

Progress Report

Healthiest Wisconsin 2010 Health Priority:
**Obesity, Overweight, and Lack of
Physical Activity**

February 9, 2007

**Wisconsin Public Health Council
State Health Plan Committee**

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Progress Report: *Healthiest Wisconsin 2010* Health Priority: Obesity, Overweight, and Lack of Physical Activity

Issue

While Wisconsin's children, adolescents and adults have become slightly more physically active since 2000, the data on the three 10-year outcome objectives for overweight and obesity in *Healthiest Wisconsin 2010* reflect no change for adolescents and a trend for the worse for children and adults. The trend towards increasing obesity is most pronounced for African Americans, Asian youth and American Indians. A better understanding of the underlying causes and contributing factors among racial and ethnic groups, age and gender, will help to identify culturally appropriate interventions.

Like many Americans, Wisconsinites live in environments that promote obesity. The abundance of food and poor dietary practices in combination with decreased opportunities for physical activity are the major contributing factors related to the onset of obesity. Genetic, metabolic, behavioral, environmental, cultural, and socioeconomic factors also play an important role. Reversing the trend will require commitment from all sectors of society including individuals, schools, communities, businesses, health care systems and providers, urban planners and policy makers.

In December 2005, the Wisconsin Partnership for Activity and Nutrition and the Wisconsin Department of Health and Family Services, published the *Wisconsin Nutrition and Physical Activity State Plan* (DHFS, 2005). This comprehensive plan addresses the problem of obesity across the life span and provides a strong science-based framework to reduce the burden of obesity among Wisconsin residents. It is a call to action that all individuals and groups can implement to create the needed synergies to achieve the outcome objectives for this statewide priority. The State Health Plan Committee endorses the recommendations set forth in this Plan.

Results: Achievement of the 10-year Outcome Objectives

Leadership

Objective 1: By 2010, an infrastructure will be in place that fosters the development, support, and sustainability of healthy lifestyles among Wisconsin residents.

Performance Standard: No indicator measure.

Physical Activity for Children and Adolescents

Objective 2: Between 2001 and 2010, increase the proportion of Wisconsin children and adolescents who engaged in at least 30 minutes of moderate physical activity, on five or more of the previous seven days, from 27 percent to 37 percent.

Performance Standard as of 2005: 28 percent (difference from baseline was not statistically significant)

Performance Status: Improved (not statistically significant)

The modest overall increase in the proportion of high school students reporting moderate physical activity was due entirely to improvements by boys; no change occurred among girls.

In 2000, Wisconsin high school students who self-identified their race as Asian were less likely than students from other racial/ethnic minority groups to report regular moderate physical activity. However, this proportion had increased by mid-decade, which resulted in rates similar to those for African American and Hispanic students.

Physical Activity for Adults

Objective 3: Between 2000 and 2010, increase the proportion of Wisconsin adults who reported they engaged in any physical activities during the past month from 78 percent to 88 percent.

Performance Standard as of 2005: 81 percent (difference from baseline was statistically significant)

Performance Status: Improved

Among adults, the proportions were highest for American Indians and whites, but below the statewide average among African Americans, Asians, and Hispanics. Improvements in these proportions occurred among American Indians and Hispanics, as well as whites.

Overweight and Obesity

Objective 4: Between 2000 and 2010, reduce the proportion of Wisconsin children who are overweight from 11.4 percent to 9.4 percent.

Performance Standard as of 2004: 13.3 percent (difference not tested for statistical significance)

Performance Status: Worse

Based on children enrolled in the WIC Program, the proportion of overweight children (ages 2-4) was greater in 2004 than in 2000 for all racial/ethnic groups except Asians. Nevertheless, the proportion of overweight African American children remained below statewide average.

Objective 5: Between 2000 and 2010, reduce the proportion of Wisconsin adolescents who are overweight from 10 percent to 8 percent.

Performance Standard as of 2005: 10 percent

Performance Status: No Change

No racial/ethnic group showed significant reductions in the proportion of overweight high school students.

