

Adult Overweight and Obesity in New York State

2000-2010

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Executive Summary

The *Adult Overweight and Obesity in New York State, 2000-2010* report summarizes data on overweight and obesity among adults collected through the New York State (NYS) Behavioral Risk Factor Surveillance System (BRFSS). Estimates of the prevalence of overweight and obesity and time trends are presented by selected demographic characteristics including gender, race/ethnicity, household income, and educational attainment. When applicable, data from NYS is compared to the United States (US), and the Healthy People 2010 objectives. This Executive Summary offers highlights of information related to overweight and obesity prevalence in NYS detailed throughout the report.

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- Between 2000 and 2010, the distribution of weight status among adults in NYS shifted so that the percentage considered to be at a healthy weight decreased and the percentage considered obese increased.
 - In NYS the prevalence of obesity increased almost 40% from 17.7% in 2000 to 24.5% in 2010. The increase occurred among almost every segment of the adult population (e.g., men, women, older adults, younger adults, more educated, less educated).
 - An estimated six out of every ten adult New Yorkers is overweight or obese. In 2010, over 5 million of adult New Yorkers were considered overweight, and over 3.5 million, obese.
 - The prevalence of obesity among NYS adults (24.5%) is higher than the Healthy People 2010 objective (15%).
 - There are substantial disparities in adult obesity prevalence.
 - Obesity is significantly more prevalent among non-Hispanic black adults (35.4%) than among Hispanic (25.7%), non-Hispanic white (23.9%) and other, non-Hispanic adults (13.2%).
 - The racial disparities in adult obesity are most apparent among women, where obesity is significantly more prevalent among non-Hispanic black women (38.9%) than among Hispanic (26.1%), non-Hispanic white (21.0%) and other, non-Hispanic women (13.7%).
 - Obesity is significantly more prevalent among adults with less than a college education (28.9%) than among adults with a college education (18.9%).
 - Obesity is significantly more prevalent among adults living in a household with an annual income of less than \$15,000 (36.1%) than among adults living in a household with an annual household income of \$15,000 or more (24.2%).
 - Obesity is significantly more prevalent among adults living with a disability (34.9%) than among adults not living with a disability (21.6%).

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Overview of Overweight and Obesity in Adults

Overweight and obesity are labels used to describe individuals who weigh more than what is considered healthy for a given height. For adults over 20 years of age, definitions for obesity and overweight are based on Body Mass Index (BMI). BMI is a number that reflects a ratio of a person's height to weight. The specific formula is $[\text{weight (kg)} / [\text{height (m)}^2]$. BMI is a reliable indicator of body fat for most people and is much less expensive to perform than more direct measures of body fat. Adults with a BMI greater than or equal to 25 but less than 30 are classified as overweight and adults with a BMI of 30 or more are classified as obese.

For more information about BMI and screening tools for overweight and obesity, please use the following link:

http://www.nyhealth.gov/prevention/obesity/bmi_screening_tools.htm

Among adults, being overweight or obese increases the risk of chronic diseases and conditions, including type 2 diabetes, high blood pressure, high cholesterol, stroke, heart disease, certain types of cancer, and osteoarthritis.^{4,5,6,7} Obesity is also related to gynecological problems, asthma, sleep apnea and respiratory problems, reduced quality of life and premature death.^{4,5,6} In 2003, the total costs for treating obesity-related health problems in New York State was estimated to be \$6.1 billion a year, equating to an additional \$320 in health care costs per person per year attributed to adult obesity.⁸ According to a 2008 report by NYS Comptroller DiNapoli, New York State ranks second among U.S. states in adult obesity-related medical expenditures, with 81% paid by Medicaid and Medicare.⁹ The New York State Health Fund estimates that New York State will spend approximately \$9.9 billion on adult obesity-related health problems in 2011.¹⁰

Surveillance Indicators and Data Sources

In NYS, surveillance for obesity and overweight in adults is conducted through the BRFSS. The BRFSS is an annual, statewide random-digit-dial telephone survey designed by the Centers for Disease Control and Prevention (CDC) and administered by the New York State Department of Health (NYSDOH). The annual NYS BRFSS is designed to generate a sample that represents the non-institutionalized adult household population, aged 18 years and older.

The BRFSS survey respondents are asked to report their height and weight. (About how much do you weigh without shoes? About how tall are you without shoes?) The responses are used to calculate BMI and determine rates of overweight and obesity among the survey sample. The data from the survey sample are then weighted to estimate the prevalence of overweight and obesity in the overall population of adults in NYS and among different groups within the population.

This report includes data on the median prevalence of overweight and obesity among adults in the US collected through the 50 states' BRFSS surveys in order to provide a national comparison for NYS trends in the prevalence of adult overweight and obesity. The median prevalence defines the midpoint between the states with the 25 highest and 25 lowest rates of overweight and obesity.

For more information about the BRFSS and the annual NYS BRFSS questionnaire, please use the following link:

<http://www.nyhealth.gov/nysdoh/brfss/>

To access the CDC BRFSS web-page, please use the following link:

<http://apps.nccd.cdc.gov/BRFSS/>

Data Standards and Objectives

NYS Department of Health Prevention Agenda Toward the Healthiest State

In 2008, the NYSDOH launched a Prevention Agenda Toward the Healthiest State to support the goals of health care reform. The Prevention Agenda identified 10 priority areas for improving the health of all New Yorkers by the year 2013, and asked communities to work together to address these priorities. Selected indicators for tracking the priority areas, along with measurable Prevention Agenda 2013 objectives, provided information to help plan prevention programs, develop new policies, and measure progress.

The Prevention Agenda included an objective to reduce the percentage of adult New Yorkers who are obese to no more than 15.0% by the year 2013. This goal is referenced in the tables and figures throughout this report.

More information about the Prevention Agenda can be found at the following link:

http://www.nyhealth.gov/prevention/prevention_agenda/

Healthy People 2010

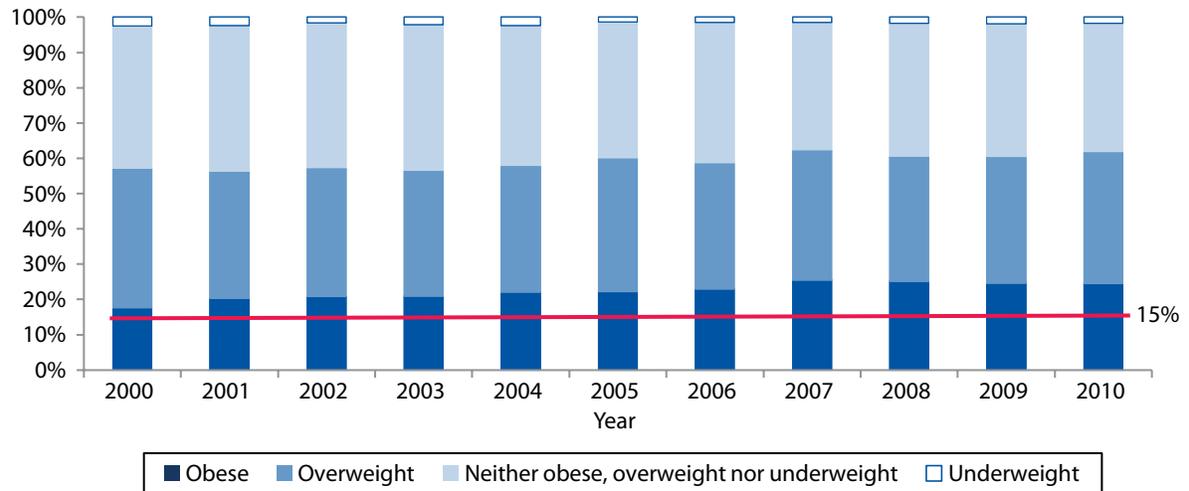
The Healthy People 2010 (HP 2010) objectives are a comprehensive set of leading health indicators that set national standards to track and achieve progress from the year 2000 to 2010. HP 2010 established an objective to reduce the proportion of adults who are obese to 15%.

