

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: $\text{weight (lb)}/\text{height (in)}^2 \times 703$.

Prevalence of Overweight or Obese

- South Dakota 65.7%
- Nationwide median 64.7%

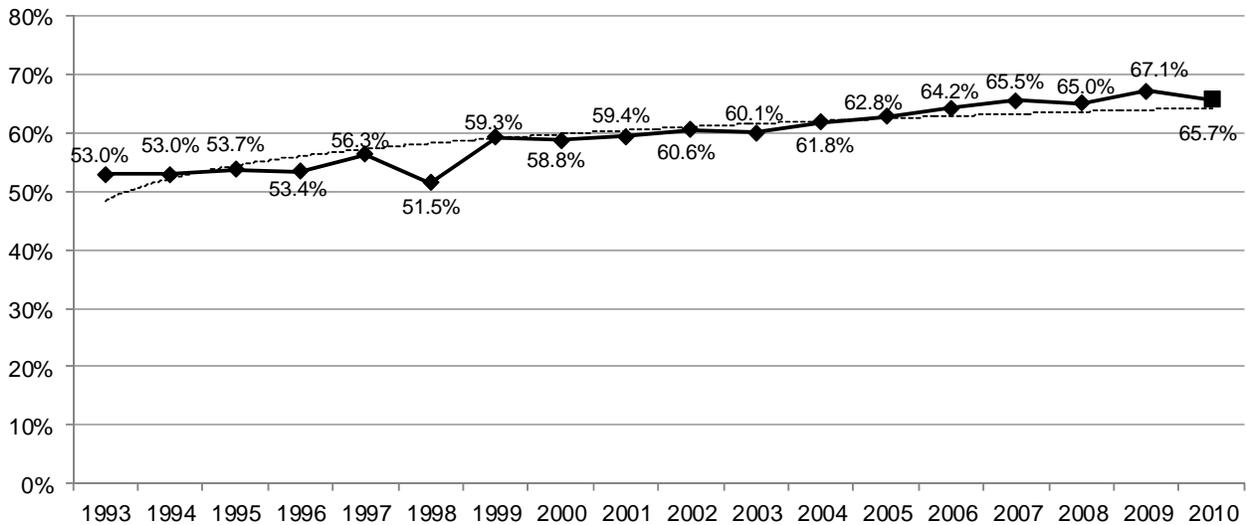
South Dakota Department of Health 2010 Initiative

Reduce the percent of adults who are overweight or obese to 55 percent.

Trend Analysis

Overall, the percent of respondents who are overweight or obese has been increasing since the question was first asked in 1993. From 2009 to 2010 however, there was a decrease in the percent of overweight and obese respondents. South Dakota did not meet the *South Dakota Department of Health 2010 Initiative* goal of 55 percent.

