

Overweight or Obesity in Adults

The determination of being overweight or obese is based on a calculated height to weight ratio known as Body Mass Index (BMI). According to the American Heart Association (AHA), BMI is measured as weight in kilograms divided by height in meters squared (kg/m^2). In studies by the National Center for Health Statistics,

- BMI values less than 18.5 are considered underweight.
- BMI values from 18.5 to 24.9 are healthy.
- **Overweight** is defined as a body mass index of 25.0 to 29.9. People with BMIs in this range have an increased risk of heart and blood vessel disease, including cardiovascular disease and diabetes.
- **Obesity** is defined as a BMI of 30.0 or greater, which is about 30 pounds or more overweight. People with BMIs of 30 or more are at higher risk of cardiovascular disease and diabetes.
- Extreme obesity is defined as a BMI of 40 or greater.

The AHA notes that, some well-trained people with dense muscle mass may have a high BMI score but very little body fat. For them a waist circumference, skin fold or fat fold measurement, or a more direct method of measuring body fat may be more useful.

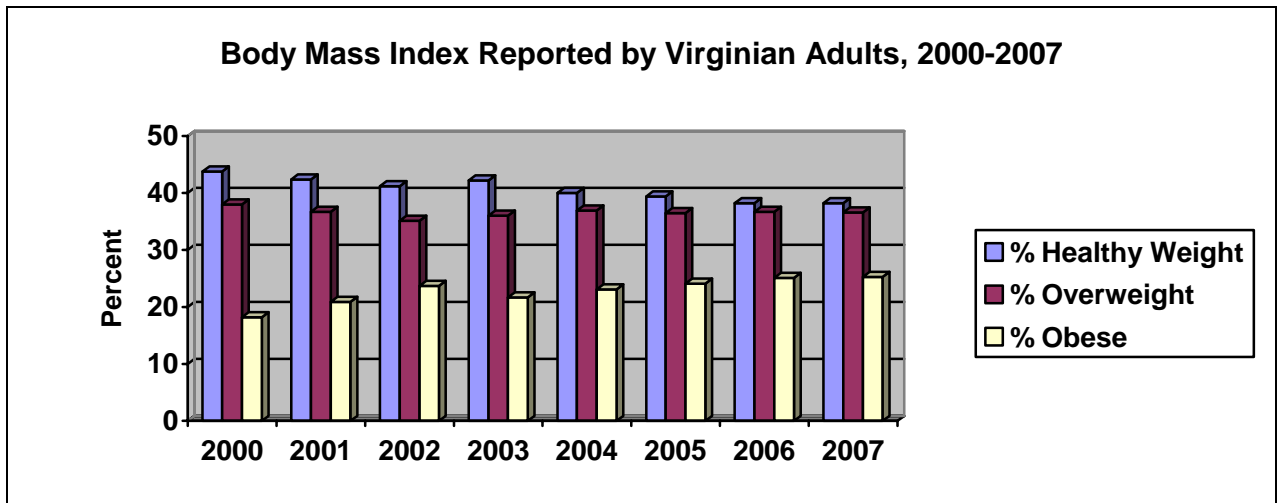
A BMI calculator, where an individual can enter height and weight, can be found on the Centers for Disease Control and Prevention's website at: http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm.

- In Virginia, overweight and obesity trends in all adults indicate that the percent of adults at a healthy weight has steadily declined from 43.8 percent in 2000 to 38.2 percent in 2007.
- The percent of adults who are obese has steadily increased from 18.2 percent in 2000 to 25.3 percent in 2007.

Year	% Healthy Weight	% Overweight	% Obese
2000	43.8	38.0	18.2
2001	42.4	36.7	20.9
2002	41.2	35.1	23.7
2003	42.2	36.0	21.7

2004	40.0	36.9	23.1
2005	39.4	36.5	24.1
2006	38.2	36.7	25.1
2007	38.2	36.6	25.3

- As the percent of persons in Virginia at a healthy weight has decreased since 2000, the percent of obese persons has increased significantly in the same time period.



Healthy People 2010 Objectives:

(19-1) Increase the proportion of adults who are at a healthy weight to 42 percent.

(19-2) Reduce the proportion of adults who are obese to 23 percent.

Sources: AHA, www.americanheart.org/presenter.jhtml?identifier=3044776; VA BRFSS, 2000-2007

Data Note: Percents are weighted towards annual population estimates.