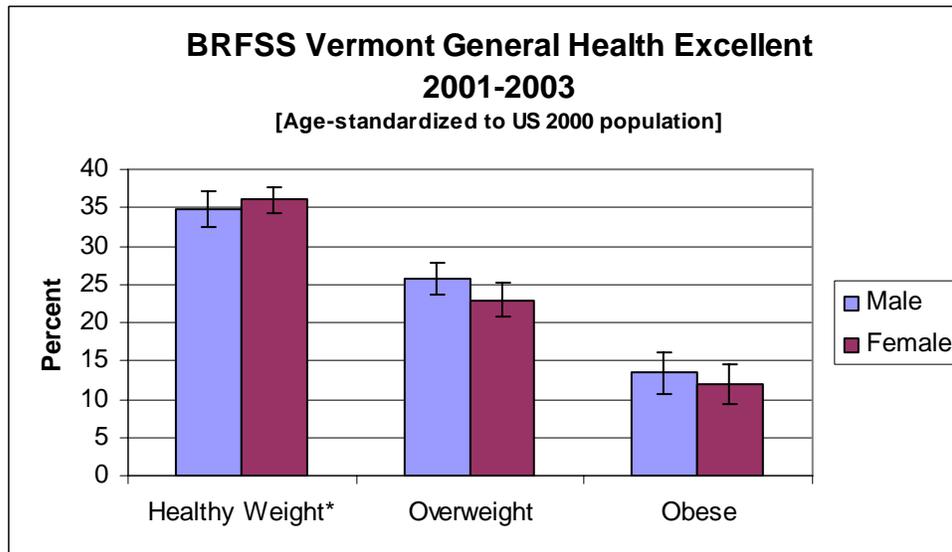


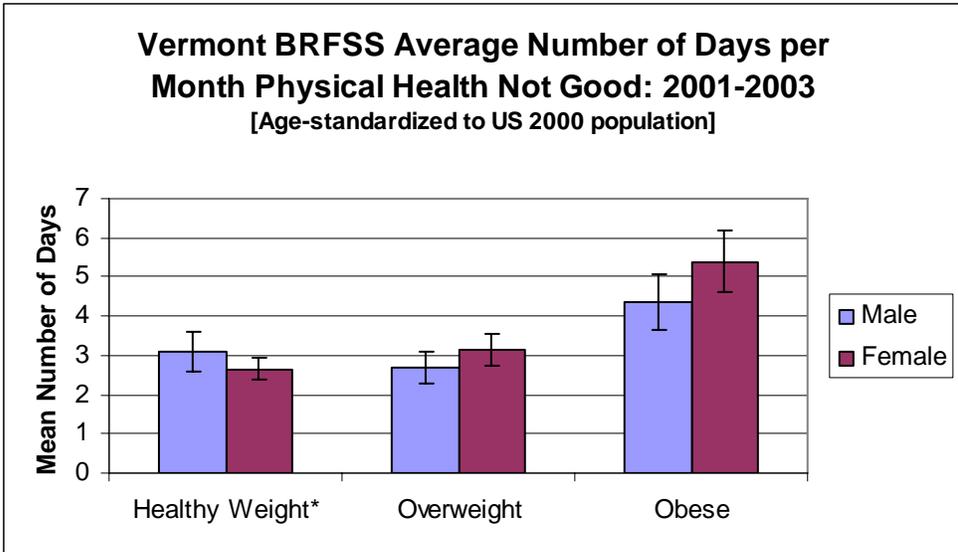
## Overweight and Obesity and Health Status



\* Healthy Weight category includes all individuals with BMI below 25, underweight individuals are included in this category.

Figure 24

- Both males and females of healthy weight reported their general health as excellent significantly more often than those who were either overweight or obese.
- As BMI increased, fewer men and women reported their health status as excellent.
- The prevalence of excellent health status increased with healthy body weight over both overweight and obese adults of either sex.