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

**Table 4
Respondents Who Are Overweight or Obese, 2010**

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,401	65.7	(63.8-67.6)	2,627	73.8	(70.8-76.6)	3,774	57.0	(54.5-59.5)
Age									
18-24	203	41.2	(33.0-50.0)	102	41.1	(29.9-53.3)	101	41.4	(29.9-53.9)
25-34	559	66.4	(61.3-71.1)	241	76.5	(69.6-82.2)	318	54.6	(47.5-61.5)
35-44	749	69.6	(65.3-73.6)	306	82.5	(76.3-87.3)	443	55.0	(49.2-60.7)
45-54	1,217	74.4	(71.2-77.3)	540	84.1	(80.0-87.5)	677	63.8	(59.2-68.2)
55-64	1,399	72.5	(69.5-75.3)	612	78.9	(74.7-82.7)	787	65.4	(61.1-69.4)
65-74	1,120	72.9	(69.6-75.9)	465	80.3	(75.6-84.3)	655	65.4	(60.8-69.7)
75+	1,135	57.4	(53.9-60.9)	355	67.3	(61.3-72.8)	780	50.8	(46.6-55.0)
Race									
White	5,401	65.1	(63.0-67.1)	2,233	73.9	(70.7-76.9)	3,168	55.7	(53.0-58.3)
American Indian	765	72.9	(65.9-79.0)	296	75.6	(65.5-83.5)	469	70.3	(60.1-78.8)
Region									
Southeast	1,269	66.4	(62.8-69.8)	525	78.5	(73.0-83.1)	744	53.4	(48.8-58.0)
Northeast	1,366	63.4	(59.3-67.4)	560	72.5	(65.8-78.3)	806	54.5	(49.3-59.6)
Central	1,220	65.0	(60.1-69.6)	501	70.0	(62.5-76.6)	719	59.9	(53.4-66.1)
West	1,282	65.6	(61.6-69.4)	536	70.1	(63.8-75.7)	746	60.4	(55.4-65.3)
American Indian Counties	1,264	73.3	(68.6-77.4)	505	73.0	(65.4-79.5)	759	73.5	(68.2-78.2)
Household Income									
Less than \$15,000	638	62.1	(54.1-69.5)	228	58.0	(45.8-69.3)	410	66.1	(56.0-75.0)
\$15,000-\$19,999	412	67.5	(60.4-73.9)	149	71.6	(59.5-81.3)	263	63.9	(55.5-71.6)
\$20,000-\$24,999	541	60.5	(53.1-67.5)	214	61.6	(50.5-71.7)	327	59.5	(49.5-68.9)
\$25,000-\$34,999	743	68.3	(62.0-74.0)	331	70.1	(60.3-78.4)	412	65.8	(58.3-72.6)
\$35,000-\$49,999	969	72.6	(67.9-76.9)	421	76.5	(68.6-82.8)	548	68.0	(62.4-73.1)
\$50,000-\$74,999	997	70.7	(66.4-74.6)	438	83.6	(77.0-88.5)	559	56.8	(51.1-62.3)
\$75,000+	1,140	66.0	(62.1-69.8)	554	79.9	(74.2-84.5)	586	49.0	(43.7-54.3)
Education									
Less than High School	585	60.3	(52.0-68.1)	269	62.0	(50.6-72.3)	316	57.3	(45.8-68.0)
High School or G.E.D.	2,075	66.5	(62.5-70.3)	887	70.8	(64.4-76.5)	1,188	61.5	(56.7-66.2)
Some Post-High School	1,787	66.5	(62.9-69.9)	684	75.3	(70.0-79.9)	1,103	58.6	(53.8-63.3)
College Graduate	1,951	65.5	(62.6-68.4)	785	79.2	(75.2-82.7)	1,166	51.6	(47.6-55.6)
Marital Status									
Married/Unmarried Couple	3,850	70.0	(68.0-71.9)	1,719	80.4	(77.8-82.8)	2,131	58.6	(55.8-61.4)
Divorced/Separated	821	69.1	(64.5-73.3)	340	76.6	(69.6-82.4)	481	62.0	(56.0-67.6)
Widowed	1,018	57.8	(54.1-61.5)	165	63.2	(53.7-71.8)	853	56.6	(52.5-60.6)
Never Married	708	49.7	(42.9-56.5)	400	51.8	(42.8-60.6)	308	46.2	(36.2-56.6)
Children Status									
Children in Household	1,130	63.0	(58.9-66.9)	440	74.8	(68.8-80.0)	690	51.0	(45.7-56.4)
No Children in Household	380	53.2	(45.4-60.9)	208	54.4	(43.9-64.5)	172	51.0	(39.8-62.2)

