Overweight and Obese
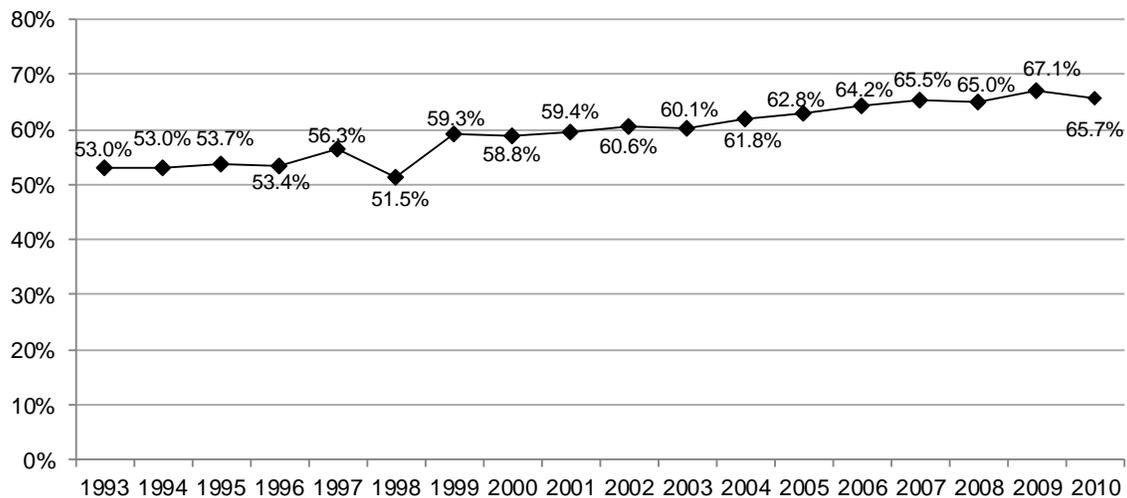
OVERWEIGHT OR OBESE

Definition: Overweight or obese is defined as having a Body Mass Index (BMI) of 25.0 or above. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds, divided by their height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: weight (lb)/height (in) ^{2} x 703.

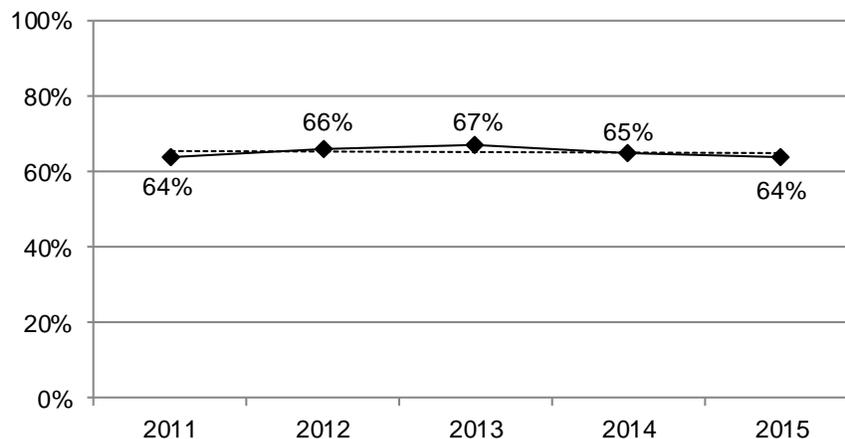## Prevalence of Overweight or Obese

- o South Dakota 64%
- o Nationwide median 66%

Figure 1
Percent of Respondents Who Are Overweight or Obese Based on Body Mass Index, 1993-2010

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1993-2010

Figure 2
Percent of Respondents Who Are Overweight or Obese Based on Body Mass Index, 2011-2015

Note: Beginning in 2011, the CDC began using a different methodology to weight the data; therefore data prior to 2011 cannot be compared to data since 2011.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