Objective 6: Between 2000 and 2010, reduce the proportion of Wisconsin adults who are obese from 20 percent to 15 percent.

Performance Standard as of 2005: 24 percent (difference from baseline was not statistically significant)

Performance Status: Worse

The proportion of obese adults was higher in African American and American Indian populations than for other racial/ethnic groups or statewide; neither group showed significant improvement from 2000 to 2005.

Nutrition and Overweight, Obesity and Lack of Physical Activity

Recommendations:

1. **Food Insecurity:** Promote awareness of the levels of food insecurity throughout the state and support funding mechanisms to expand continued improvement, particularly among at-risk populations.
2. **State Nutrition and Physical Activity Plan:** Endorse and support funding mechanisms to disseminate and implement the *Wisconsin Nutrition and Physical Activity State Plan*, a comprehensive plan to prevent obesity and reduce chronic disease in Wisconsin as highlighted below:
 - a. Strengthen and sustain the statewide nutrition and physical activity infrastructure to prevent and manage obesity and related chronic disease.
 - b. Develop materials and provide technical support to facilitate consistent messages and initiatives.
 - c. Create environments that support and promote healthy eating, daily physical activity and a healthy weight.
 - d. Develop and implement a comprehensive policy agenda to effect positive change.
 - e. Increase the coordination of interventions and the number of evidence-based or best practice interventions that are implemented.
 - f. Expand and implement a Nutrition and Physical Activity surveillance and evaluation system to facilitate data-driven decisions.
 - g. Eliminate disparities among those who are disproportionately affected by obesity and chronic diseases.
3. **Nutrition Workforce:**
 - a. Endorse DHFS and other partner efforts to secure funding for a full-time epidemiologist within the Division of Public Health nutrition program to provide the leadership and expertise necessary to establish and maintain a nutrition and physical activity surveillance system that best describes the status of nutrition and food security in the state.
 - b. Endorse and support funding to assure that public health nutrition expertise is available for each local health department.
 - c. Advocate for a public health nutritionists requirement in state statute.
4. **Nutrition Surveillance:** Support DHFS and other partner efforts to expand nutrition surveillance to identify those populations that are at disproportionate risk of food insecurity, overweight and obesity, including young children and youth where data is lacking.

5. **Evidence-Based Practices:** Promote awareness, disseminate, and implement best practices and improve resources among state policy partners, organizations, and health care providers, state policy partners, and organizations that serve communities most at risk.

6. **Nutrition and Physical Activity Policies:** Encourage specific action for policy strategies at the state or local level that affect healthy food choices and a physically active lifestyle such as those highlighted in the *Wisconsin Nutrition and Physical Activity State Plan*:
 - a. Adoption of K-12 standards for physical education that includes lifetime skills and physical activity outside of school.
 - b. Adoption of K-12 standards for nutrition education.
 - c. Implementation of school wellness policies that include goals for nutrition education, physical activity and guidelines for foods and beverages.
 - d. Policies for health insurance providers and plans to include coverage for prevention, assessment and management of overweight and obesity.
 - e. Policies that support the implementation and expansion of worksite wellness programs.
 - f. State and local policies (such as food security, breastfeeding policies, access to facilities, bike trails, or food assistance programs).

Appendix 1: Overall Progress: Obesity, Overweight, Lack of Physical Activity

Measure	Baseline*	Most Recent*	Change
Percent of high school students who reported they regularly engage in moderate physical activity	26% ¹	28%	Improved ^{NS}
Percent of high school students who reported they regularly engage in vigorous physical activity	60% ¹	67%	Improved
Percent of adults who reported engaging in any physical activities during the past month	78%	81%	Improved
African Americans		64% ²	
American Indians		80% ²	
Asians		75% ²	
Hispanics		77% ²	
Whites		82% ²	
Percent of children ages 2-4 in WIC** who are overweight (body mass index at or above 95 th percentile-for-age)	11.5%	13.3% ³	Worse
African Americans	8.8%	10.7% ³	
American Indians	20.3%	20.5% ³	
Asians	18.4%	15.8% ³	
Hispanics	15.9%	18.1% ³	
Whites	10.2%	11.9% ³	
Percent of high school students who are overweight (body mass index at or above 95 th percentile-for-age)	10% ¹	10%	No change
African Americans		13% ⁴	
American Indians		13% ⁴	
Asians		16% ⁴	
Hispanics		14% ⁴	
Whites		10% ⁴	
Percent of adults who are overweight (body mass index 25.0 – 29.9)	38%	37%	No change
Percent of adults who are obese (body mass index 30.0 or higher)	20%	24%	Worse ^{NS}
African Americans		36% ²	
American Indians		38% ²	
Asians		10% ²	
Hispanics		28% ²	
Whites		22% ²	

