

BRFSS Weight Status Summary 2011 Data

Arizona Department of Health Services
Bureau of Nutrition and Physical Activity
Research and Development

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Weight Status in Arizona

Findings from the 2011 Behavior Risk Factor Surveillance Survey (BRFSS)*

Overall Obesity Rates

- 62.3% of adults in Arizona are either overweight (37.2%) or obese (25.1%).
- Only 2.6% of adults in Arizona are underweight.

Weight Status and Demographics

- Adults with household incomes below 185% of the Federal Poverty Level are more likely to be obese (31.1%) compared to those who earn more than 185% of the Federal Poverty Level (20.9% obese).
- Those with less than a 12th grade education are more likely to be obese (36.2%) than those who graduated high school (25.2%), attended college or technical school (25.9%) or graduated from college or technical school (17.4%).
- Students are less likely to be overweight (24.9%) or obese (13.2%) than other Arizonans.
- Adults between the ages of 35 and 64 are more likely to be obese (28.2%) than those between the ages of 18 and 34 (21.6% obese) and those 65 years and older (22.6% obese).

Fruit and Vegetable Intake and Obesity

- People who eat fruit at least once per day and vegetables at least once per day are less likely to be obese.
 - 21.4% of those who ate fruit at least once per day are obese compared to 30.8% of people who did not eat fruit at least once per day
 - 23.5% of those who ate vegetables at least one time per day are obese compared to 30.4% of people who do not eat vegetables even once per day

Physical Activity and Obesity

- People who get the recommended amounts of aerobic and strength physical activity are less likely to be obese.
 - Only 19.4% of those who met the aerobic recommendation are obese compared to 30.6% of those who did not meet the aerobic recommendation
 - Only 15.9% of those who met the strength recommendation are obese compared to 29.2% of those who did not meet the strength recommendation

* The BRFSS is a telephone health survey system, tracking health conditions and risk behaviors in the United States yearly since 1984

Arizona BRFSS 2011[†]

Weight Status

	Obese	Overweight	Normal Weight	Underweight	
	%	%	%	%	n
Total	25.1	37.2	35.1	2.6	6150
Federal Poverty Levels					
Above 185%	20.9	37.5	39.6	2.1	3178
0-185% or on Food Assistance	31.1	36.2	29.5	3.2	2482
Education					
Less than 12 th grade	36.2	33.7	26.9	3.2	536
Graduated High School	25.2	36.4	35.0	3.4	1655
Attended College or Technical School	25.9	39.1	32.8	2.3	1912
Graduated from College or Technical School	17.4	37.5	43.3	1.8	2050
Race/Ethnicity					
White non-Hispanic	21.2	35.9	40.0	2.9	4513
Black non-Hispanic	26.8	46.3	25.8	1.1	103
Asian non-Hispanic	13.0	26.3	54.1	6.7	64
Native Hawaiian/PI non-Hispanic	14.6	18.4	67.0	-	12
American Indian/Alaskan Native non-Hispanic	34.2	39.3	24.7	1.9	270
Other Race non-Hispanic	30.1	27.4	38.3	4.3	124
Hispanic	33.8	40.3	24.2	1.8	996
Employment Status					
Employed for wages	22.7	41.2	35.0	1.1	1898
Self-Employed	21.3	48.5	26.9	3.2	445
Out of work (>=1 yr)	39.7	32.2	21.2	6.9	225
Out of work (< 1 yr)	30.7	26.2	35.0	8.0	185
Homemaker	27.8	23.9	47.3	1.0	529
Student	13.2	24.9	53.5	8.4	144
Retired	21.3	41.2	35.5	2.1	2280
Unable to work	50.0	23.5	22.6	3.9	442
Language					
English	24.5	36.5	36.9	2.7	5793
Spanish	32.8	45.3	21.5	1.3	371
Age Group					
18-34	21.6	31.3	42.2	4.9	725
35-64	28.2	39.9	30.7	1.2	2964
65+	22.6	39.8	35.1	2.5	2475
Urban/Rural[‡]					
Rural	28.1	36.8	32.6	2.5	3800
Urban	24.1	37.3	35.9	2.6	2364

[†] Do not compare 2011 BRFSS data to previous years. Questions asked and weighting scheme changed. 2011 will be baseline data moving forward

[‡] Urban = Maricopa and Pima Counties; Rural = all other counties