Table 4 Respondents Who Are Overweight or Obese, 2011-2015		2011-2015	2011	2012	2013	2014	2015
Total		**65%**	**64%**	**66%**	**67%**	**65%**	**64%**
Gender	Male	73%	73%	73%	74%	72%	71%
	Female	58%	55%	59%	60%	58%	57%
Age	18-24	41%	*	*	*	*	*
	25-34	62%	*	*	*	*	*
	35-44	70%	*	*	*	*	*
	45-54	71%	*	*	*	*	*
	55-64	75%	72%	73%	*	*	*
	65-74	73%	*	*	*	*	*
	75+	64%	*	*	*	*	*
Race	White	65%	64%	66%	67%	65%	65%
	American Indian	73%	*	*	*	*	*
Ethnicity	Hispanic	65%	*	*	*	*	*
	Non-Hispanic	65%	64%	66%	67%	65%	65%
Household Income	Less than $25,000	65%	65%	64%	*	*	*
	$25,000-$49,999	67%	65%	68%	67%	67%	68%
	$50,000+	68%	69%	67%	69%	69%	67%
Education	Less than High School, G.E.D.	66%	*	*	*	*	*
	High School, G.E.D.	67%	66%	70%	68%	67%	64%
	Some Post-High School	65%	62%	66%	67%	66%	65%
	College Graduate	63%	65%	61%	65%	62%	63%
Employment Status	Employed for Wages	66%	64%	65%	68%	66%	66%
	Self-employed	70%	*	*	*	*	*
	Unemployed	65%	*	*	*	*	*
	Homemaker	54%	*	*	*	*	*
	Student	40%	*	*	*	*	*
	Retired	70%	69%	71%	71%	71%	68%
	Unable to Work	72%	*	*	*	*	*
Marital Status	Married/Unmarried Couple	69%	69%	70%	71%	69%	68%
	Divorced/Separated	67%	*	*	*	*	*
	Widowed	62%	*	*	*	*	*
	Never Married	55%	*	*	*	*	*
Home Ownership Status	Own Home	68%	68%	69%	69%	67%	68%
	Rent Home	61%	61%	61%	*	*	*
Children Status	Children in Household (Ages 18-44)	61%	*	*	*	*	*
	No Children in Household (Ages 18-44)	54%	*	*	*	*	*
Phone Status	Landline	67%	66%	68%	70%	67%	66%
	Cell Phone	63%	*	63%	64%	63%	63%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-	-	-	-
	Not Pregnant (Ages 18-44)	50%	*	*	*	*	*
County	Minnehaha	64%	*	*	*	*	*
	Pennington	62%	*	*	*	*	*
	Lincoln	64%	*	*	*	*	*
	Brown	68%	*	*	*	*	*
	Brookings	62%	*	*	*	*	*
	Codington	66%	*	*	*	*	*
	Meade	63%	*	*	*	*	*
	Lawrence	59%	*	*	*	*	*

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015
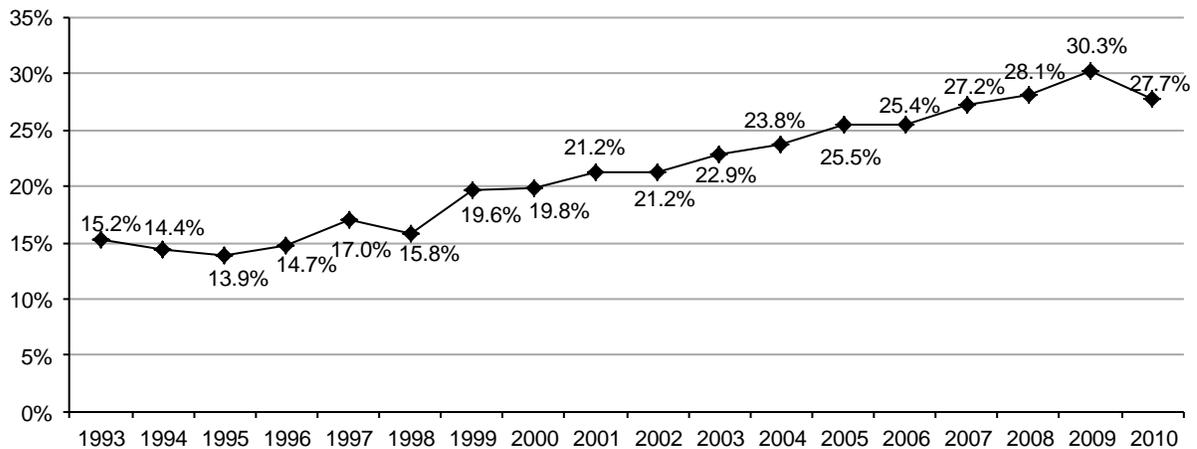
OBESITY, CLASS I-III