* “Baseline” is 2000 unless otherwise noted. “Most recent” is 2005 unless otherwise noted.

** WIC is the Women, Infants, and Children Supplemental Nutrition Program.

^{NS} Difference from baseline was not statistically significant.

¹ 1999

² 2003-2005 combined

³ 2004

⁴ 2001-2005 combined

Appendix 2: Physical activity, high school students

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I2: Between 2001 and 2010, increase the proportion of Wisconsin adolescents who report they engaged in at least 30 minutes of moderate physical activity, on five or more of the previous seven days, from 27 percent to 37 percent.

2010 Target: 37%

Indicator: Physical activity, high school students

Percent of Wisconsin High School Students Who Regularly Engage in Moderate Physical Activity

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	26%	2%	26%	3%	25%	3%
(N)	1,336		682		648	
2001	28%	2%	30%	3%	25%	3%
(N)	2,120		1,031		1,084	
2003	28%	2%	32%	3%	25%	3%
(N)	2,121		1,019		1,097	
2005	28%	2%	32%	3%	23%	3%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: 'Moderate' refers to activity that causes small increases in breathing or heart rate. 'Regularly' refers to moderate activity performed for at least 30 minutes, five or more times per week.

N Number in sample.

+/- Confidence interval.

Percent of Wisconsin High School Students Who Regularly Engage in Vigorous Physical Activity

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	60%	3%	65%	4%	56%	3%
(N)	1,336		682		648	
2001	65%	2%	72%	3%	58%	3%
(N)	2,120		1,031		1,084	
2003	63%	2%	70%	3%	56%	3%
(N)	2,121		1,019		1,097	
2005	67%	2%	74%	3%	60%	3%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: 'Vigorous' refers to activity that causes large increases in breathing or heart rate.

'Regularly' refers to vigorous activity performed for at least 20 minutes, three or more times per week.

N Number in sample

+/- Confidence interval.

Appendix 2: Physical activity, high school students, continued

Percent of Wisconsin High School Students Who Regularly Engage in Moderate Physical Activity, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	27%	1%	23%	5%	30%	10%	16%	5%	27%	9%	28%	1%
(N)	5,577		397		104		213		154		4,379	
2001-2005	28%	1%	21%	5%	32%	8%	23%	5%	23%	6%	29%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Wisconsin Department of Public Instruction.

Note: 'Moderate' refers to activity that causes small increases in breathing or heart rate.

'Regularly' refers to moderate activity performed for at least 30 minutes, five or more times per week.

N Number in sample.

+/- Confidence interval.

* Non-Hispanic.

Percent of Wisconsin High School Students Who Regularly Engage in Vigorous Physical Activity, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	63%	2%	46%	6%	52%	11%	50%	8%	61%	9%	65%	2%
(N)	5,577		397		104		213		154		4,379	
2001-2005	65%	1%	48%	6%	63%	8%	57%	6%	59%	7%	67%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Wisconsin Department of Public Instruction.

Note: 'Vigorous' refers to activity that causes large increases in breathing or heart rate. 'Regularly' refers to vigorous activity performed for at least 20 minutes, three or more times per week.

N Number in sample.

+/- Confidence interval.

* Non-Hispanic

Appendix 3: Physical activity, adults 18+

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I3: Between 2000 and 2010, increase the proportion of Wisconsin adults who reported they engaged in any physical activities during the past month from 78 percent to 88 percent.