\* Healthy Weight category includes all individuals with BMI below 25, underweight individuals are included in this category.

Figure 25

- Adult Vermont males and females who are obese reported a higher mean number of days per month when their physical health is not good (4.4 days for men, 5.4 days for women) than adult males who are overweight (2.7 days and 3.1 days respectively) or healthy weight (3.1 days and 2.7 days respectively).

## BMI and Chronic Conditions

According to the 2003 Vermont Behavioral Risk Factor Surveillance Survey (BRFSS), 55 percent or approximately 260,000 adult Vermonter age 18 years and older have a chronic disease or condition. (18) Overweight and obesity have been linked to many chronic conditions.

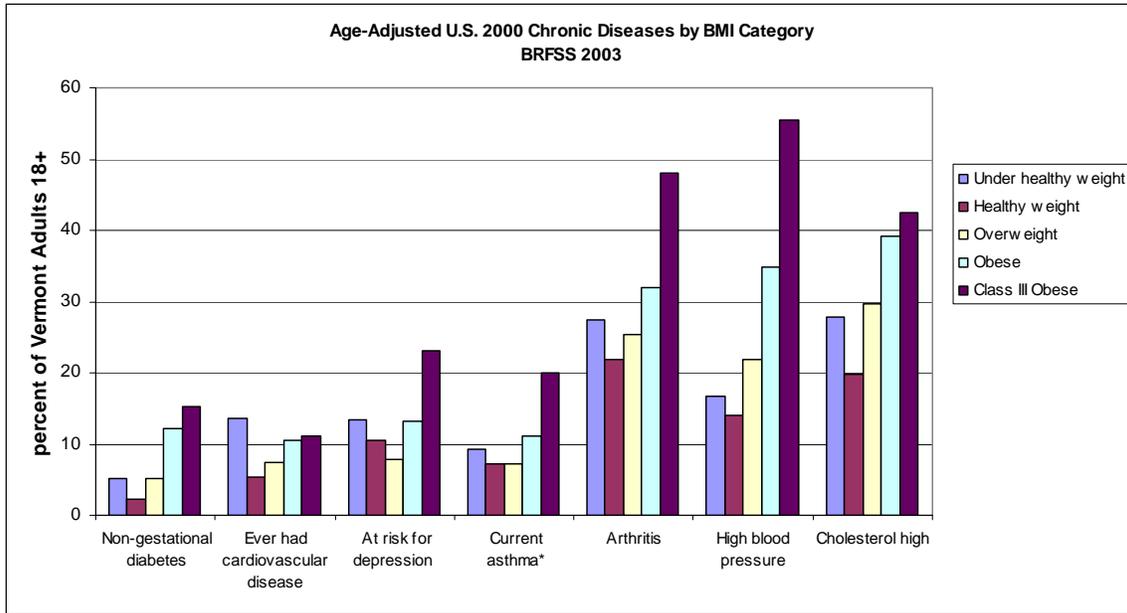


Figure 26

(Source: BMI\_03Draft Publication Graph rec'd from C. Dawson 02/15/05)

