

## Adult Weight Status

### Key Findings

*The 2009 assessment project identified that 77% of Allen County adults were overweight or obese for their height and weight. The 2008 BRFSS had indicated that 29% of Ohio and 27% of U.S. adults were obese by BMI. Over two-fifths (41%) of Allen County adults were obese. Over half (55%) of adults were trying to lose weight. 30% of the adults had not been participating in any physical activity outside of their job.*

### Adult Weight Status

- ◆ In 2009, the assessment indicated that over three-fourths (77%) of Allen County adults were either overweight (36%) or obese (41%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases (see below).
- ◆ Over four-fifths (84%) of males were overweight or obese, compared to females (71%).
- ◆ Over half (55%) of adults were trying to lose weight, 29% were trying to maintain their current weight or keep from gaining weight and 2% were trying to gain weight.
- ◆ Allen County adults did the following to lose weight or keep from gaining weight: ate fewer calories and less fat (57%), exercised (40%), smoked cigarettes (6%), took diet pills, powders, or liquids without a doctor's advice (3%), went without eating for 24 hours (1%), and vomited or took laxatives (1%).

### Physical Activity

- ◆ In Allen County, 70% of adults were engaging in physical activity other than their regular job, such as brisk walking, cycling, swimming, golfing or yard work. About one-third (30%) of adults were not participating in any physical activity. The CDC recommends that adults participate in moderate exercise for at least 30 minutes on five or more days of the week or vigorous exercise for 20 minutes or more on three or more weekdays.
- ◆ 26% of adults exercised 5 or more times per week. 36% exercised 3-4 times per week and 25% reported exercising 1-2 times per week. 21% of adults reported they did not exercise outside of their job.
- ◆ Of those who were physically active, 59% of adults reported exercising 60 minutes or longer each time.
- ◆ Allen County adults spent an average of 3.0 hours watching television, 0.3 hours playing video games, and 1.0 hours on the computer outside of work on an average day.

### Nutrition

- ◆ Adults ate at a restaurant or brought take-out food home an average of 2.3 times per week.
- ◆ 60% of adults read food labels or consider nutritional content when choosing foods they eat.
- ◆ In 2009, 30% of adults ate fruit or drank 100% fruit juices at least once per day in the past week, and 41% had eaten vegetables such as green salad, carrots and potatoes. The American Cancer Society recommends that adults eat 5-9 servings of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2007 BRFSS reported that only 21% of Ohioans were eating the recommended number of servings of fruits and vegetables.

### Defining the Terms

- ◆ Obesity: An excessively high amount of body fat compared to lean body mass.
- ◆ Body Mass Index (BMI): The contrasting measurement/relationship of weight to height. CDC uses this measurement to determine overweight and obesity.
- ◆ Underweight: Adults with a BMI less than 18.5.
- ◆ Normal: Adults with a BMI of 18.5 to 24.9.
- ◆ Overweight: Adults with a BMI of 25 to 29.9.
- ◆ Obese: Adults with a BMI of 30 or greater.

*(Source: CDC)*

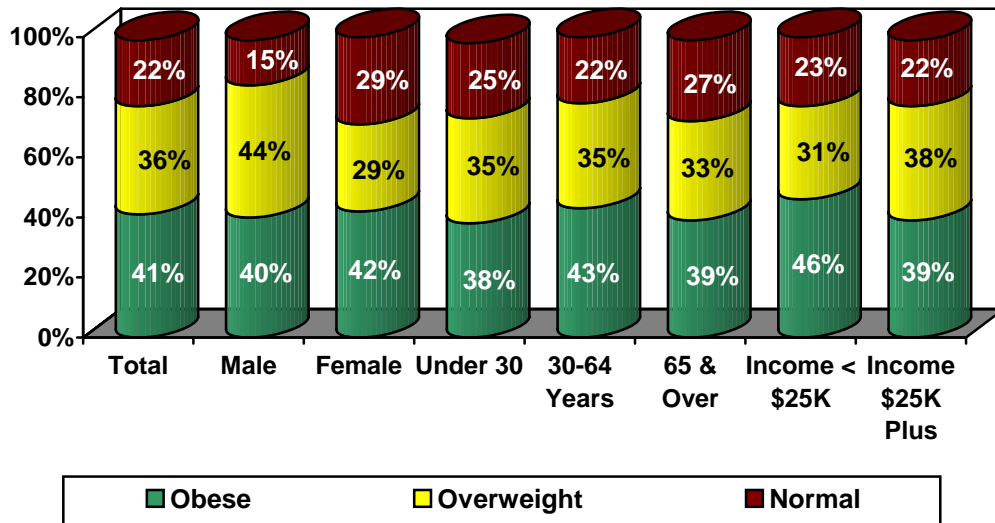
### 2002 Allen County Comparison Data

- ◆ 67.4% of Allen County residents were obese (29.6%) or overweight (37.8%).
- ◆ 58.1% of Allen County residents were trying to lose weight.
- ◆ 35.6% of Allen County residents reported they did not participate in physical activities outside of their jobs. *(Source: Allen County Assessment 2002)*

## Adult Weight Status

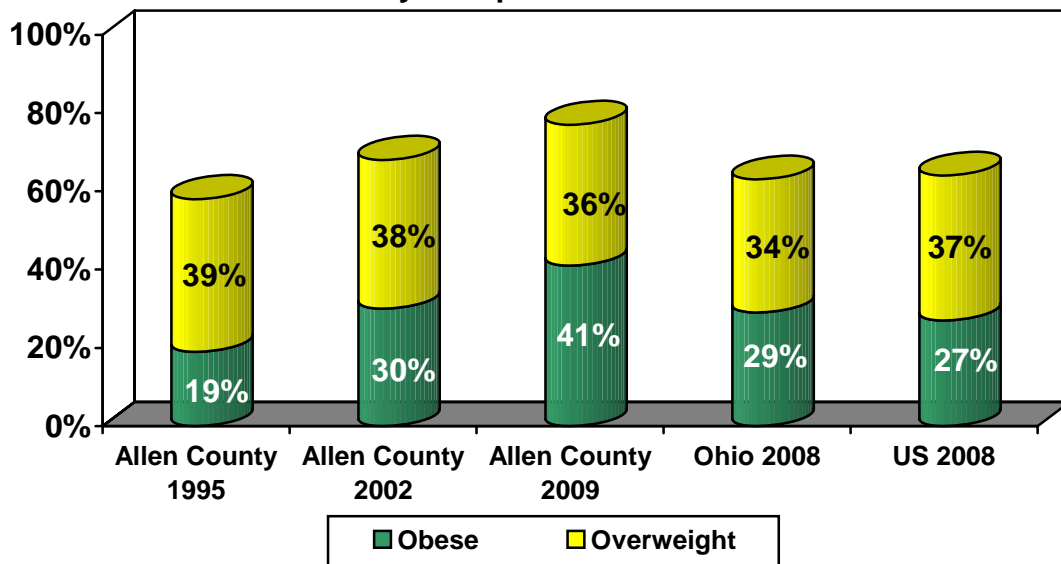
The following graphs show the percentage of Allen County adults who are overweight or obese by Body Mass Index (BMI) and the percentage of Allen County adults who are obese compared to Ohio and U.S. Examples of how to interpret the information include: 22% of all Allen County adults were classified as normal weight and 36% are overweight, etc.

**Adult BMI Classifications**



*Percentages may not equal 100% because those who were classified as underweight are not included.  
Source: 2009 Allen County Health Risk and Community Needs Assessment*

**Obesity Comparisons in Adults**



*(Source: 1995, 2002, & 2009 Allen County Assessments and 2008 BRFSS)*