on Healthy People 2010 objective 19-2, please visit:

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

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

**Table 19-2. Adult Obesity Prevalence Rates, Ages 20 Years and Older, California, 2000-2005**

	2000			2001			2002		
	Percent <sup>1</sup>	Lower 95% C.I.	Upper 95% C.I.	Percent <sup>1</sup>	Lower 95% C.I.	Upper 95% C.I.	Percent <sup>1</sup>	Lower 95% C.I.	Upper 95% C.I.
<b>Statewide Total</b>	20.4	18.8	22.0	22.6	21.0	24.2	19.7	18.1	21.3
<b>Gender</b>									
Male	21.1	18.6	23.6	21.4	19.0	23.8	19.1	16.7	21.5
Female	19.7	17.7	21.7	23.6	21.2	26.0	20.3	18.3	22.3
<b>Race-Ethnicity</b>									
American Indian or Alaska Native (AIAN)	DSU	-----	-----	27.3	17.1	37.5	25.4	13.2	37.6
Asian	DNC	-----	-----	5.2	2.1	8.3	DSU	-----	-----
Black or African American	25.6	18.9	32.3	35.1	27.8	42.4	28.9	21.1	36.7
Hispanic or Latino	27.9	23.6	32.2	29.1	25.0	33.2	26.1	22.0	30.2
Multiracial (2 or more races)	DNC	-----	-----	25.4	15.4	35.4	26.4	16.0	36.8
White	18.1	16.3	19.9	19.8	17.8	21.8	17.7	16.1	19.3
<b>Education Level<sup>2</sup></b>									
Less than high school	34.3	28.2	40.4	34.5	29.0	40.0	28.9	23.4	34.4
High school graduate	24.5	21.0	28.0	28.9	25.2	32.6	22.9	19.2	26.6
At least some college	16.3	14.5	18.1	18.0	16.2	19.8	17.9	16.1	19.7
<b>Disability Status</b>									
Disabled	DNC	-----	-----	31.8	26.7	36.9	28.8	24.7	32.9
Not Disabled	DNC	-----	-----	20.4	18.6	22.2	16.9	15.3	18.5

	2003			2004			2005		
	Percent <sup>1</sup>	Lower 95% C.I.	Upper 95% C.I.	Percent <sup>1</sup>	Lower 95% C.I.	Upper 95% C.I.	Percent <sup>1</sup>	Lower 95% C.I.	Upper 95% C.I.
<b>Statewide Total</b>	23.6	22.0	25.2	22.7	21.1	24.3	23.6	22.2	25.0
<b>Gender</b>									
Male	23.4	21.0	25.8	22.7	20.3	25.1	24.1	21.9	26.3
Female	23.3	21.1	25.5	22.6	20.6	24.6	23.0	21.2	24.8
<b>Race-Ethnicity</b>									
American Indian or Alaska Native (AIAN)	45.4	33.6	57.2	40.4	29.8	51.0	37.2	26.6	47.8
Asian	DSU	-----	-----	7.6	3.3	11.9	8.2	4.5	11.9
Black or African American	42.2	34.4	50.0	36.3	28.7	43.9	39.2	30.8	47.6
Hispanic or Latino	31.2	27.3	35.1	29.3	25.8	32.8	30.4	27.3	33.5
Multiracial (2 or more races)	25.1	15.3	34.9	24.5	13.1	35.9	28.6	22.5	34.7
White	20.1	18.3	21.9	19.0	17.2	20.8	19.4	17.6	21.2
<b>Education Level<sup>2</sup></b>									
Less than high school	35.9	30.2	41.6	33.1	28.0	38.2	35.2	30.5	39.9
High school graduate	29.9	26.2	33.6	29.1	25.4	32.8	27.6	24.3	30.9
At least some college	20.3	18.5	22.1	19.2	17.4	21.0	21.3	19.5	23.1
<b>Disability Status</b>									
Disabled	32.2	28.1	36.3	30.5	25.6	35.4	32.0	28.3	35.7
Not Disabled	21.1	19.3	22.9	20.8	19.2	22.4	20.9	19.3	22.5

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

NOTES: <sup>1</sup> Age-adjusted by the direct method using the 2000 U.S. Standard Population; <sup>2</sup> 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.