

# BRFSS Weight Status Summary 2012 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 2012 Behavior Risk Factor Surveillance Survey (BRFSS)\***

#### **Overall Obesity Rates**

- 62.0% of adults in Arizona are either overweight (36.0%) or obese (26.0%)
- Only 2.3% of adults in Arizona are underweight

#### **Weight Status and Demographics**

- Adults who have someone in their household getting food assistance (WIC, SNAP, and/or Free and Reduced Lunch) are more likely to be obese (37.5%) compared to those who do not have anyone in their household getting food assistance (23.3%)
- Adults with a higher level of education are less likely to be obese than adults with a lower level of education; this trend is a gradient that decreases with increasing levels of education without exception:
  - Those with less than a 12<sup>th</sup> grade education are more likely to be obese (32.3%) than those who graduated high school (26.9%), attended college or technical school (25.3%) or graduated from college or technical school (22.3%)
- Students are less likely to be overweight (22.4%) or obese (16.2%) when compared to Arizonans classified as having another type of employment status. Students are also more likely to be underweight (10.2%) or of normal weight (51.2%) when compared to Arizonans classified as having another type of employment status
- Adults between the ages of 35 and 64 are more likely to be obese (28.9%) than those between the ages of 18 and 34 (23.6%) and those 65 years and older (22.5%)
- Adults between the ages of 18-34 are more likely to be of normal weight (42.4%) than those in the 35-64 (30.8%) and 65+ (37.3%) age ranges

#### **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:
  - 24.6% of those who ate fruit at least once per day are obese compared to 30.3% of people who did not eat fruit at least once per day
  - 25.6% of those who ate vegetables at least one time per day are obese compared to 31.7% 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 22.6% of those who met the aerobic recommendation are obese compared to 31.6% of those who did not meet the aerobic recommendation
  - Only 20.5% of those who met the strength recommendation are obese compared to 27.3% of those who did not meet the strength recommendation

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

# Arizona BRFSS 2012<sup>†</sup>

## Weight Status

	Obese	Overweight	Normal Weight	Underweight	
	%	%	%	%	n
<b>Total</b>	<b>26.0</b>	<b>36.0</b>	<b>35.6</b>	<b>2.3</b>	<b>6951</b>
<b>Food Assistance</b>					
No one in household getting food assistance	23.3	36.3	38.2	2.2	5971
Someone in household getting food assistance	37.5	35.0	24.6	2.9	980
<b>Education</b>					
Less than 12 <sup>th</sup> grade	32.3	38.0	26.4	3.3	588
Graduated High School	26.9	35.6	35.4	2.2	1793
Attended College or Technical School	25.3	35.4	36.6	2.6	2201
Graduated from College or Technical School	22.3	36.4	39.9	1.4	2350
<b>Race/Ethnicity</b>					
White non-Hispanic	23.1	35.2	38.9	2.8	5108
Black non-Hispanic	35.4	34.4	28.7	1.5	120
Asian non-Hispanic	4.3	29.0	62.3	4.4	74
Native Hawaiian/PI non-Hispanic	11.6	49.4	29.6	9.5	20
American Indian/Alaskan Native non-Hispanic	45.8	29.4	24.8	0.1	289
Other Race non-Hispanic	30.1	30.7	37.7	1.5	160
Hispanic	30.9	40.0	27.7	1.4	1050
<b>Employment Status</b>					
Employed for wages	25.5	36.6	36.3	1.6	2300
Self-Employed	22.3	40.1	35.6	2.0	520
Out of work (>=1 yr)	36.6	29.2	32.2	2.0	236
Out of work (< 1 yr)	29.8	43.2	26.1	1.0	190
Homemaker	31.6	31.3	34.6	2.4	537
Student	16.2	22.4	51.2	10.2	160
Retired	23.1	38.8	36.3	1.8	2490
Unable to work	36.9	34.3	27.2	1.6	480
<b>Language</b>					
English	25.9	35.0	36.7	2.5	6606
Spanish	27.9	49.3	22.4	0.4	343
<b>Age Group</b>					
18-34	23.6	29.6	42.4	4.4	940
35-64	28.9	39.2	30.8	1.1	3195
65+	22.5	38.0	37.3	2.1	2816
<b>Urban/Rural<sup>‡</sup></b>					
Rural	29.1	36.8	32.0	2.1	3997
Urban	24.9	35.7	36.9	2.4	2954

<sup>†</sup> Do not compare 2011 and 2012 BRFSS data to previous years. Questions asked and weighting scheme changed. 2011 will be baseline data moving forward

<sup>‡</sup> Urban = Maricopa and Pima Counties; Rural = all other counties