2010 Target: 88%

Indicator: Physical activity, adults 18+

Percent of Wisconsin Adults Aged 18+ Who Engage in Any Leisure-Time Physical Activity

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
2000	78%	2%	81%	2%	75%	2%
(N)	2,717		1,219		1,498	
2001	79%	1%	80%	2%	78%	2%
(N)	3,604		1,622		1,982	
2002	80%	1%	83%	2%	77%	2%
(N)	4,355		1,789		2,566	
2003	81%	1%	83%	2%	79%	2%
(N)	4,355		1,632		2,421	
2004	82%	1%	84%	2%	79%	2%
(N)	4,500		1,794		2,706	
2005	81%	1%	83%	2%	80%	2%
(N)	4,897		1,998		2,899	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

N Number in sample.
+/- Confidence interval.

Appendix 3: Physical activity, adults 18+, continued

Percent of Wisconsin Adults Aged 18+ Who Engage in Any Leisure-Time Physical Activity, by Age

Year (N)	Ages 18-24		Ages 25-34		Ages 35-44		Ages 45-54		Ages 55-64		Ages 65+	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000	81%	6%	83%	3%	77%	3%	83%	3%	74%	5%	70%	4%
(N)	193		490		636		565		351		470	
2001	85%	4%	82%	3%	81%	3%	77%	3%	78%	4%	73%	4%
(N)	361		661		874		694		411		590	
2002	85%	4%	84%	3%	81%	3%	80%	3%	79%	3%	72%	3%
(N)	347		723		934		862		616		846	
2003	88%	4%	86%	3%	82%	3%	84%	2%	81%	3%	68%	3%
(N)	303		653		865		841		556		805	
2004	88%	4%	85%	3%	84%	3%	82%	3%	81%	3%	70%	3%
(N)	295		725		878		957		681		921	
2005	87%	6%	85%	3%	85%	3%	82%	3%	81%	4%	69%	3%
(N)	286		666		897		1,059		810		1,122	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

N Number in sample.
+/- Confidence interval.

Percent of Wisconsin Adults Aged 18+ Who Engage in Any Leisure-Time Activity, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000-2002	79%	1%	62%	3%	67%	8%	76%	8%	66%	4%
(N)	10,676		830		135		102		476	
2001-2003	80%	1%	64%	3%	66%	8%	80%	7%	70%	4%
(N)	12,010		996		138		110		512	
2002-2004	81%	1%	62%	4%	75%	9%	78%	10%	75%	6%
(N)	12,919		1,184		141		120		266	
2003-2005	81%	1%	64%	4%	80%	8%	75%	10%	77%	6%
(N)	13,450		1,228		124		119		259	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

N Number in sample.
+/- Confidence interval.
* Non-Hispanic.

Appendix 3: Physical activity, adults 18+, continued

Percent of Wisconsin Adults Aged 18+ Who Engage in Any Leisure-Time Physical Activity, by Race/Ethnicity (continued)

Years (N)	White*		Multiple Races*	
	Percent	+/-	Percent	+/-
2000-2002	80%	1%	**	
(N)	8,866			
2001-2003	81%	1%	78%	7%
(N)	9,998		119	
2002-2004	82%	1%	82%	8%
(N)	10,926		128	
2003-2005	82%	1%	82%	8%
(N)	11,125		141	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

- N Number in sample.
- +/- Confidence interval.
- * Non-Hispanic.
- ** Multiple races category not used in 2000.

Appendix 4: Overweight, children enrolled in WIC

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I4a: Between 2000 and 2010, reduce the proportion of Wisconsin children who are overweight from 11.4 percent to 9.4 percent.