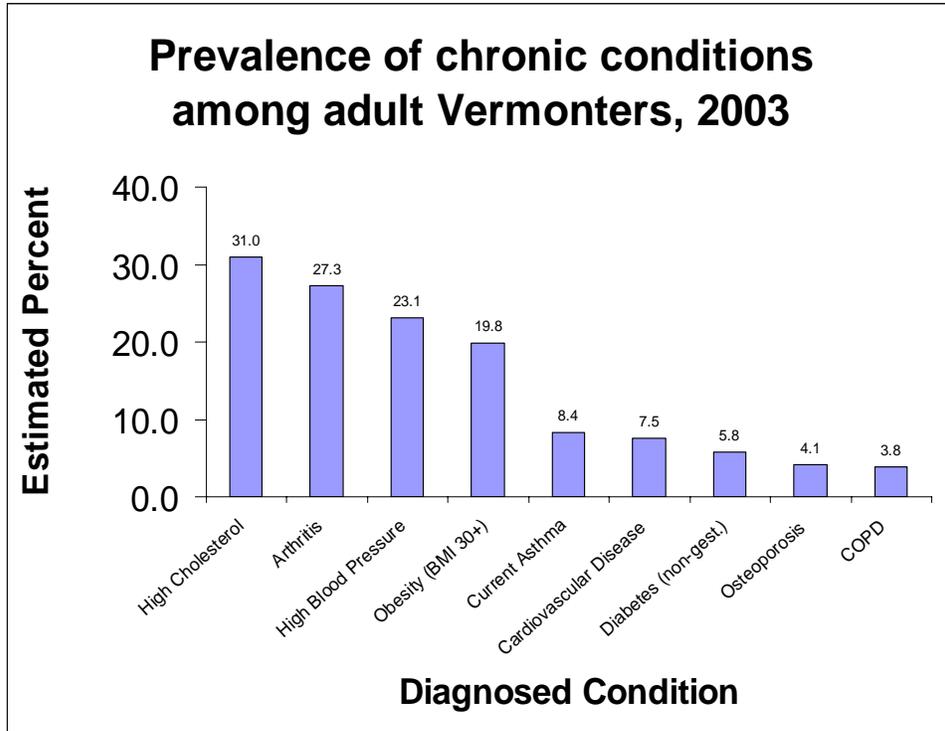
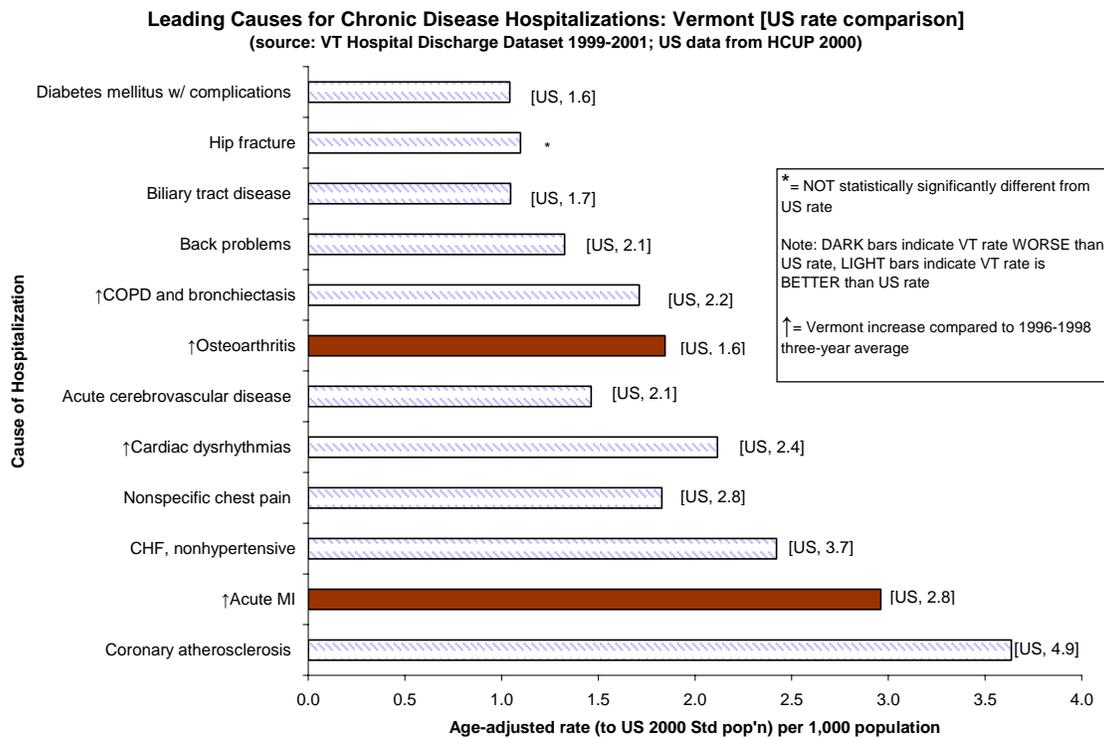


