

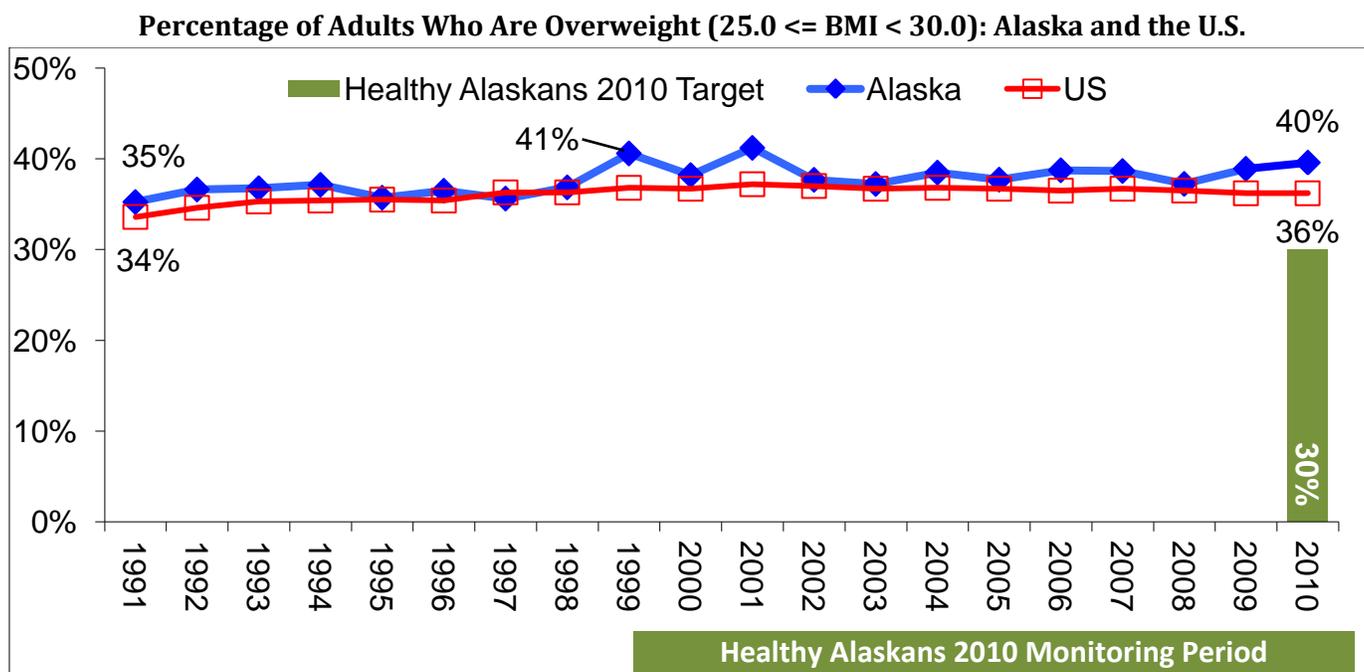
# Alaska Health Status Indicators

## Indicator: *Adult Overweight*

### Why is this important?

About one-third of the Alaskan and American adult population is overweight.<sup>1</sup> Overweight and obesity and their associated health problems have a significant economic impact on the U.S. health care system.<sup>2</sup> Overweight and obesity are determined by calculating Body Mass Index (BMI) from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and it is used to screen for weight categories that increases the risk of health problems.

### How are we doing?



The percentage of adult Alaskans who are overweight has increased over the past 2 decades, from 35% in 1991 to 40% in 2010.

#### ❖ **How is Alaska Doing Relative to the *Healthy Alaskans 2010 Target*?**

The *Healthy Alaskans 2010* target for adult overweight prevalence is 30% or lower. The prevalence of adult overweight in Alaska has remained relatively stable during the *Healthy Alaskans 2010* monitoring period, from a baseline of 41% in 1999 to its current level of 40% in 2010. **The *Healthy Alaskans 2010* target of 30% has not been met.**

#### ❖ **How does AK compare with the US?**

The rate of overweight among adult Alaskans has paralleled the rate seen in the US overall.

#### ❖ **How are different populations affected?**

The prevalence of obesity is higher among men (43%) than among women (34%). There are no significant differences in overweight by race, region, or socioeconomic status. (Source: 2009 BRFSS) Additional statistics on overweight in Alaska are available at: <http://www.hss.state.ak.us/dph/chronic/obesity/resources.htm>.

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## What is the Alaska Department of Health and Social Services doing to improve this indicator?

In collaboration with partners statewide, the Obesity Prevention and Control Program provides professional development opportunities and technical assistance to health professionals, partner agencies, individuals, schools and the media on evidence-based overweight and obesity prevention strategies. The program also provides important monitoring data and publishes reports on the behaviors and risk factors that contribute to overweight and obesity to help community coalitions and partners identify and track health problems, and evaluate the effectiveness of overweight and obesity prevention efforts. Additional information on current efforts to prevent overweight and obesity in Alaska is available at: <http://www.hss.state.ak.us/dph/chronic/obesity/>.

## Indicator Definition and Notes

Percentage of adults aged 18 years and older with a body mass index of  $\geq 25.0$  and  $< 30.0$ . (BMI calculated as self-reported weight in kilograms divided by self-reported height in meters squared.)

## Data Sources

Alaska: Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services; US: Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention. Alaska data were obtained from the Standard AK BRFSS from 1991 through 2003, and from the Standard and Supplemental AK BRFSS surveys combined from 2004 through 2010. The Supplemental BRFSS survey is conducted using identical methodology as the Standard BRFSS and allows a doubling of the BRFSS sample size for those measures included on both surveys.

## References

1. Flegal KM, Carroll MD, Ogden CL, Curtin LR. Prevalence and trends in obesity among US adults, 1999-2008. JAMA. 2010 Jan 20;303(3):235-41.
2. U.S. Department of Health and Human Services. The Surgeon General's call to action to prevent and decrease overweight and obesity. [Rockville, MD]: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General; [2001]. Available from: US GPO, Washington.



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