2010 Target: 9.4%

Indicator: Overweight, children enrolled in WIC

Percent of Wisconsin Children in WIC Ages 2-4 Who Are At Risk of Overweight

Year	Total	African American*	American Indian*	Asian*	Hispanic	White*
2000	15.1%	13.0%	21.7%	16.9%	17.6%	14.9%
2001	14.6%	12.9%	19.3%	17.6%	17.5%	14.0%
2002	15.0%	13.2%	19.1%	17.4%	16.4%	14.9%
2003	15.9%	13.6%	20.0%	17.8%	17.6%	15.9%
2004	16.3%	14.3%	22.6%	17.1%	18.3%	16.0%

Source: Pediatric Nutrition Surveillance System Wisconsin Summary, Unpublished Tables, Table 18c. Centers for Disease Control and Prevention.

* Non-Hispanic

Note: “At risk of overweight” means a body mass index in the 85th to 94th percentile of children, based on 2000 CDC BMI-for-age for children 2 years of age and older.

WIC is the Women, Infants and Children Supplemental Nutrition Program.

Percent of Wisconsin Children in WIC Ages 2-4 Who Are Overweight

Year	Total	African American*	American Indian*	Asian*	Hispanic	White*
2000	11.5%	8.8%	20.3%	18.4%	15.9%	10.2%
2001	11.4%	8.2%	18.4%	18.2%	15.5%	10.4%
2002	11.8%	8.9%	18.0%	18.4%	16.4%	10.6%
2003	13.0%	10.1%	19.2%	18.3%	17.8%	11.8%
2004	13.3%	10.7%	20.5%	15.8%	18.1%	11.9%

Source: Pediatric Nutrition Surveillance System Wisconsin Summary, Unpublished Tables, Table 18c. Centers for Disease Control and Prevention.

* Non-Hispanic

Note: “Overweight” means a body mass index at or above the 95th percentile of children, based on 2000 CDC BMI-for-age for children 2 years of age and older.

WIC is the Women, Infants and Children Supplemental Nutrition Program.

Appendix 5: Overweight, high school students

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I4b: Between 2001 and 2010, reduce the proportion of Wisconsin adolescents who are overweight from 10 percent to 8 percent.

2010 Target: 8%

Indicator: Overweight, high school students

Percent of Wisconsin High School Students Who Are at Risk of Overweight Based on Body Mass Index

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	14%	2%	17%	3%	11%	2%
(N)	1,336		682		648	
2001	15%	2%	16%	3%	14%	2%
(N)	2,120		1,031		1,084	
2003	15%	2%	17%	3%	13%	2%
(N)	2,121		1,019		1,097	
2005	14%	2%	16%	2%	13%	2%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: For persons younger than age 18, 'at risk of overweight' is defined as Body Mass Index of 85th to less than 95th percentile-for-age.

N Number in sample.
+/- Confidence interval.

Percent of Wisconsin High School Students Who Are at Risk of Overweight Based on Body Mass Index, by Race/Ethnicity

Years (N)	Total		Afr. Am.*		Am. Ind.*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	15%	1%	17%	5%	15%	7%	18%	6%	10%	5%	15%	1%
(N)	5,577		397		104		213		154		4,379	
2001-2005	15%	1%	18%	4%	21%	7%	16%	5%	15%	5%	15%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: For persons younger than age 18, 'at risk of overweight' is defined as Body Mass Index of 85th to less than 95th percentile-for-age.

N Number in sample.
+/- Confidence interval.
* Non-Hispanic.

Appendix 5: Overweight, high school students, continued

Percent of Wisconsin High School Students Who Are Overweight Based on Body Mass Index

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	10%	2%	13%	3%	8%	2%
(N)	1,336		682		648	
2001	10%	1%	14%	2%	6%	2%
(N)	2,120		1,031		1,084	
2003	11%	1%	15%	2%	7%	2%
(N)	2,121		1,019		1,097	
2005	10%	1%	14%	2%	6%	1%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: For persons younger than age 18, 'overweight' is defined as Body Mass Index equal to or greater than 95th percentile-for-age.

N Number in sample.
+/- Confidence interval.

Percent of Wisconsin High School Students Who Are Overweight Based on Body Mass Index, by Race/Ethnicity

Years (N)	Total		Afr. Am.*		Am. Ind.*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	11%	1%	14%	4%	10%	6%	12%	5%	17%	7%	10%	1%
(N)	5,577		397		104		213		154		4,379	
2001-2005	11%	1%	13%	4%	13%	6%	16%	5%	14%	6%	10%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.