Since this report is being released in 2012, Healthy People 2020 has since been established to move the nation forward and set benchmarks for the next 10 years.

The HP 2010 web site has been archived and more information may be found using the following link:

http://www.healthypeople.gov/2010/Document/HTML/uih/uih_4.htm

Figure 1. Distribution by BMI categories for New York State adults, BRFSS 2000-2010

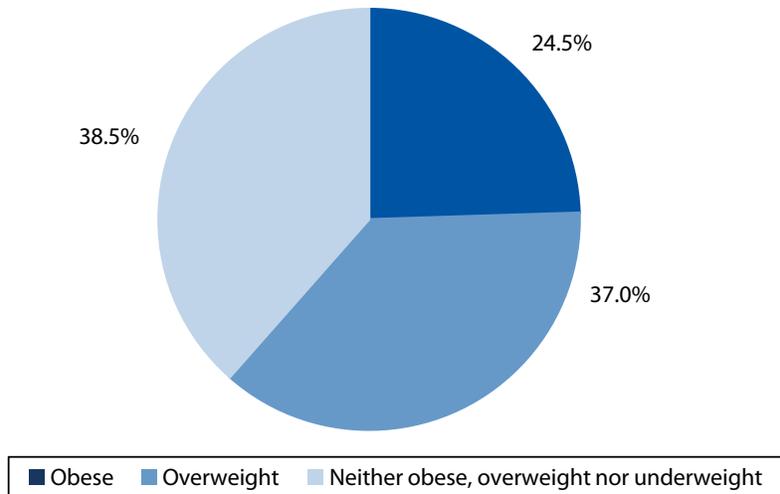


Healthy People 2010 and Prevention Agenda 2013 objective* = 15%

*The Prevention Agenda 2013 objective was established in 2008.

Between 2000 and 2010 the distribution of adult weight status in the NYS population shifted such that the percentage of adults considered at healthy weight (i.e., neither obese, overweight nor underweight) decreased and the percentage considered overweight or obese increased.

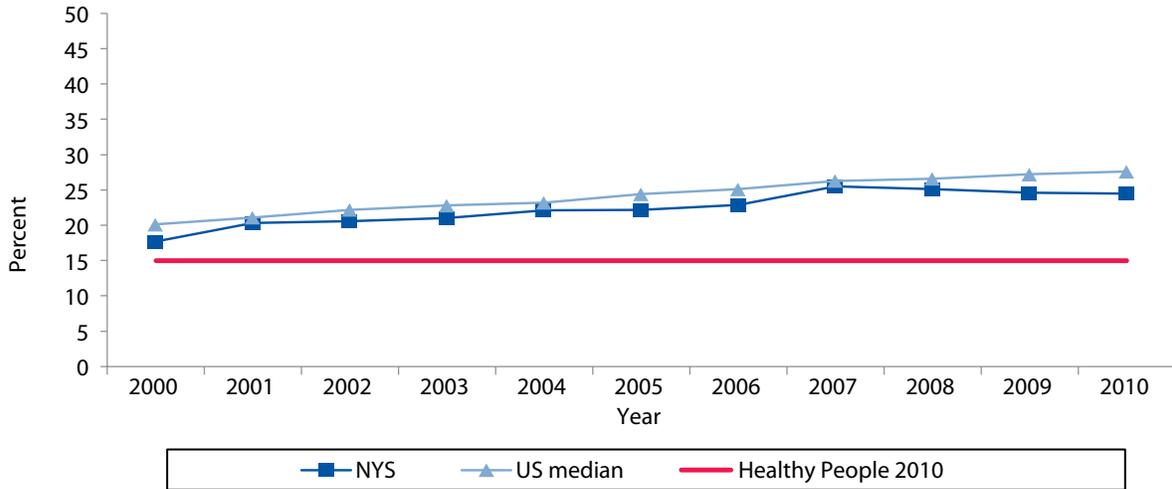
Figure 2. Distribution by BMI categories* for New York State adults, BRFSS 2010



*Overweight is defined as BMI 25.0 to 29.9; Obese is defined as BMI 30.0 and higher.

An estimated six out of every ten adult New Yorkers is overweight or obese. In 2010, more than 3.5 million adults in NYS were obese and an additional 5.3 million were overweight.

Figure 3. Prevalence of obesity among adults in New York State and the United States, BRFSS 2000-2010



Healthy People 2010 and Prevention Agenda 2013 objective*= 15%

* The Prevention Agenda 2013 objective was established in 2008.

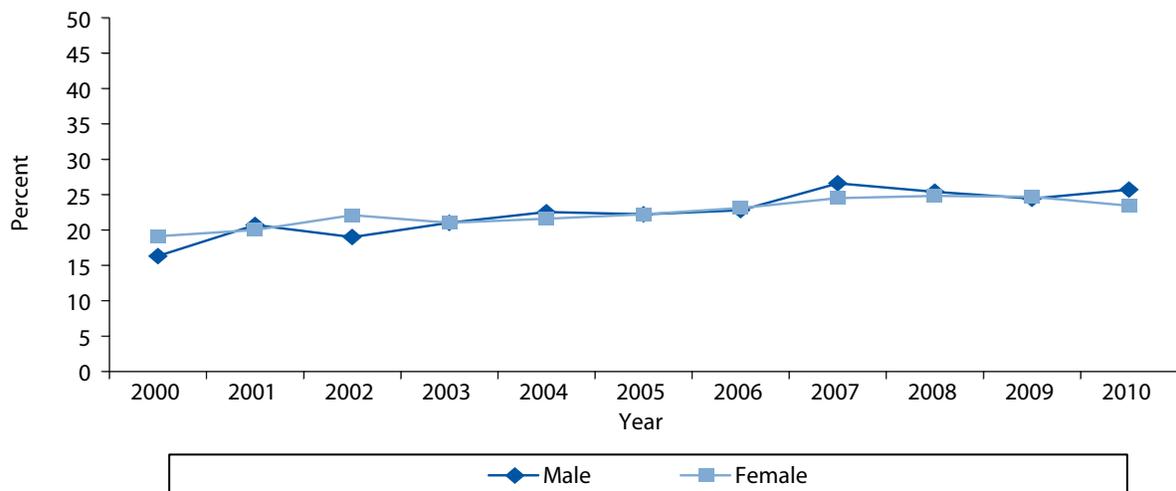
The prevalence of obesity among NYS adults increased from 17.7% in 2000 to 24.5% in 2010.