Definition: Obesity, Class I-III is defined as having a Body Mass Index (BMI) of 30.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: weight (lb)/height (in) ² x 703.
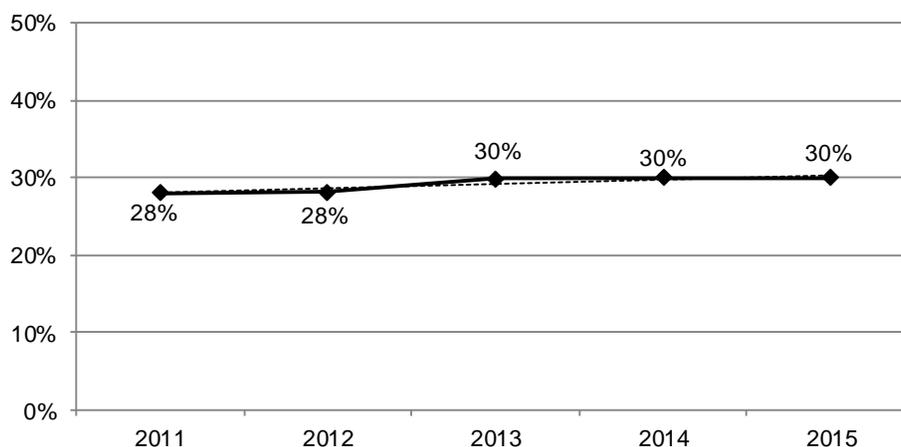
Prevalence of Obesity, Class I-III

o South Dakota 30%
o Nationwide median 30%

Figure 3
Percent of Respondents Who Are Class I-III Obese Based on Body Mass Index, 1993-2010

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1993-2010

Figure 4
Percent of Respondents Who Are Class I-III Obese Based on Body Mass Index, 2011-2015

Note: Beginning in 2011, the CDC began using a different methodology to weight the data; therefore data prior to 2011 cannot be compared to data since 2011.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