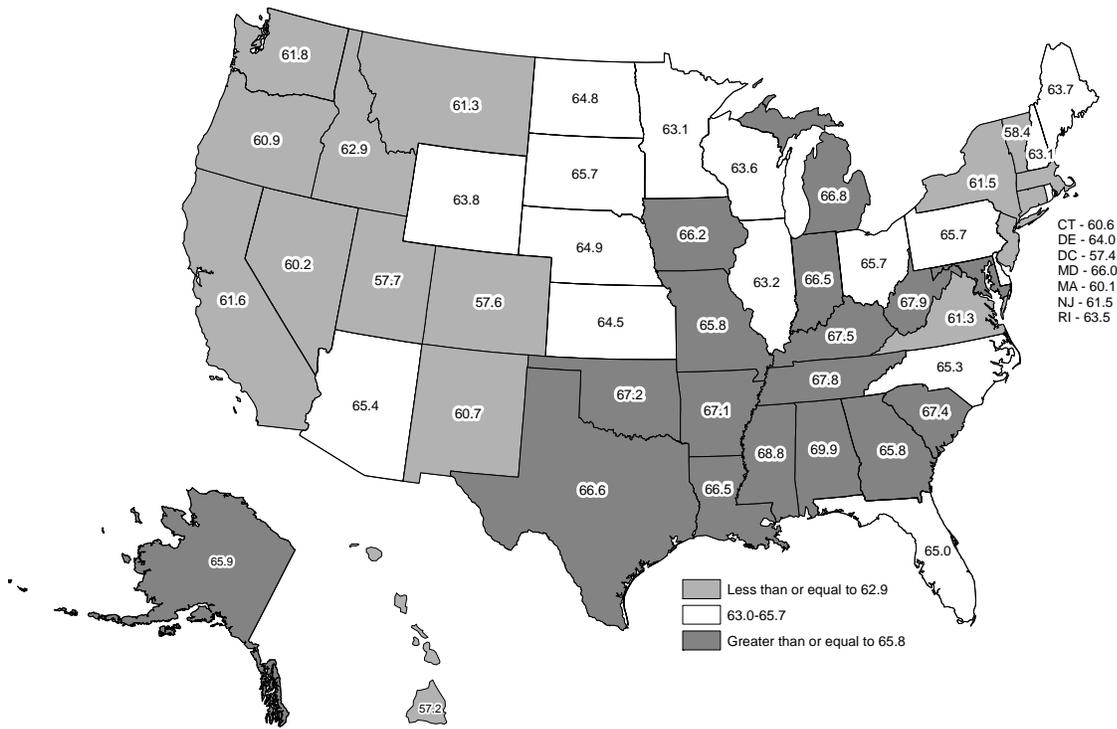
Note: *Results based on sample sizes less than 100 have been suppressed.

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

National Statistics

The national median for respondents who are overweight or obese was 64.7 percent. South Dakota had 65.7 percent of respondents who are overweight or obese. Hawaii had the lowest percent of respondents who are overweight or obese with 57.2 percent, while Alabama had the highest percent with 69.9 percent.

Figure 2
Nationally, Respondents Who Are Overweight or Obese, 2010



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

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: $\text{weight (lb)}/\text{height (in)}^2 \times 703$.

Prevalence of Obesity, Class I-III

- South Dakota 27.7%
- Nationwide median 27.6%

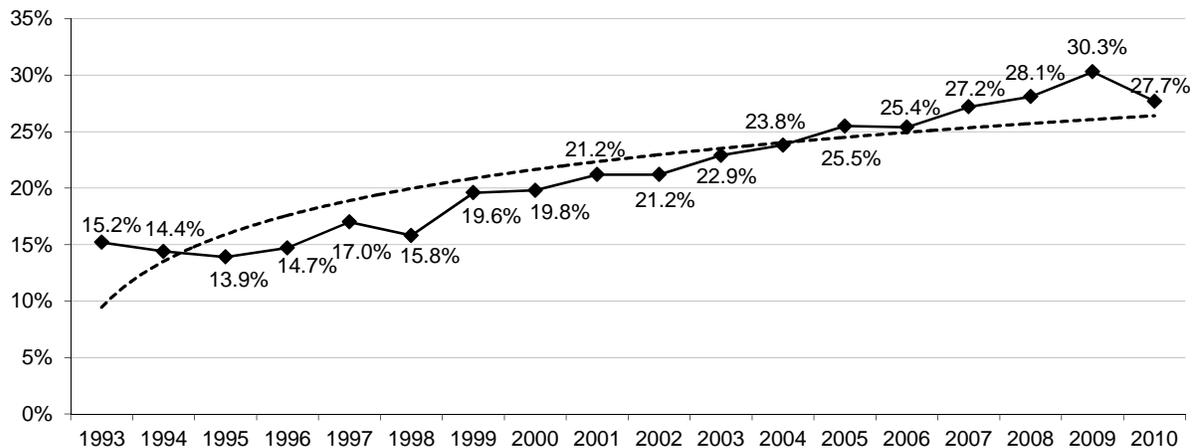
Healthy People 2010 Objective

Reduce the proportion of adults aged 20 years and older who are obese to 15 percent.

Trend Analysis

Overall, the percent of respondents who are obese has been increasing since the question was first asked in 1993. There was an all-time low of 13.9 percent in 1995; however, in 2009 that percent had more than doubled at 30.3 percent. South Dakota did not meet the *Healthy People 2010 Objective* of 15.0 percent.