The prevalence of obesity among NYS adults in 2010 (24.5%) was higher than the goal of 15% shared by Healthy People 2010 and the NYS Prevention Agenda.

Table 1. Prevalence of obesity among adults in New York State and the United States, BRFSS 2000-2010

Year	New York State (NYS)		United States (US)
	Percent	95% CI	Median Percent
2000	17.7	16.2 - 19.2	20.1
2001	20.3	18.8 - 21.9	21.1
2002	20.6	19.2 - 22.1	22.2
2003	21.0	19.7 - 22.3	22.8
2004	22.1	20.8 - 23.5	23.2
2005	22.2	21.0 - 23.4	24.4
2006	22.9	21.5 - 24.4	25.1
2007	25.5	24.1 - 27.0	26.3
2008	25.1	23.8 - 26.5	26.6
2009	24.6	23.1 - 26.0	27.2
2010	24.5	23.3 - 25.8	27.6

Figure 4. Prevalence of obesity among New York State adults by gender, BRFSS 2000-2010



Healthy People 2010 and Prevention Agenda 2013 objective*= 15%

* The Prevention Agenda 2013 objective was established in 2008.

Between 2000 and 2010 the prevalence of obesity increased significantly among both males and females.

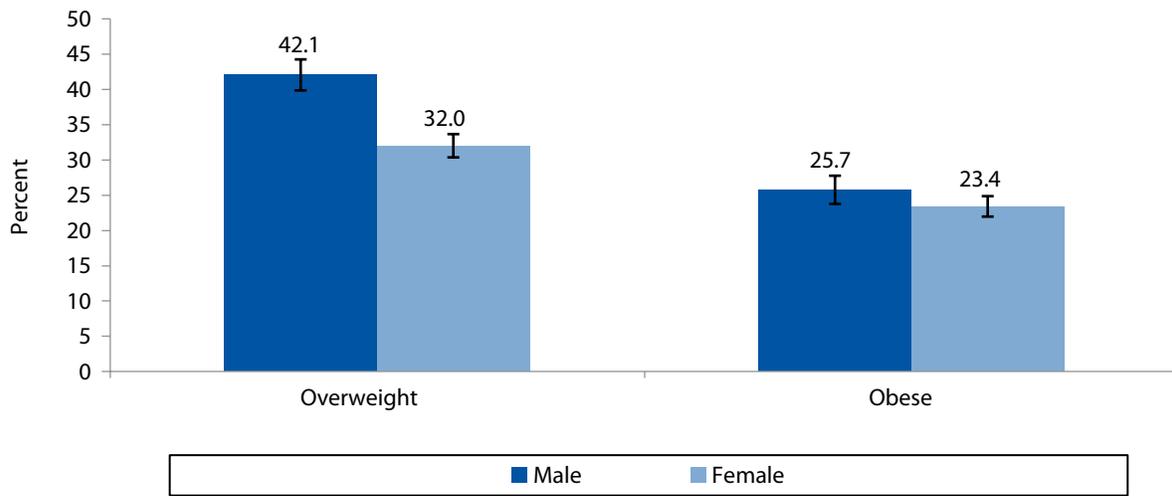
Table 2. Prevalence of obesity among New York State adults by gender, BRFSS 2000-2010

Year	Male		Female	
	Percent	95% CI	Percent	95% CI
2000	16.3	14.2 - 18.5	19.1	17.1-21.2
2001	20.7	18.4 - 23.1	20.0	18.0-22.1
2002	19.0	17.0 - 21.3	22.1	20.1-24.1
2003	21.0	19.0 - 23.0	20.9	19.2-22.7
2004	22.5	20.5 - 24.8	21.6	20.0-23.4
2005	22.2	20.4 - 24.2	22.2	20.7-23.7
2006	22.8	20.6 - 25.1	23.1	21.3-25.0
2007	26.6	24.4 - 29.0	24.5	22.8-26.3
2008	25.4	23.3 - 27.7	24.8	23.1-26.5
2009	24.4	22.2 - 26.8	24.7	22.9-26.5
2010	25.7	23.8 - 27.8	23.4	22.0 - 24.9

Table 3. Prevalence of overweight among New York State adults by gender, BRFSS 2000-2010

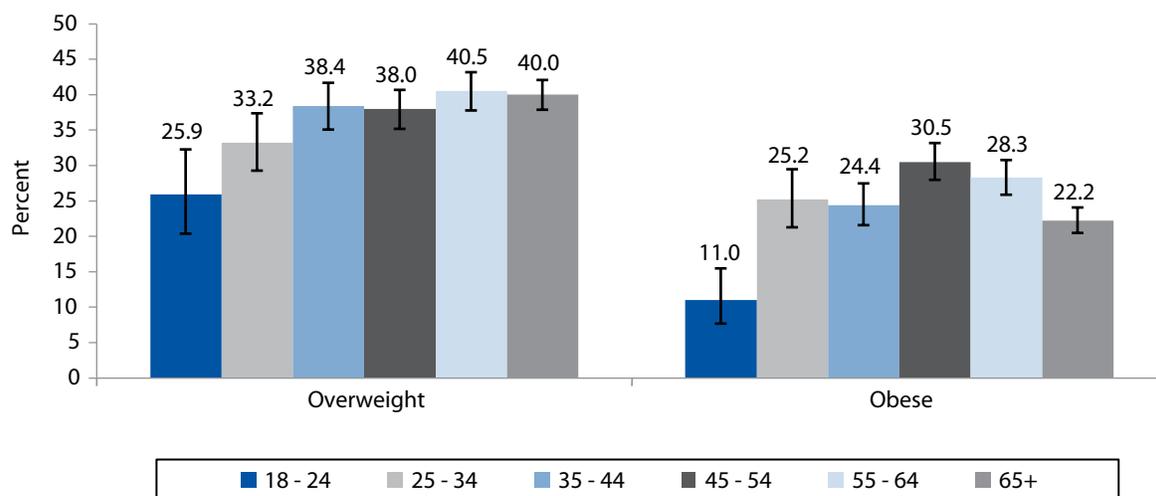
Year	Male		Female	
	Percent	95% CI	Percent	95% CI
2000	48.8	45.6 - 51.9	30.1	27.7 - 32.7
2001	42.6	39.8 - 45.4	29.3	27.1 - 31.6
2002	45.1	42.4 - 47.9	28.9	26.9 - 31.0
2003	42.2	39.7 - 44.7	28.8	26.9 - 30.6
2004	43.1	40.6 - 45.6	28.7	26.9 - 30.5
2005	43.8	41.4 - 46.2	31.7	30.0 - 33.4
2006	42.0	39.3 - 44.7	29.0	27.1 - 31.0
2007	43.7	41.0 - 46.4	29.5	27.6 - 31.4
2008	41.6	39.1 - 44.1	29.0	27.3 - 30.8
2009	42.6	39.8 - 45.3	28.9	27.1 - 30.8
2010	42.1	39.9 - 44.3	32.0	30.4 - 33.7

Figure 5. Prevalence of overweight and obesity among New York State adults by gender, BRFSS 2010



The prevalence of obesity does not differ by gender, but overweight is significantly more prevalent among males than females.