		2011-2015	2011	2012	2013	2014	2015
Table 5 **Respondents Who Are Class I-III Obese, 2011-2015**							
Total		**29%**	**28%**	**28%**	**30%**	**30%**	**30%**
Gender	Male	31%	30%	29%	32%	31%	32%
	Female	28%	26%	28%	28%	28%	28%
Age	18-24	16%	*	*	*	*	*
	25-34	27%	*	*	*	*	*
	35-44	34%	*	*	*	*	*
	45-54	34%	*	*	*	*	*
	55-64	36%	35%	34%	*	*	*
	65-74	32%	*	*	*	*	*
	75+	22%	*	*	*	*	*
Race	White	29%	27%	28%	30%	29%	30%
	American Indian	39%	*	*	*	*	*
Ethnicity	Hispanic	30%	*	*	*	*	*
	Non-Hispanic	29%	28%	28%	30%	30%	30%
Household Income	Less than $25,000	33%	33%	32%	*	*	*
	$25,000-$49,999	30%	28%	30%	27%	30%	34%
	$50,000+	29%	27%	27%	31%	31%	30%
Education	Less than High School, G.E.D.	31%	*	*	*	*	*
	High School, G.E.D.	30%	30%	31%	28%	30%	29%
	Some Post-High School	30%	27%	28%	33%	31%	33%
	College Graduate	26%	26%	23%	28%	27%	29%
Employment Status	Employed for Wages	30%	29%	29%	30%	31%	34%
	Self-employed	30%	*	*	*	*	*
	Unemployed	32%	*	*	*	*	*
	Homemaker	22%	*	*	*	*	*
	Student	14%	*	*	*	*	*
	Retired	27%	24%	29%	27%	27%	29%
	Unable to Work	44%	*	*	*	*	*
Marital Status	Married/Unmarried Couple	30%	29%	30%	31%	32%	31%
	Divorced/Separated	32%	*	*	*	*	*
	Widowed	28%	*	*	*	*	*
	Never Married	25%	*	*	*	*	*
Home Ownership Status	Own Home	30%	28%	29%	30%	30%	32%
	Rent Home	30%	31%	28%	*	*	*
Children Status	Children in Household (Ages 18-44)	27%	*	*	*	*	*
	No Children in Household (Ages 18-44)	24%	*	*	*	*	*
Phone Status	Landline	30%	29%	29%	32%	31%	30%
	Cell Phone	28%	*	27%	28%	29%	30%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-	-	-	-
	Not Pregnant (Ages 18-44)	25%	*	*	*	*	*
County	Minnehaha	28%	*	*	*	*	*
	Pennington	28%	*	*	*	*	*
	Lincoln	26%	*	*	*	*	*
	Brown	32%	*	*	*	*	*
	Brookings	26%	*	*	*	*	*
	Codington	28%	*	*	*	*	*
	Meade	28%	*	*	*	*	*
	Lawrence	25%	*	*	*	*	*

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015
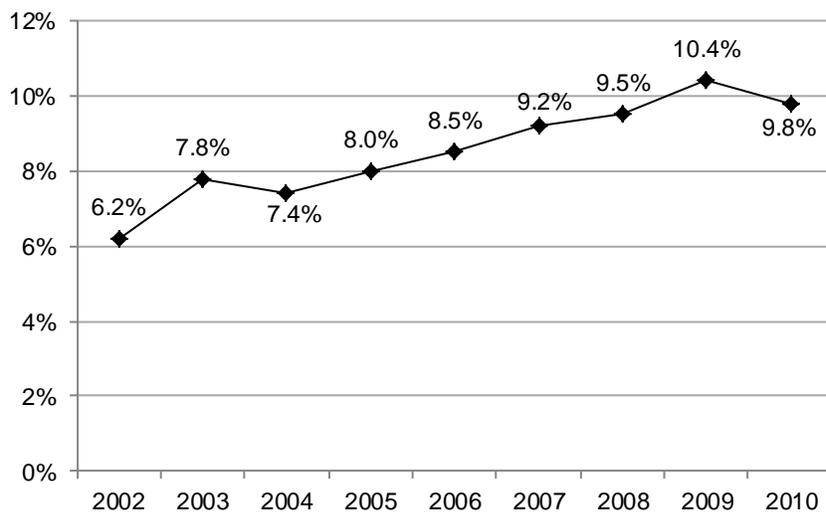
OBESITY, CLASSES **II-III**

Definition: Obesity, Classes II-III is defined as having a Body Mass Index (BMI) of 35.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: weight (lb)/height (in) ² x 703.
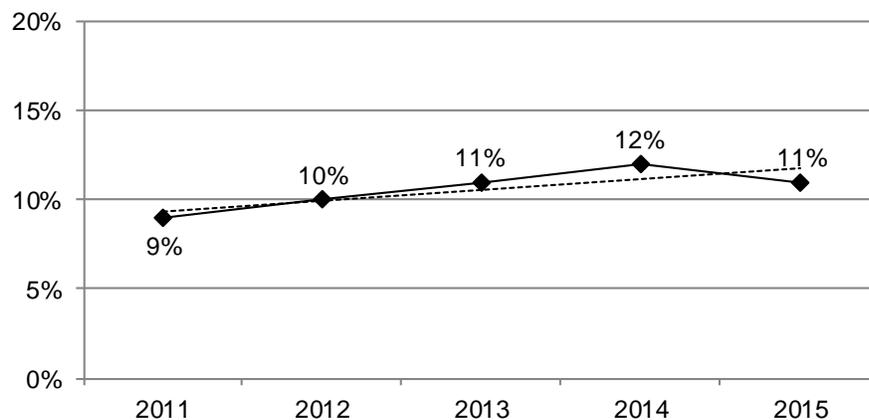
Prevalence of Obesity, Classes II-III