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

**Table 5
Respondents Who Are Class I-III Obese, 2010**

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,401	27.7	(26.1-29.3)	2,627	30.3	(27.8-32.9)	3,774	24.9	(23.0-27.0)
Age									
18-24	203	17.4	(12.3-24.1)	102	17.5	(10.8-27.0)	101	17.4	(10.5-27.5)
25-34	559	29.3	(24.6-34.4)	241	33.4	(26.4-41.3)	318	24.4	(19.0-30.7)
35-44	749	31.0	(26.9-35.4)	306	36.3	(30.0-43.2)	443	24.9	(20.3-30.1)
45-54	1,217	32.8	(29.5-36.3)	540	35.0	(30.0-40.3)	677	30.5	(26.3-35.0)
55-64	1,399	32.4	(29.5-35.5)	612	34.2	(29.8-38.9)	787	30.4	(26.7-34.5)
65-74	1,120	27.5	(24.5-30.8)	465	28.2	(23.6-33.4)	655	26.8	(23.0-31.0)
75+	1,135	17.1	(14.6-19.9)	355	17.6	(13.5-22.5)	780	16.8	(13.8-20.2)
Race									
White	5,401	26.5	(24.8-28.2)	2,233	29.5	(26.9-32.3)	3,168	23.3	(21.3-25.3)
American Indian	765	43.3	(36.7-50.1)	296	44.0	(34.5-54.0)	469	42.5	(33.8-51.7)
Region									
Southeast	1,269	27.1	(24.2-30.3)	525	33.1	(28.3-38.2)	744	20.7	(17.6-24.3)
Northeast	1,366	28.2	(25.1-31.5)	560	30.4	(25.8-35.3)	806	26.1	(22.0-30.6)
Central	1,220	28.1	(24.4-32.1)	501	29.2	(23.6-35.6)	719	27.0	(22.5-32.0)
West	1,282	25.3	(22.2-28.7)	536	24.8	(20.4-29.8)	746	26.0	(21.9-30.5)
American Indian Counties	1,264	39.5	(34.9-44.4)	505	38.8	(31.5-46.6)	759	40.4	(35.0-46.0)
Household Income									
Less than \$15,000	638	34.3	(28.2-41.0)	228	33.7	(24.4-44.3)	410	35.0	(27.4-43.4)
\$15,000-\$19,999	412	33.8	(27.1-41.3)	149	28.7	(19.4-40.2)	263	38.4	(29.9-47.6)
\$20,000-\$24,999	541	25.2	(20.2-31.0)	214	23.0	(16.2-31.6)	327	27.2	(20.3-35.4)
\$25,000-\$34,999	743	28.1	(23.3-33.6)	331	28.9	(22.1-36.9)	412	27.1	(20.7-34.6)
\$35,000-\$49,999	969	32.4	(28.1-37.0)	421	33.0	(26.6-40.1)	548	31.7	(26.5-37.3)
\$50,000-\$74,999	997	28.8	(25.2-32.7)	438	34.0	(28.3-40.2)	559	23.2	(19.0-27.9)
\$75,000+	1,140	25.0	(21.8-28.4)	554	31.1	(26.3-36.4)	586	17.4	(14.0-21.4)
Education									
Less than High School	585	28.4	(22.8-34.7)	269	26.8	(19.5-35.5)	316	31.2	(23.6-40.0)
High School or G.E.D.	2,075	29.9	(26.8-33.1)	887	31.0	(26.5-36.0)	1,188	28.5	(24.6-32.8)
Some Post-High School	1,787	27.3	(24.4-30.4)	684	29.7	(25.1-34.8)	1,103	25.2	(21.7-29.0)
College Graduate	1,951	25.8	(23.2-28.6)	785	31.0	(26.8-35.5)	1,166	20.5	(17.6-23.7)
Marital Status									
Married/Unmarried Couple	3,850	28.5	(26.6-30.5)	1,719	31.7	(28.8-34.6)	2,131	25.1	(22.7-27.5)
Divorced/Separated	821	33.4	(28.6-38.6)	340	38.4	(30.5-47.0)	481	28.7	(23.5-34.5)
Widowed	1,018	21.1	(18.3-24.3)	165	19.7	(13.6-27.6)	853	21.5	(18.3-25.0)
Never Married	708	24.4	(19.8-29.6)	400	24.1	(18.2-31.1)	308	24.9	(18.1-33.1)
Children Status									
Children in Household	1,130	27.6	(24.2-31.3)	440	33.0	(27.7-38.8)	690	22.1	(18.3-26.6)
No Children in Household	380	23.4	(18.4-29.3)	208	23.0	(16.6-30.9)	172	24.2	(16.9-33.4)