Figure 6. Prevalence of overweight and obesity among New York State adults by age group, BRFSS 2010



Obesity is most prevalent among adults aged 45 to 64 (30.5%) and least prevalent among those aged 18 to 24 (11.0%).

Table 4. Prevalence of obesity among New York State adults by age group, BRFSS 2000-2010

Year	18-24		25-34		35-44	
	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	9.1	5.8-13.9	16.2	13.0-19.8	20.6	17.6-24.1
2001	11.3	8.2-15.5	16.7	13.9-20.0	18.6	15.7-21.9
2002	12.4	8.6-17.6	17.0	14.0-20.5	21.1	18.1-24.4
2003	12.3	8.9-16.6	18.2	15.4-21.5	19.3	16.7-22.3
2004	15.8	11.6-21.0	22.6	19.4-26.2	21.2	18.6-24.0
2005	12.5	8.9-17.3	19.6	16.9-22.6	22.9	20.4-25.5
2006	15.0	10.4-21.2	22.0	18.1-26.5	22.6	19.6-25.9
2007	12.4	8.3-18.2	21.9	18.2-26.3	27.8	24.6-31.3
2008	18.3	13.7-24.1	25.2	21.3-29.5	26.2	23.2-29.3
2009	16.0	11.3-22.3	22.8	19.0-27.1	23.6	20.3-27.3
2010	11.0	7.7-15.5	25.2	21.3-29.5	24.4	21.6-27.5

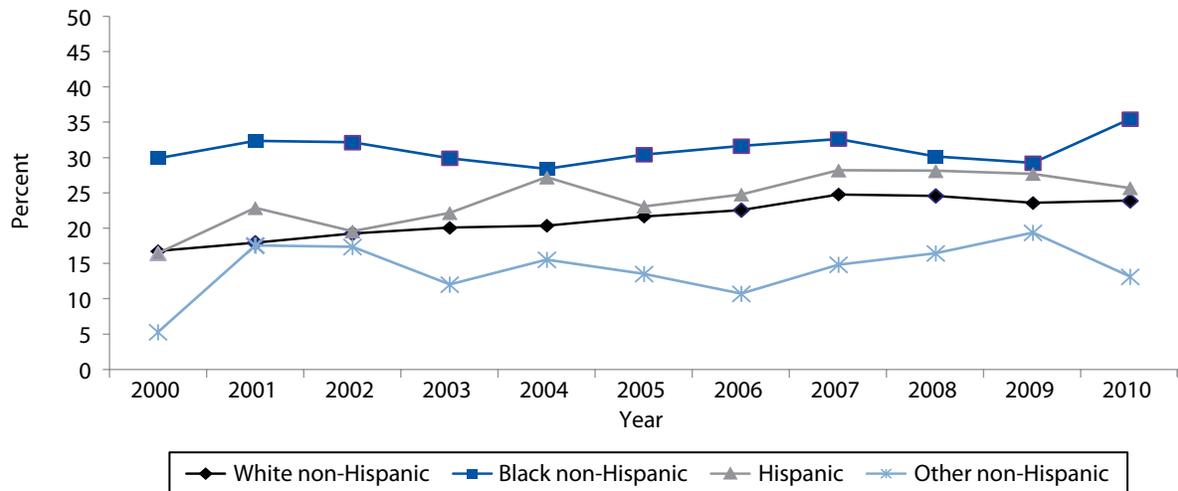
Year	45-54		55-64		65+	
	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	20.8	17.2-24.9	21.2	17.1-26.0	16.7	13.5-20.5
2001	26.3	22.5-30.6	29.6	24.9-34.7	20.1	16.5-24.2
2002	24.5	21.2-28.2	25.4	21.3-29.9	22.7	19.5-26.3
2003	25.3	22.3-28.7	29.6	25.8-33.6	21	18.2-24.0
2004	26.1	23.0-29.5	28.0	24.5-31.8	18.7	16.2-21.5
2005	25.4	22.9-28.1	28.5	25.5-31.7	22.8	20.4-25.4
2006	26.1	23.3-29.1	28.9	25.7-32.4	22.5	20.0-25.1
2007	33.2	30.1-36.4	28.7	25.7-32.0	25.4	23.0-28.1
2008	28.1	25.5-30.9	30.6	27.5-33.9	21.6	19.6-23.8
2009	30.7	27.7-34.0	30.8	27.9-34.0	22.2	20.1-24.4
2010	30.5	28.0-33.2	28.3	25.9-30.8	22.2	20.5-24.1

Table 5. Prevalence of overweight among New York State adults by age group, BRFSS 2000-2010

Year	18-24		25-34		35-44	
	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	25.6	20.3-31.7	34.2	29.9-38.8	38.2	34.3-42.2
2001	22.5	17.6-28.2	30.6	27.0-34.6	41.8	38.0-45.7
2002	12.4	8.6-17.6	17.0	14.0-20.5	21.1	18.1-24.4
2003	20.2	16.1-25.1	32.1	28.5-35.9	37.9	34.5-41.4
2004	22.4	17.8-27.8	35.0	31.2-38.9	36.7	33.5-40.0
2005	28.5	22.9-34.8	33.4	30.0-37.1	40.5	37.4-43.6
2006	23.8	18.3-30.4	31.7	27.4-36.3	37.5	33.7-41.5
2007	32.7	26.0-40.2	33.6	28.9-38.6	36.2	32.7-39.9
2008	23.6	18.4-29.7	33.1	28.9-37.7	36.9	33.4-40.4
2009	20.5	15.4-26.7	33.5	28.7-38.6	38.4	34.6-42.4
2010	25.9	20.4-32.3	33.2	29.3-37.4	38.4	35.1-41.7

Year	45-54		55-64		65+	
	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	43.9	38.5-49.4	46.3	40.4-52.2	45.9	41.1-50.8
2001	37.3	33.3-41.5	35.1	30.2-40.3	41.5	36.9-46.1
2002	24.5	21.2-28.2	25.4	21.3-29.9	22.7	19.5-26.3
2003	41.3	37.6-45.0	37.0	33.1-41.1	39.3	35.9-42.7
2004	35.7	32.4-39.1	41.2	37.3-45.3	40.6	37.4-43.9
2005	41.5	38.5-44.6	40.2	37.0-43.6	39.4	36.7-42.2
2006	37.2	33.9-40.6	39.2	35.6-42.9	40.2	37.3-43.1
2007	35.1	32.1-38.3	41.2	37.8-44.7	39.6	36.8-42.4
2008	35.8	33.0-38.8	40.0	36.7-43.4	39.5	37.0-42.0
2009	38.2	34.9-41.5	40.9	37.5-44.3	38.5	35.9-41.1
2010	38.0	35.2-40.7	40.5	37.8-43.2	40.0	37.9-42.1

Figure 7. Prevalence of obesity among New York State adults by race/ethnicity, BRFSS 2000-2010



Healthy People 2010 and Prevention Agenda 2013 objective*= 15%

* The Prevention Agenda 2013 objective was established in 2008.

Between 2000 and 2010, the prevalence of obesity increased significantly among non-Hispanic white and Hispanic adults.

Throughout 2000 to 2010, obesity remained more prevalent among black non-Hispanic adults than among non-Hispanic white and other, non-Hispanic adults.