o   South Dakota 11%
o   *There is no nationwide median for obese classes II-III*

Figure 5
Percent of Respondents Who Are Class II-III Obese Based on Body Mass Index, 2002-2010

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2002-2010

Figure 6
Percent of Respondents Who Are Class II-III Obese Based on Body Mass Index, 2011-2015

Note: Beginning in 2011, the CDC began using a different methodology to weight the data; therefore data prior to 2011 cannot be compared to data since 2011.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015

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Table 6
Respondents Who Are Class II-III Obese, 2011-2015

		2011-2015	2011	2012	2013	2014	2015
Total		**11%**	**9%**	**10%**	**11%**	**12%**	**11%**
Gender	Male	10%	9%	10%	11%	11%	10%
	Female	12%	10%	11%	11%	13%	13%
Age	18-24	6%	*	*	*	*	*
	25-34	11%	*	*	*	*	*
	35-44	13%	*	*	*	*	*
	45-54	12%	*	*	*	*	*
	55-64	14%	10%	14%	*	*	*
	65-74	11%	*	*	*	*	*
	75+	6%	*	*	*	*	*
Race	White	10%	9%	10%	11%	12%	11%
	American Indian	15%	*	*	*	*	*
Ethnicity	Hispanic	12%	*	*	*	*	*
	Non-Hispanic	11%	9%	10%	11%	12%	11%
Household Income	Less than $25,000	14%	11%	14%	*	*	*
	$25,000-$49,999	11%	11%	11%	8%	13%	14%
	$50,000+	10%	7%	9%	12%	11%	10%
Education	Less than High School, G.E.D.	11%	*	*	*	*	*
	High School, G.E.D.	11%	10%	11%	10%	12%	11%
	Some Post-High School	12%	9%	10%	13%	13%	12%
	College Graduate	9%	7%	8%	10%	11%	10%
Employment Status	Employed for Wages	11%	9%	10%	11%	14%	13%
	Self-employed	9%	*	*	*	*	*
	Unemployed	15%	*	*	*	*	*
	Homemaker	8%	*	*	*	*	*
	Student	4%	*	*	*	*	*
	Retired	9%	8%	11%	9%	7%	10%
	Unable to Work	23%	*	*	*	*	*
Marital Status	Married/Unmarried Couple	10%	9%	10%	11%	12%	10%
	Divorced/Separated	13%	*	*	*	*	*
	Widowed	10%	*	*	*	*	*
	Never Married	11%	*	*	*	*	*
Home Ownership Status	Own Home	10%	9%	10%	10%	11%	11%
	Rent Home	13%	11%	12%	*	*	*
Children Status	Children in Household (Ages 18-44)	10%	*	*	*	*	*
	No Children in Household (Ages 18-44)	10%	*	*	*	*	*
Phone Status	Landline	11%	9%	10%	12%	12%	12%
	Cell Phone	10%	*	10%	10%	12%	10%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-	-	-	-
	Not Pregnant (Ages 18-44)	12%	*	*	*	*	*
County	Minnehaha	11%	*	*	*	*	*
	Pennington	10%	*	*	*	*	*
	Lincoln	9%	*	*	*	*	*
	Brown	13%	*	*	*	*	*
	Brookings	9%	*	*	*	*	*
	Codington	10%	*	*	*	*	*
	Meade	10%	*	*	*	*	*
	Lawrence	7%	*	*	*	*	*

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2015