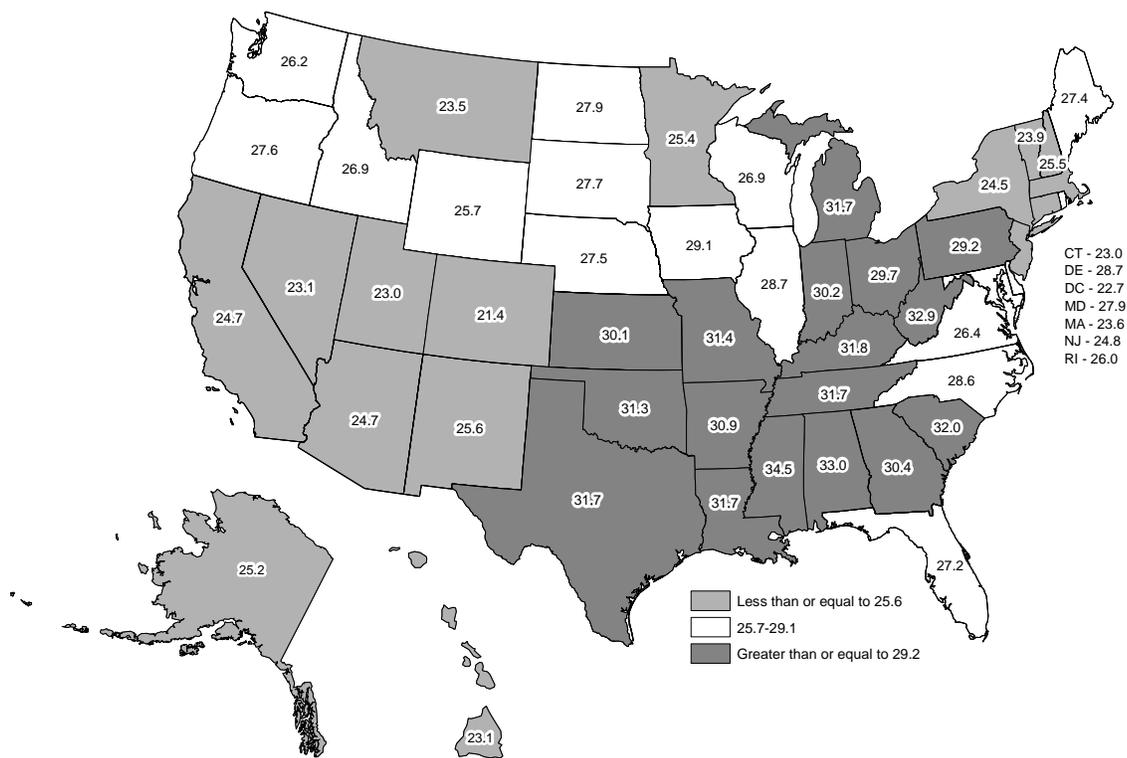
Note: *Results based on sample sizes less than 100 have been suppressed.

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

National Statistics

The national median for respondents who are obese was 27.6 percent. South Dakota had 27.7 percent of respondents who are obese. Colorado had the lowest percent of respondents who are obese with 21.4 percent, while Mississippi had the highest percent with 34.5 percent.