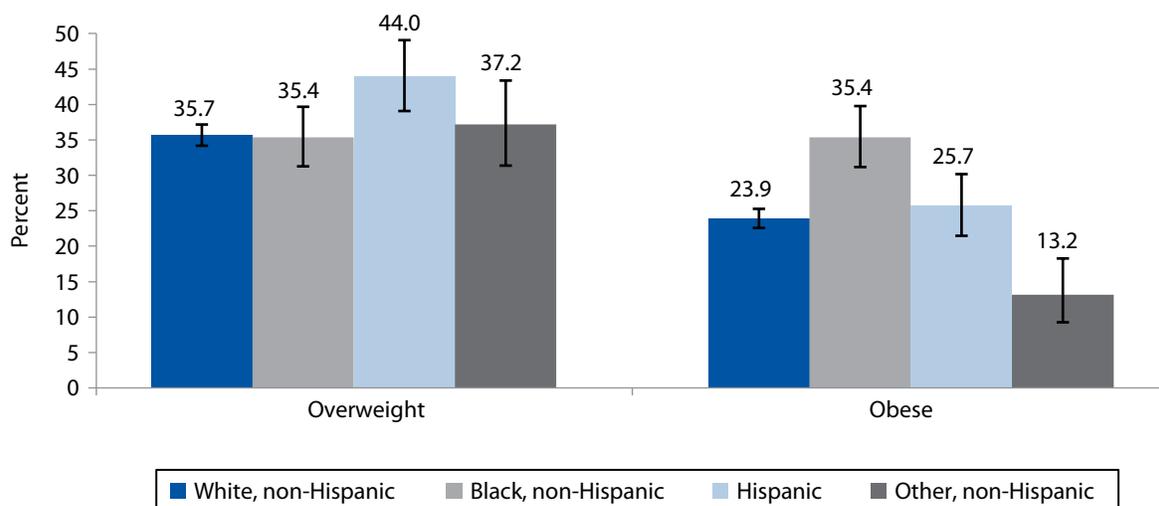
Table 6. Prevalence of obesity among New York State adults by race/ethnicity, BRFSS 2000-2010

Year	White, non-Hispanic		Black, non-Hispanic		Hispanic		Other, non-Hispanic	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	16.8	15.2 - 18.6	29.9	24.8 - 35.5	16.5	12.5 - 21.3	5.4	2.6 - 10.8
2001	18.0	16.4 - 19.7	32.3	26.6 - 38.7	22.9	18.8 - 27.7	17.6	12.0 - 25.2
2002	19.3	17.7 - 20.9	32.1	27.0 - 37.8	19.6	15.5 - 24.5	17.4	13.0 - 23.0
2003	20.1	18.7 - 21.6	29.9	25.3 - 35.0	22.2	18.3 - 26.6	12.1	8.9 - 16.2
2004	20.4	19.0 - 21.9	28.4	24.2 - 33.0	27.2	22.9 - 31.9	15.6	11.3 - 21.0
2005	21.7	20.5 - 23.1	30.4	26.5 - 34.6	23.1	19.3 - 27.3	13.6	10.4 - 17.5
2006	22.6	21.1 - 24.2	31.6	26.7 - 37.0	24.8	20.3 - 29.9	10.8	7.6 - 15.1
2007	24.8	23.3 - 26.3	32.6	27.7 - 37.9	28.2	23.6 - 33.4	14.9	10.5 - 20.2
2008	24.6	23.2 - 26.1	30.1	27.7 - 37.9	28.1	23.3 - 33.5	16.5	12.6 - 21.2
2009	23.6	22.2 - 25.2	29.2	24.6 - 34.2	27.7	23.3 - 32.6	19.4	14.0 - 26.2
2010	23.9	22.6 - 25.3	35.4	31.2 - 39.8	25.7	21.5 - 30.2	13.2	9.3 - 18.3

Table 7. Prevalence of overweight among New York State adults by race/ethnicity, BRFSS 2000-2010

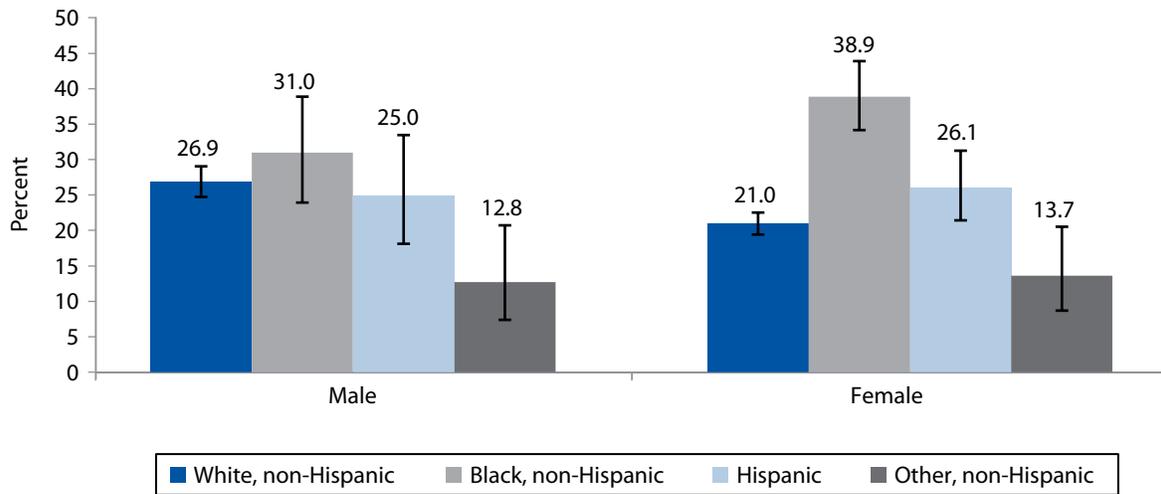
Year	White, non-Hispanic		Black, non-Hispanic		Hispanic		Other, non-Hispanic	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	38.3	35.9 - 40.6	38.3	32.4 - 44.5	45.8	39.6 - 52.2	34.3	25.9 - 43.8
2001	36.3	34.4 - 38.6	34.7	28.9 - 40.7	38.2	33.1 - 43.5	27.2	20.7 - 34.8
2002	37.1	35.2 - 39.1	38.2	32.5 - 43.8	39.5	34.3 - 45.4	27.4	22.3 - 33.9
2003	34.9	33.2 - 36.6	37.5	32.6 - 42.6	36.1	31.3 - 41.3	32.5	26.8 - 38.8
2004	36.3	34.6 - 38.0	35.4	30.8 - 40.4	33.8	29.3 - 38.5	35.2	29.2 - 41.8
2005	36.5	35.0 - 38.1	40.8	36.3 - 45.4	37.6	33.0 - 42.4	39.2	33.5 - 45.2
2006	35.2	33.5 - 37.0	36.6	31.2 - 42.3	36.9	31.6 - 42.6	34.1	27.8 - 40.6
2007	36.0	34.4 - 37.8	35.5	30.3 - 41.2	38.7	33.2 - 44.5	36.4	29.8 - 43.5
2008	36.1	34.5 - 37.7	35.9	31.4 - 40.7	29.6	24.9 - 34.7	35.2	29.2 - 41.6
2009	36.2	34.5 - 38.0	33.4	28.5 - 38.7	38.9	33.6 - 44.5	28.8	22.9 - 35.5
2010	29.7	28.0 - 31.5	32.0	27.6 - 36.7	42.5	36.7 - 48.5	29.9	23.2 - 37.7

Figure 8. Prevalence of overweight and obesity among New York State adults by race/ethnicity, BRFSS 2010



Obesity is significantly more prevalent among non-Hispanic black adults than among Hispanic, non-Hispanic white and other, non-Hispanic adults.