Note: For persons younger than age 18, overweight is defined as Body Mass Index equal to or greater than 95th percentile-for-age.

N Number in sample.
+/- Confidence interval.
* Non-Hispanic.

Appendix 6: Overweight and obesity, adults 18+

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I4c: Between 2000 and 2010, reduce the proportion of Wisconsin adults who are obese from 20 percent to 15 percent.

2010 Target: 15%

Indicator: Overweight and obesity, adults 18+

Percent of Wisconsin Adults Aged 18+ Who Are Overweight Based On Body Mass Index

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
2000	38%	2%	46%	3%	30%	2%
(N)	2,615		1,213		1,402	
2001	37%	2%	43%	2%	30%	2%
(N)	3,472		1,596		1,876	
2002	36%	1%	45%	2%	28%	2%
(N)	4,156		1,760		2,396	
2003	39%	2%	48%	2%	30%	2%
(N)	3,906		1,627		2,279	
2004	37%	2%	44%	3%	30%	2%
(N)	4,273		1,776		2,497	
2005	37%	2%	45%	3%	29%	2%
(N)	4,674		1,978		2,696	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Overweight is defined as Body Mass Index = 25.0-29.9.

Cases classified as obese are excluded and shown in a separate table.

N Number in sample.

+/- Confidence interval.

Appendix 6: Overweight and obesity, adults 18+, continued

Percent of Wisconsin Adults Aged 18+ Who Are Obese Based On Body Mass Index

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
2000	20%	2%	22%	2%	18%	2%
(N)	2,615		1,213		1,402	
2001	23%	1%	23%	2%	22%	2%
(N)	3,472		1,596		1,876	
2002	22%	1%	23%	2%	20%	2%
(N)	4,156		1,760		2,396	
2003	21%	1%	22%	2%	20%	2%
(N)	3,906		1,627		2,279	
2004	23%	2%	25%	2%	21%	2%
(N)	4,273		1,776		2,497	
2005	24%	2%	25%	3%	24%	1%
(N)	4,674		1,978		2,696	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Obese is defined as Body Mass Index equal to or greater than 30.

N Number in sample.
+/- Confidence interval.

Percent of Wisconsin Adults Aged 18+ Who Are Overweight Based on Body Mass Index, by Age

Year (N)	Ages 18-24		Ages 25-34		Ages 35-44		Ages 45-54		Ages 55-64		Ages 65+	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000	28%	6%	33%	4%	38%	4%	43%	4%	41%	5%	41%	5%
(N)	188		473		612		549		329		457	
2001	28%	5%	31%	4%	38%	3%	37%	4%	47%	5%	39%	4%
(N)	345		629		847		675		397		574	
2002	23%	4%	35%	4%	40%	3%	39%	3%	38%	4%	40%	3%
(N)	339		688		887		818		592		813	
2003	27%	5%	41%	4%	38%	3%	43%	3%	43%	4%	41%	3%
(N)	298		631		830		813		534		778	
2004	25%	6%	37%	4%	38%	4%	39%	4%	43%	4%	39%	4%
(N)	288		697		839		911		640		879	
2005	22%	6%	36%	4%	41%	4%	40%	4%	41%	4%	40%	4%
(N)	278		636		853		1,017		778		1,079	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Overweight is defined as Body Mass Index = 25.0-29.9.

Cases classified as obese are excluded and shown in a separate table.

N Number in sample.
+/- Confidence interval.