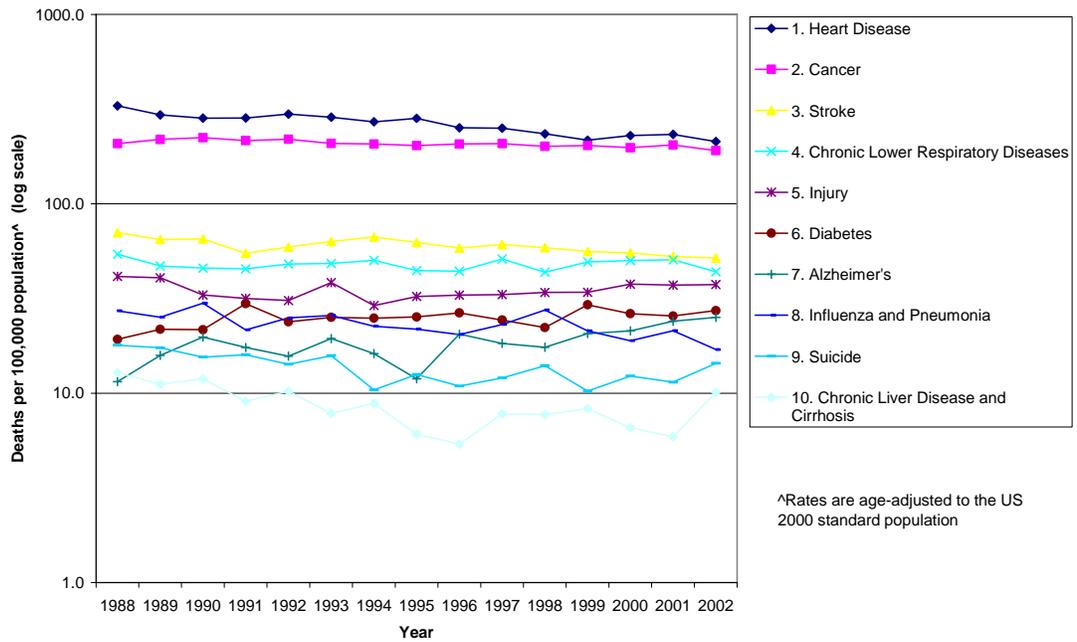
Figure 27



(Source: Vermont Department of Health, *Disease Control Bulletin*, December 2004)