Figure 9. Prevalence of obesity among New York State adults by race/ethnicity and gender, BRFSS 2010

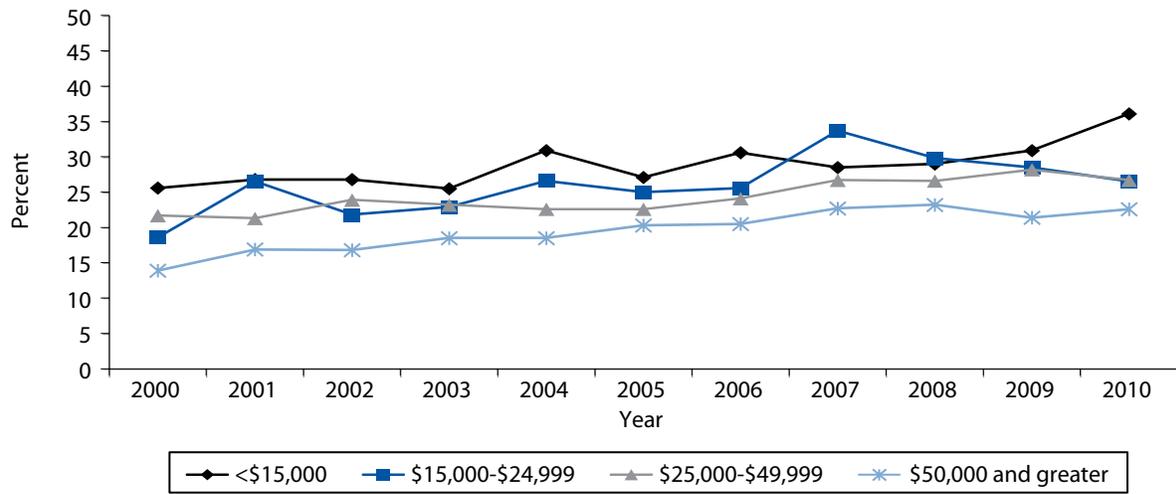


Racial and ethnic disparities in obesity are most apparent among women, where obesity is significantly more prevalent among non-Hispanic black women than among non-Hispanic white, Hispanic, and other, non-Hispanic women.

Table 8. Prevalence of overweight and obesity among New York State adults by race/ethnicity and gender, BRFSS 2010

Race/ethnicity	Overweight				Obese			
	Male		Female		Male		Female	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI
White, non-Hispanic	41.7	39.3-44.1	29.7	28.0-31.5	26.9	24.8-29.1	21.0	19.5-22.6
Black, non-Hispanic	39.6	32.3-47.3	32.0	27.6-36.7	31.0	24.0-38.9	38.9	34.2-43.9
Hispanic	46.0	37.7-54.4	42.5	36.7-48.5	25.0	18.2-33.5	26.1	21.5-31.3
Other non-Hispanic	43.0	34.2-52.2	29.9	23.2-37.7	12.8	7.5-20.8	13.7	8.8-20.6

Figure 10. Prevalence of obesity among New York State adults by household income, BRFSS 2000-2010



Healthy People 2010 and Prevention Agenda 2013 objective* = 15%

* The Prevention Agenda 2013 objective was established in 2008.

Between 2000 and 2010, the prevalence of obesity increased among adults in all income groups.

Throughout 2000 to 2010, obesity remained more prevalent among adults with income <\$15,000, \$15,000-\$24,999, and \$25,000-\$49,999 than among adults with income greater than \$50,000.

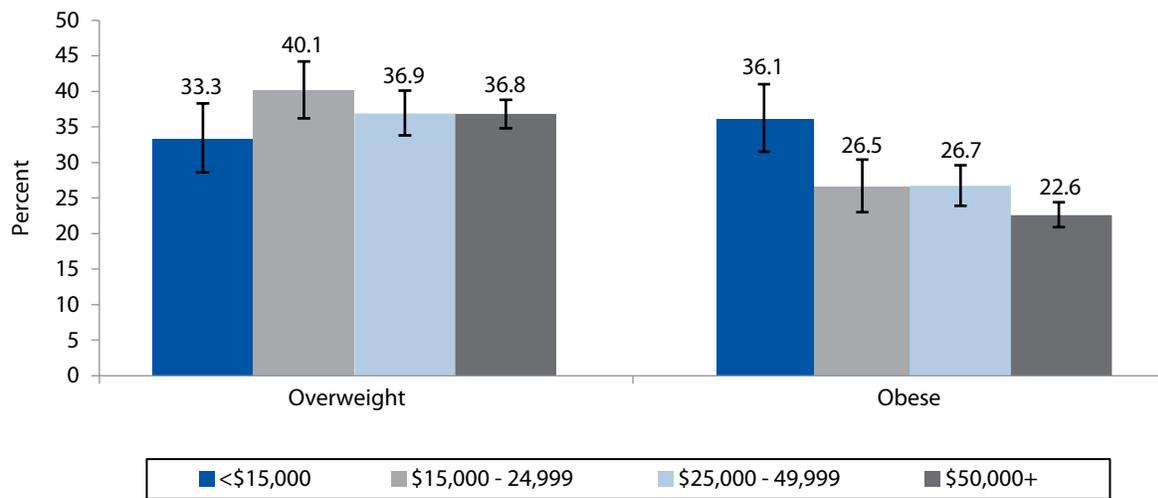
Table 9. Prevalence of obesity among New York State adults by household income, BRFSS 2000-2010

Year	<\$15,000		\$15,000-\$24,999		\$25,000-\$49,999		>\$50,000	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	25.6	20.0 - 32.2	18.6	15.1 - 22.7	21.7	18.8 - 25.0	13.9	11.6 - 16.4
2001	26.8	21.5 - 33.0	26.5	22.2 - 31.3	21.3	18.4 - 24.5	16.9	14.7 - 19.3
2002	26.8	21.9 - 32.5	21.8	18.2 - 26.0	23.9	21.1 - 27.0	16.8	14.8 - 19.0
2003	25.5	21.9 - 32.5	22.9	18.2 - 26.0	23.2	21.1 - 27.0	18.5	14.8 - 19.0
2004	30.9	26.3 - 36.0	26.6	23.1 - 30.5	22.6	19.9 - 25.4	18.5	16.7 - 20.5
2005	27.1	23.1 - 31.4	25.0	21.8 - 28.4	22.6	20.3 - 25.1	20.3	18.5 - 22.2
2006	30.6	25.2 - 36.5	25.6	21.5 - 30.2	24.1	21.3 - 27.2	20.5	18.5 - 22.6
2007	28.5	23.3 - 34.3	33.7	29.0 - 38.6	26.7	23.9 - 29.8	22.7	20.7 - 24.7
2008	29.0	24.4 - 34.0	29.8	25.5 - 34.5	26.6	23.8 - 29.6	23.2	21.3 - 25.1
2009	30.9	25.4 - 36.9	28.5	24.6 - 32.7	28.2	25.1 - 31.5	21.4	19.4 - 23.6
2010	36.1	31.5 - 41.0	26.5	23.0 - 30.4	26.7	23.9 - 29.6	22.6	20.9 - 24.4

