



Spokane Regional Health District · www.srhd.org



# Spokane Counts 2015

A summary of 59 selected public health indicators

## Obesity (Adult)

Health Status



Indicator: Obesity (Adults)

**Definition:** Percent of adults with a Body Mass Index (BMI) of 30 or higher. BMI is based on height and weight and is calculated as:  $BMI = (\text{weight in pounds} / \text{height in inches}) \times 703$ .

**Why this is important:** Obesity increases the risk of respiratory problems and chronic health conditions, such as hypertension and diabetes.

**Where we are:** In 2013 in Spokane County, 31.1% of adults were obese. The proportion of obese adults was stable from 2011 to 2013. Spokane County had a proportion of obese adults similar to that of Washington state and the United States in 2013.

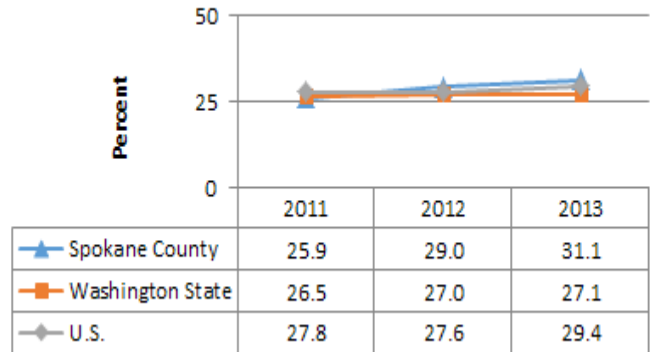
### Health Disparities:

Among adults in Spokane County in 2013:

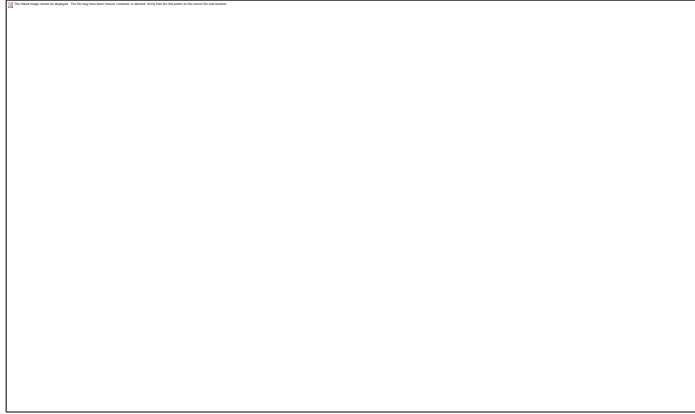
There was no difference in obesity by age group, race, education level, income, or between males and females.

**Additional Information:** One-third of adults in Spokane County in 2013 were overweight. Similar proportions of adults were overweight, obese, and not overweight.

Adult Obesity Over Time



(click to enlarge)



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	Data Source	BRFSS, 2013
Geography	Spokane County	31.1% (26.6-36.1)
	Washington state	27.1% (26.3-31.0)
	United States	29.4%
	Trend	11-13 No Trend
Age	Adults	
	18-34 yrs	26.5% (17.0-38.8)
	35-44 yrs	34.4% (22.3-49.0)
	45-64 yrs	35.9% (29.1-43.2)
	65+ yrs	26.0% (19.4-33.8)
Sex	Male	32.3% (25.6-39.8)
	Female	29.9% (24.0-36.6)
Race		2011-2013
	White	28.4% (25.4-31.6)
	Non-white	23.9% (13.5-38.7)
Education	< High school	*
	High school	33.5% (24.6-43.9)
	Some college	31.9% (24.3-40.5)
	College graduate	27.0% (21.0-34.1)
Income	<\$25,000	40.4% (30.0-51.8)
	\$25,000-\$49,999	25.7% (18.1-35.0)
	\$50,000+	32.5% (25.5-40.4)

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\*=suppressed due to small numbers

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**Data Source:** Washington State Department of Health, Center for Health Statistics, Behavioral Risk Factor Surveillance System, supported in part by Centers for Disease Control and Prevention, Cooperative Agreement U58/SO000047-1 through 3 (2011-2013). Calculations and presentation of data by Spokane Regional Health District, Data Center.

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Demographics

Indicator Overview

Executive Summary

Performance Measures