Figure 28

Leading Causes of Death, Vermont Residents, 1988-2002

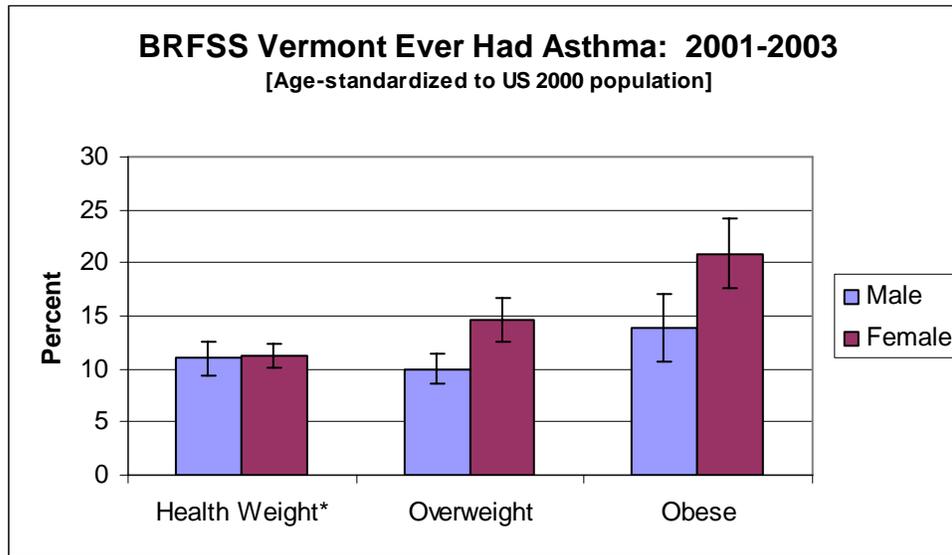


(Source: Vermont Department of Health, *Disease Control Bulletin*, December 2004)

Figure 29

- Overweight and obesity cause premature death. (14)
- Obese individuals have a 50% to 100% greater risk of premature death from all causes compared to healthy weight individuals. (14)
- Overweight and obesity are associated with many chronic condition including heart disease, stroke, diabetes and some cancers.
- Other causes of death may also be influenced by overweight and obesity.

## BMI and Asthma

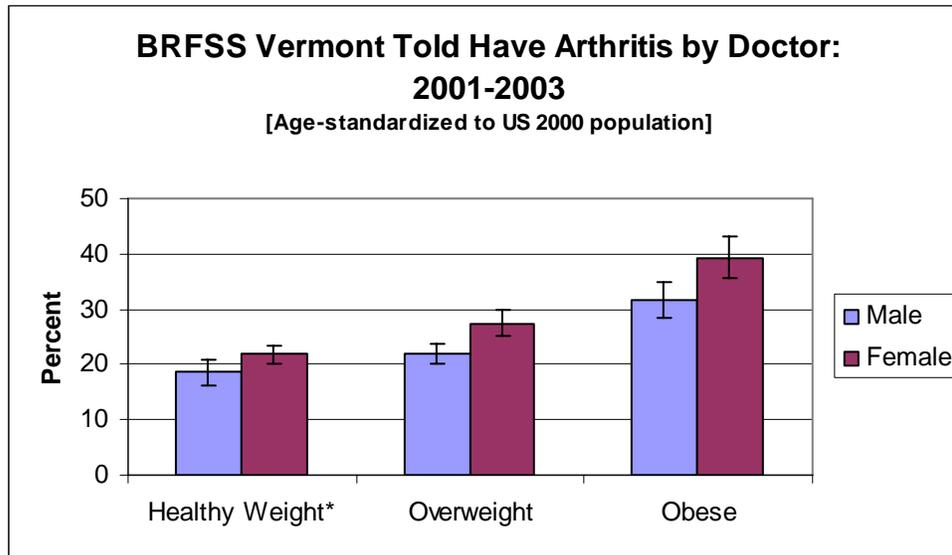


\* Healthy Weight category includes all individuals with BMI below 25, underweight individuals are included in this category.

Figure 30

- A higher prevalence of obese Vermont adult females reported ever having asthma than females who were not overweight or obese.
- No significant differences were seen for males.