Table 10. Prevalence of overweight among New York State adults by household income, BRFSS 2000-2010

Year	<\$15,000		\$15,000-\$24,999		\$25,000-\$49,999		>\$50,000	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	40.3	32.9-48.1	35.1	30.1-40.4	37.0	33.4-40.8	42.6	39.2-46.1
2001	31.5	25.7-37.8	31.7	27.1-36.7	37.4	34.0-41.0	37.5	34.6-40.5
2002	30.4	25.2-36.2	35.9	31.6-40.4	37.1	33.8-40.5	39.7	37.0-42.6
2003	34.5	29.8-39.6	34.3	30.2-38.7	33.5	30.5-36.5	37.6	35.2-40.1
2004	27.4	23.1-32.3	36.1	32.1-40.3	36.2	33.2-39.4	39.0	36.6-41.4
2005	37.7	32.8-43.0	39.1	35.1-43.4	36.3	33.4-39.3	38.0	35.8-40.1
2006	30.1	24.7-36.2	36.5	31.8-41.5	38.8	35.3-42.4	36.1	33.7-38.6
2007	32.2	26.1-38.9	33.6	29.2-38.3	38.0	34.6-41.6	38.7	36.3-41.2
2008	32.1	27.0-37.8	33.1	29.1-37.4	36.6	33.5-39.9	37.4	35.2-39.6
2009	32.8	27.1-39.0	35.0	30.6-39.5	33.2	30.0-36.7	38.7	36.2-41.2
2010	33.3	28.6 - 38.3	40.1	36.2 - 44.2	36.9	33.8 - 40.1	36.8	34.8 - 38.8

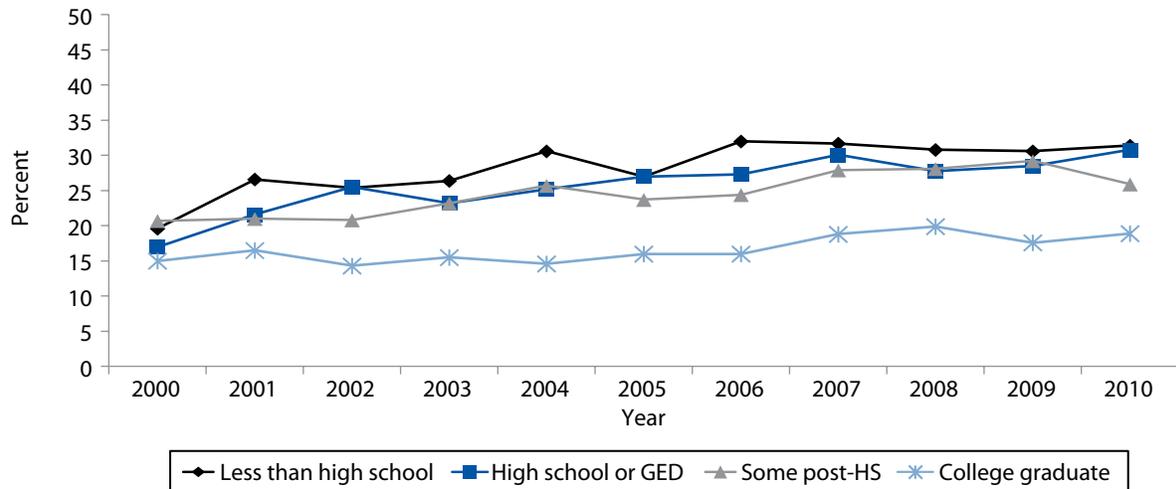
Figure 11. Prevalence of overweight and obesity among New York State adults by household income, BRFSS 2010



Obesity is significantly more prevalent among adults with a household income of less than \$15,000 than among adults living in a household with an annual income of \$15,000 or more.

The prevalence of overweight does not differ significantly by household income.

Figure 12. Prevalence of obesity among New York State adults by education, BRFSS 2000-2010



Healthy People 2010 and Prevention Agenda 2013 objective = 15%

* The Prevention Agenda 2013 objective was established in 2008.

Between 2000 and 2010, the prevalence of obesity increased among adults at all levels of educational attainment.

Throughout 2000 to 2010, obesity remained more prevalent among adults with educational attainment of less than high school (HS), some post-HS, and HS or general equivalency diploma (GED) than among college graduates.

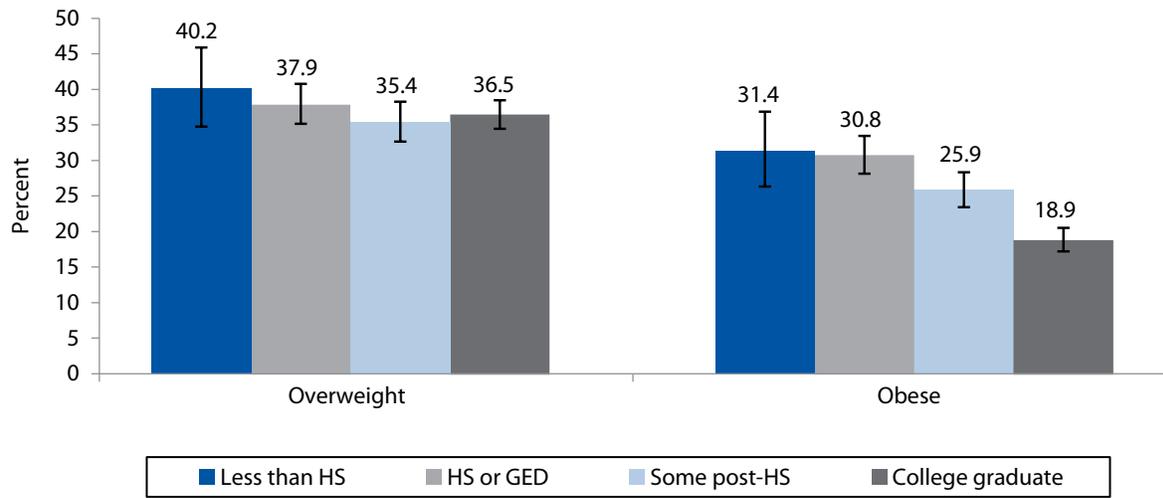
Table 11. Prevalence of obesity among New York State adults by education, BRFSS 2000-2010

