

HEALTHY NORTH DAKOTA



HIGHLIGHTS

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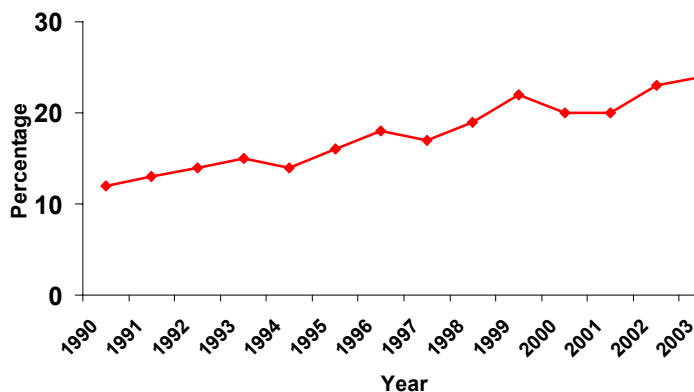
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Obesity in North Dakota is climbing dangerously

Having an elevated body weight (being overweight or obese) decreases life expectancy and is a risk factor for many diseases, including heart disease, diabetes, arthritis and depression. The more overweight a person is, the greater the risk to his or her health.

A measure of body weight called body mass index (BMI) can be calculated from self-reported height and weight. In North Dakota between 1990 and 2003, the percentage of people who were overweight (BMI 25.0-29.9) increased 11 percent (from 35% to 39%), and the percentage of people who were obese (BMI 30 and higher) increased 100 percent (from 12% to 24%). In 2003, 63 percent of North Dakotans were either overweight or obese.

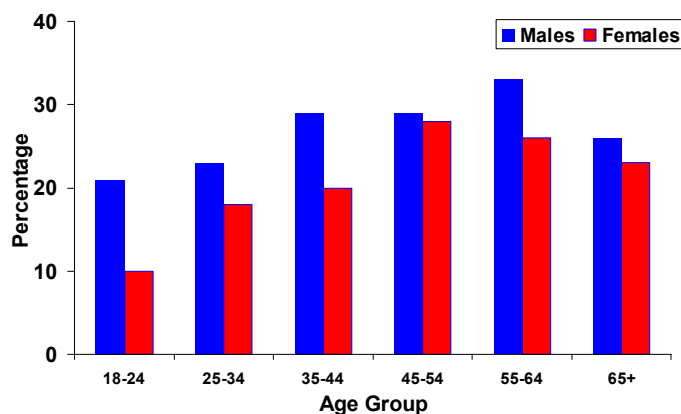
Figure 1: Prevalence of Obesity in North Dakota, by Year, 1990-2003



Males are at high risk

- Overweight and obesity is higher among males (74%) than females (52%). (North Dakota, 2003)
- The percentage of people overweight or obese increases with age. (North Dakota, 2003)
- Overweight and obesity is higher among American Indians (69%) than among whites (57%). (North Dakota, 1996-2002).
- Other people at increased risk for being overweight or obese include people:
 - With diabetes (86%).
 - With high blood pressure (79%).
 - With high cholesterol (76%).
 - With a disability (68%).
 - Who don't get enough exercise (67%). (North Dakota, 2003)

Figure 2: Prevalence of Obesity in North Dakota, by Sex and Age Group, 2003



Obesity is a national epidemic

North Dakota is not alone in experiencing alarming increases in obesity. In the United States between 1990 and 2002, obesity increased from 12 percent to 22 percent. The Healthy People 2010 national health objective is to reduce the proportion of adults who are obese to less than 15 percent; however, current trends are not encouraging. Substantial changes in the nutritional and physical activity behaviors of a large number of citizens are going to have to be made before this epidemic is under control.

“**Healthy North Dakota - Highlights**” is prepared by the Department of Community Medicine, University of North Dakota School of Medicine and Health Sciences for the North Dakota Department of Health.

To learn more about overweight and obesity and other behavioral health risks in NORTH DAKOTA, contact the North Dakota Department of Health, 600 E. Boulevard Ave., Dept 301, Bismarck, ND 58505; 701.323.2372; or visit www.ndhealth.gov.



EFFECTIVE STRATEGIES

To reduce overweight and obesity:

- Increase public health messages that emphasize the responsibility of individuals to adopt healthy lifestyles.
- Increase public education about the long-term health consequences of overweight and obesity.
- Increase public education and support systems to help people maintain a healthy weight.
- Increase community-based activities that stimulate healthy food and physical activity behaviors in childhood.
- Institute policies that support healthy diets and regular physical activity in worksites, schools and communities across the state.

TECHNICAL NOTE

Data presented in this “**Healthy North Dakota - Highlights**” come from the North Dakota Behavioral Risk Factor Surveillance System (BRFSS) for year 2003. Every year since 1984, a random sample of adult (age 18 and older) North Dakotans has been interviewed about a wide variety of behavioral risks that are important to staying healthy. Full details of the survey method used to secure these data can be seen at www.cdc.gov/brfss. Whenever race-specific estimates for North Dakota American Indians are presented, a seven-year aggregate BRFSS dataset (1996-2002) has been used; 438 respondents during this time period identified themselves as American Indian, and 14,127 as whites.

In 2003, there were 3,026 respondents to the North Dakota BRFSS. Obesity and overweight are calculated from self-reported heights and weights to create a measure called the body mass index (BMI). The formula used to calculate BMI can be found at www.nhlbisupport.com/bmi.

Overweight: People with BMI from 25.0 to 29.9

Obese: People with BMI of 30.0 and above

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