Figure 4
Nationally, Respondents Who Are Class I-III Obese, 2010



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

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

- South Dakota 9.8%
- There is no nationwide median for Obesity classes II-III

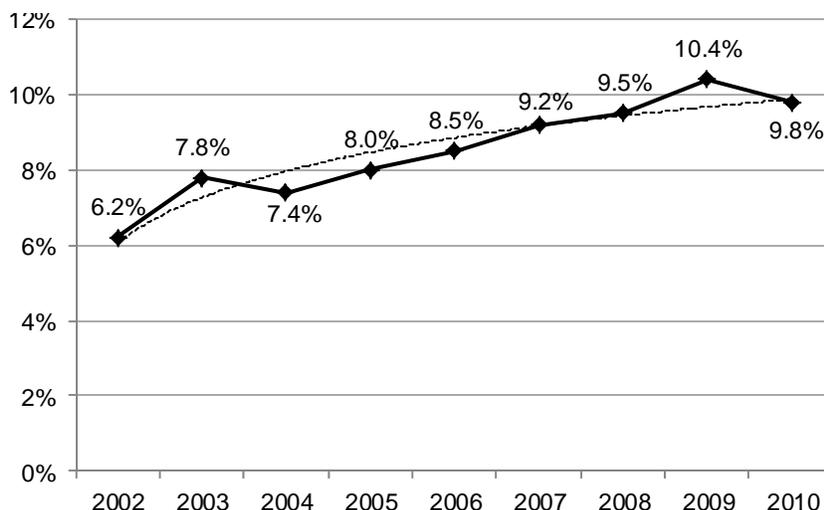
Healthy People 2010 Objective

There is no stated Healthy People 2010 Objectives for Obesity, Classes II-III.

Trend Analysis

The percent of respondents who are Class II-III obese has been steadily increasing from a low of 6.2 percent in 2002 to a high of 10.4 percent in 2009. In 2010, this dropped slightly to 9.8 percent.

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

**Table 6
Respondents Who Are Class II-III Obese, 2010**

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,401	9.8	(8.7-10.9)	2,627	10.5	(9.0-12.4)	3,774	8.9	(7.7-10.2)
Age									
18-24	203	5.4	(3.0-9.3)	102	6.4	(3.1-13.0)	101	4.0	(1.6-9.6)
25-34	559	10.9	(7.9-15.0)	241	11.2	(6.9-17.6)	318	10.6	(6.9-16.0)
35-44	749	11.0	(8.4-14.3)	306	11.8	(7.9-17.3)	443	10.1	(7.2-14.0)
45-54	1,217	12.7	(10.4-15.5)	540	15.2	(11.4-19.9)	677	10.0	(7.6-13.2)
55-64	1,399	11.4	(9.5-13.6)	612	11.2	(8.6-14.5)	787	11.5	(9.0-14.7)
65-74	1,120	9.4	(7.6-11.8)	465	9.7	(6.8-13.5)	655	9.2	(7.0-12.1)
75+	1,135	3.9	(2.8-5.5)	355	2.5	(1.2-5.2)	780	4.9	(3.3-7.2)
Race									
White	5,401	8.9	(7.9-10.0)	2,233	9.5	(8.0-11.4)	3,168	8.1	(7.0-9.4)
American Indian	765	20.6	(15.3-27.2)	296	20.3	(13.1-30.1)	469	20.9	(13.7-30.6)
Region									
Southeast	1,269	8.9	(7.1-11.1)	525	10.7	(7.8-14.5)	744	7.0	(5.2-9.4)
Northeast	1,366	10.5	(8.7-12.8)	560	12.6	(9.5-16.5)	806	8.5	(6.5-10.9)
Central	1,220	10.1	(7.5-13.5)	501	12.4	(8.2-18.3)	719	7.7	(5.2-11.4)
West	1,282	8.9	(7.0-11.1)	536	6.9	(4.8-10.0)	746	11.1	(8.2-14.8)
American Indian Counties	1,264	15.7	(12.5-19.5)	505	13.8	(9.3-20.1)	759	17.7	(13.7-22.6)
Household Income									
Less than \$15,000	638	16.5	(12.3-21.7)	228	15.0	(9.1-23.6)	410	18.0	(12.6-25.0)
\$15,000-\$19,999	412	15.7	(11.1-21.8)	149	17.1	(9.9-27.8)	263	14.5	(9.2-22.1)
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\$75,000+	1,140	8.5	(6.5-11.0)	554	12.2	(9.0-16.5)	586	3.8	(2.4-6.0)
Education									
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College Graduate	1,951	8.4	(6.8-10.4)	785	10.0	(7.3-13.5)	1,166	6.8	(5.1-8.9)
Marital Status									
Married/Unmarried Couple	3,850	9.2	(8.0-10.5)	1,719	10.4	(8.6-12.5)	2,131	7.9	(6.5-9.6)
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Never Married	708	10.7	(8.0-14.2)	400	9.9	(6.4-14.9)	308	12.2	(8.4-17.4)
Children Status									
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Note: *Results based on sample sizes less than 100 have been suppressed.

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