Year	Less than high school		High school or GED		Some post-HS		College graduate	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	19.6	15.4 - 24.5	17.0	14.4 - 20.0	20.7	17.8 - 24.0	14.9	12.7 - 17.6
2001	26.6	21.4 - 32.6	21.6	18.8 - 24.6	21.0	18.1 - 24.2	16.5	14.3 - 18.9
2002	25.4	20.6 - 30.9	25.5	22.7 - 28.6	20.8	18.0 - 23.8	14.3	12.5 - 16.4
2003	26.4	22.0 - 31.4	23.2	20.8 - 25.8	23.2	20.7 - 26.0	15.5	13.7 - 17.5
2004	30.6	25.6 - 36.1	25.2	22.7 - 28.0	25.7	23.0 - 28.7	14.6	13.0 - 16.5
2005	27.0	22.8 - 31.7	27.0	24.7 - 29.5	23.7	21.3 - 26.3	16.0	14.5 - 17.7
2006	32.0	26.4 - 38.1	27.3	24.5 - 30.3	24.4	21.5 - 27.5	16.0	14.2 - 17.9
2007	31.7	26.2 - 37.8	30.1	27.3 - 33.1	27.9	25.0 - 30.9	18.8	17.0 - 20.8
2008	30.8	25.6 - 36.7	27.8	25.0 - 30.7	28.1	25.4 - 30.9	19.9	18.1 - 21.9
2009	30.6	25.1 - 36.7	28.5	25.7 - 31.5	29.2	26.0 - 32.6	17.6	15.8 - 19.5
2010	31.4	26.4 - 36.9	30.8	28.2 - 33.5	25.9	23.5 - 28.4	18.9	17.3 - 20.6

Table 12. Prevalence of overweight among New York State adults by education, BRFSS 2000-2010

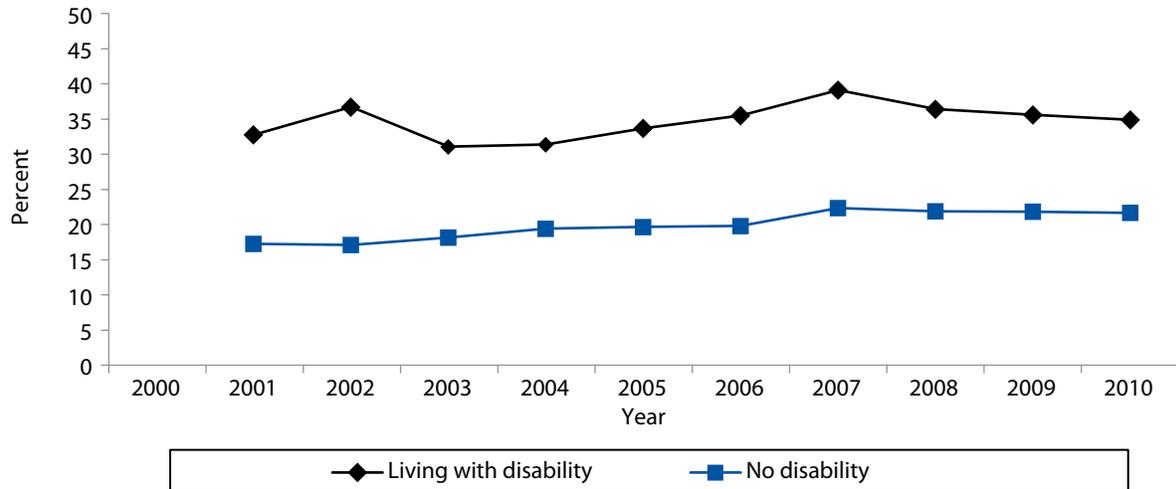
Year	Less than high school		High school or GED		Some post-HS		College graduate	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	45.9	39.3 - 52.6	42.5	38.6 - 46.6	37.9	34.1 - 41.9	35.2	32.1 - 38.5
2001	39.9	34.1 - 45.9	38.2	34.9 - 41.7	33.8	30.4 - 37.4	33.1	30.3 - 36.1
2002	38.5	32.9 - 44.4	35.8	32.7 - 39.1	36.4	33.1 - 40.0	37.2	34.5 - 40.1
2003	32.0	27.4 - 37.0	38.9	36.0 - 41.9	34.9	31.8 - 38.1	33.5	31.1 - 36.1
2004	32.0	27.1 - 37.4	37.9	35.0 - 40.9	33.8	30.8 - 36.9	36.3	33.9 - 38.8
2005	37.8	32.6 - 43.3	37.9	35.2 - 40.6	37.8	34.8 - 40.9	37.2	35.1 - 39.4
2006	38.4	32.4 - 44.7	34.4	31.4 - 37.6	36.2	32.9 - 39.7	34.9	32.4 - 37.5
2007	32.3	27.0 - 38.1	39.2	36.0 - 42.6	34.3	31.1 - 37.8	37.2	34.7 - 39.8
2008	34.6	29.1 - 40.5	35.4	32.5 - 38.4	34.2	31.3 - 37.2	35.8	33.5 - 38.1
2009	36.4	30.3 - 42.9	36.2	33.0 - 39.4	32.6	29.4 - 35.9	36.8	34.3 - 39.3
2010	40.2	34.8 - 45.9	37.9	35.2 - 40.8	35.4	32.7 - 38.3	36.5	34.5 - 38.5

Figure 13. Prevalence of overweight and obesity among New York State adults by education, BRFSS 2010



Obesity is significantly more prevalent among adults with less than a college education. The prevalence of overweight does not differ significantly by educational attainment.

Figure 14. Prevalence of obesity among New York State adults by disability*, BRFSS 2000-2010



*Defined as being limited in any way because of physical, mental, or emotional problems or having a health problem that requires the use of special equipment.

Throughout 2000 to 2010, obesity remained more prevalent among adults living with disability.

In 2010, obesity was more prevalent among adults living with a disability (34.9%) than among adults not living with a disability (21.6%).

Table 13. Prevalence of obesity among New York State adults by disability, BRFSS 2000-2010

Year	Yes		No	
	Percent	95% CI	Percent	95% CI
2000				
2001	32.8	28.5-37.3	17.6	16.1-19.3
2002	36.7	32.9-40.6	17.4	15.9-19.1
2003	31.1	28.0-34.3	18.4	17.0-19.9
2004	31.4	28.2-34.8	19.6	18.1-21.1
2005	33.7	30.8-36.7	19.8	18.5-21.1
2006	35.5	32.3-38.9	19.9	18.4-21.5
2007	39.1	36.0-42.4	22.4	20.8-24.1
2008	36.4	33.6-39.3	21.9	20.4-23.4
2009	35.6	32.4-38.9	21.8	20.2-23.4
2010	34.9	32.4-37.6	21.6	20.2-23.0

Table 14. Prevalence of overweight among New York State adults by disability, BRFSS 2000-2010

Year	Yes		No	
	Percent	95% CI	Percent	95% CI
2000				
2001	31.8	27.7-36.2	36.6	34.6-38.6
2002	31.7	28.3-35.4	37.5	35.5-39.5
2003	34.7	31.6-38.0	35.7	33.9-37.5
2004	33.0	29.8-36.3	36.4	34.7-38.2
2005	33.8	30.9-36.9	38.3	36.6-39.9
2006	30.6	27.6-33.7	36.6	34.7-38.6
2007	35.3	32.2-38.5	36.7	34.8-38.7
2008	34.6	31.8-37.5	35.4	33.6-37.2
2009	32.3	29.3-35.4	36.6	34.7-38.6
2010	34.7	32.1-37.3	37.7	36.1-39.3

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