## BMI and Arthritis

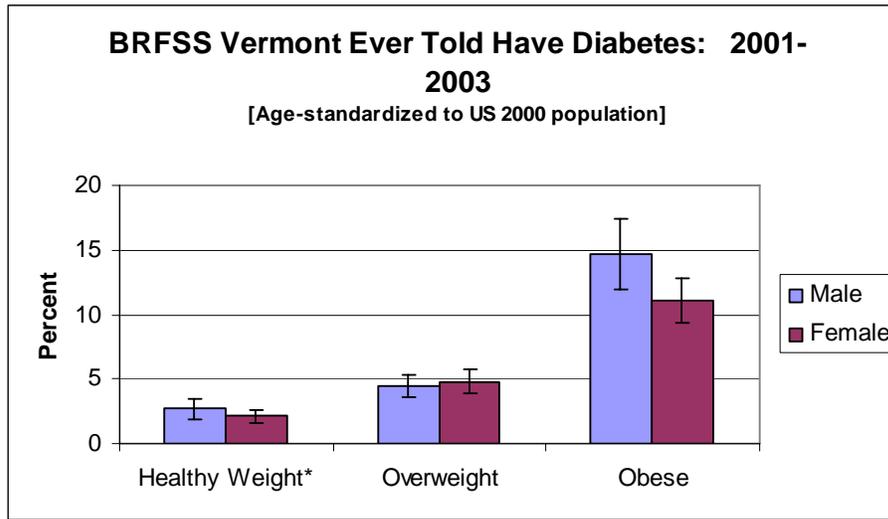


\* Healthy Weight category includes all individuals with BMI below 25, underweight individuals are included in this category.

Figure 31

- A higher prevalence of obese males and females reported having arthritis than those who of healthy weight.
- A higher prevalence of obese males and females reported having arthritis than those who were overweight.

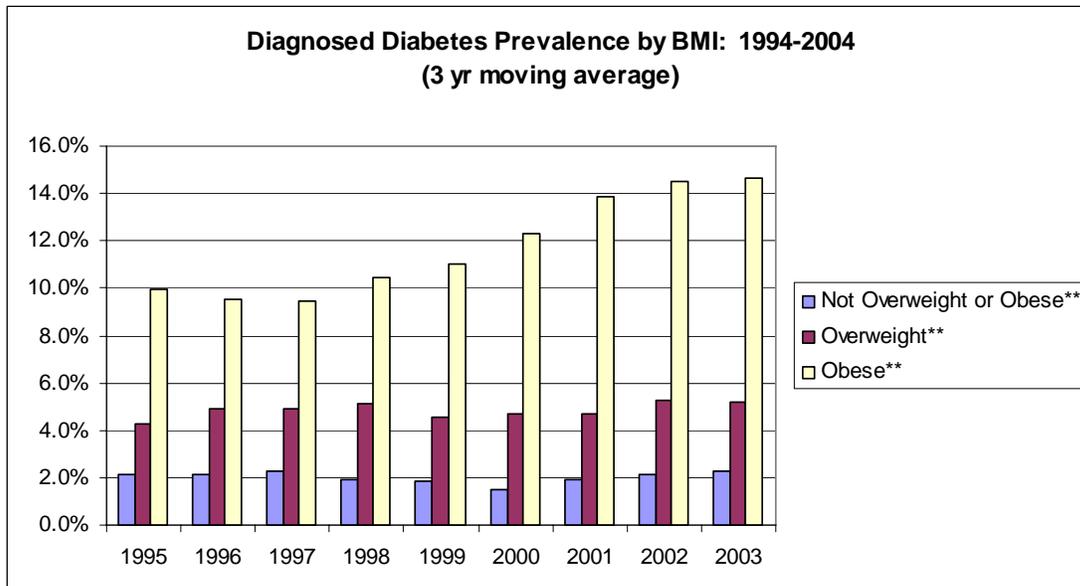
## BMI and Diabetes



\* Healthy Weight category includes all individuals with BMI below 25, underweight individuals are included in this category.