Appendix 6: Overweight and obesity, adults 18+, continued

Percent of Wisconsin Adults Aged 18+ Who Are Obese Based on Body Mass Index, by Age

Year (N)	Ages 18-24		Ages 25-34		Ages 35-44		Ages 45-54		Ages 55-64		Ages 65+	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000	12%	5%	18%	3%	17%	3%	22%	3%	29%	5%	22%	4%
(N)	188		473		612		549		329		457	
2001	13%	4%	21%	3%	22%	3%	29%	3%	24%	4%	23%	3%
(N)	345		629		847		675		397		574	
2002	10%	4%	19%	3%	23%	3%	26%	3%	31%	4%	20%	3%
(N)	339		688		887		818		592		813	
2003	12%	4%	15%	3%	22%	3%	26%	3%	28%	4%	22%	3%
(N)	298		631		830		813		534		778	
2004	14%	5%	21%	3%	22%	3%	28%	3%	30%	4%	24%	3%
(N)	288		697		839		911		640		879	
2005	16%	5%	20%	4%	25%	4%	28%	4%	32%	4%	26%	3%
(N)	278		636		853		1,017		778		1,079	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Obese is defined as Body Mass Index equal to or greater than 30.

N Number in sample. See data documentation.

+/- Confidence interval. See data documentation.

Appendix 6: Overweight and obesity, adults 18+, continued

Percent of Wisconsin Adults Aged 18+ Who Are Overweight Based on Body Mass Index, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000-2002	37%	1%	33%	3%	25%	7%	23%	8%	36%	4%
(N)	10,243		797		132		97		429	
2001-2003	37%	1%	37%	3%	23%	7%	28%	9%	38%	4%
(N)	11,532		957		134		105		463	
2002-2004	38%	1%	37%	4%	23%	8%	27%	10%	38%	7%
(N)	12,346		1,133		137		113		254	
2003-2005	38%	1%	33%	4%	30%	10%	30%	10%	38%	8%
(N)	12,853		1,161		121		110		250	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Overweight is defined as Body Mass Index = 25.0-29.9.

Cases classified as obese are excluded and shown in a separate table.

N Number in sample.
 +/- Confidence interval.
 * Non-Hispanic.

Percent of Wisconsin Aged Adults 18+ Who Are Overweight Based on Body Mass Index, by Race/Ethnicity (continued)

Years (N)	White*		Multiple Races*	
	Percent	+/-	Percent	+/-
2000-2002	37%	1%	**	
(N)	8,536			
2001-2003	38%	1%	36%	9%
(N)	9,632		117	
2002-2004	38%	1%	40%	12%
(N)	10,448		124	
2003-2005	38%	1%	46%	12%
(N)	10,939		135	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Overweight is defined as Body Mass Index = 25.0-29.9.

Cases classified as obese are excluded and shown in a separate table.

N Number in sample.
 +/- Confidence interval.
 * Non-Hispanic.
 ** Multiple races category not used in 2000.

Appendix 6: Overweight and obesity, adults 18+, continued

Percent of Wisconsin Adults Aged 18+ Who Are Obese Based on Body Mass Index, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
2000-2002	21%	1%	35%	3%	35%	8%	10%	6%	25%	4%
(N)	10,243		797		132		97		429	
2001-2003	22%	1%	35%	3%	33%	8%	12%	6%	25%	4%
(N)	11,532		957		134		105		463	
2002-2004	22%	1%	36%	5%	43%	11%	12%	8%	28%	7%
(N)	12,346		1,133		137		113		254	
2003-2005	23%	1%	36%	4%	38%	11%	10%	8%	28%	7%
(N)	12,853		1,161		121		110		250	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Obese is defined as Body Mass Index equal to or greater than 30.

- N Number in sample
- +/- Confidence interval.
- * Non-Hispanic.

Percent of Wisconsin Adults Aged 18+ Who Are Obese Based on Body Mass Index, by Race/Ethnicity (continued)

Years (N)	White*		Multiple Races*	
	Percent	+/-	Percent	+/-
2000-2002	21%	1%	**	
(N)	8,536			
2001-2003	21%	1%	26%	8%
(N)	9,632		117	
2002-2004	21%	1%	21%	9%
(N)	10,448		124	
2003-2005	22%	1%	20%	9%
(N)	10,939		135	

Source: Wisconsin Behavioral Risk Factor Survey, Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services.

Note: Obese is defined as Body Mass Index equal to or greater than 30.

- N Number in sample.
- +/- Confidence interval.
- * Non-Hispanic
- ** Multiple races category not used in 2000.