Figure 32

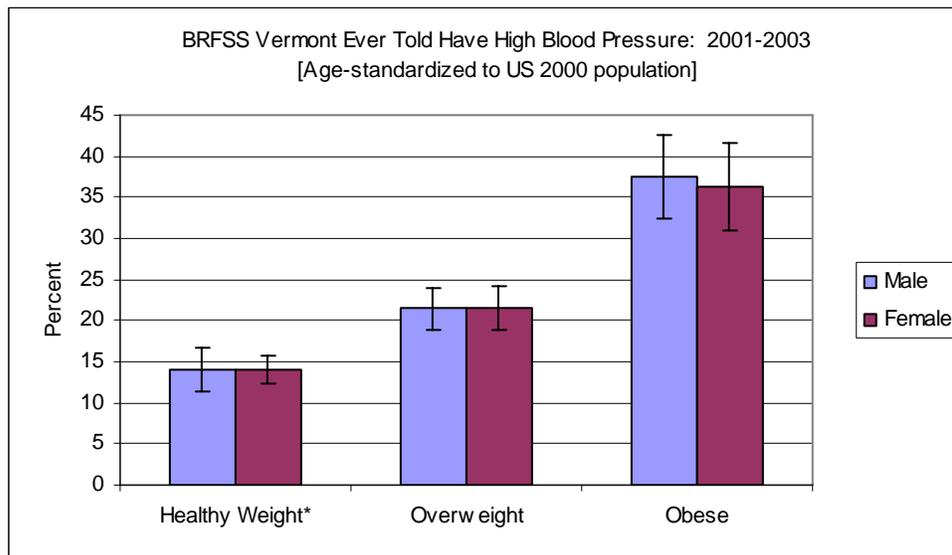
- Figure 32 shows the relationship between weight categories and diabetes.
- Both males and females who were obese were more likely to report diabetes than those who were overweight or those who were healthy weight.
- The total prevalence of diabetes among people aged 20 years or older in the United States in 2002 was 8.7 percent. ([http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2003.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2003.pdf))



(Source: Jason Roberts 04/27/05) \*\*Overweight BMI = 26-29.9, Obese  $\geq$  30. Rates are crude rates.

Figure 33

## BMI and High Blood Pressure

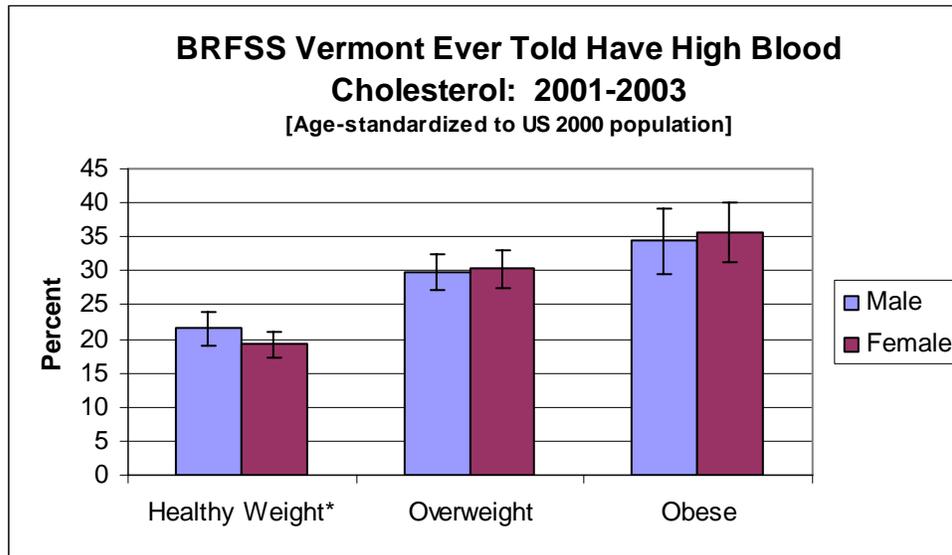


\* Healthy Weight category includes all individuals with BMI below 25, underweight individuals are included in this category.

Figure 34

- Both overweight and obese adult Vermonters of either sex were more likely to report high blood pressure than those who were not overweight or obese.
- The prevalence of high blood pressure increases with increasing BMI category in both sexes.

## BMI and High Blood Cholesterol



\* Healthy Weight category includes all individuals with BMI below 25, underweight individuals are included in this category.

Figure 35

- Obese and overweight Vermont adults have a higher prevalence of high cholesterol than healthy weight individuals.
- Over 65 percent of overweight or obese adult Vermonters have ever been told they have high blood cholesterol compared to 20 percent of healthy weight Vermonters.