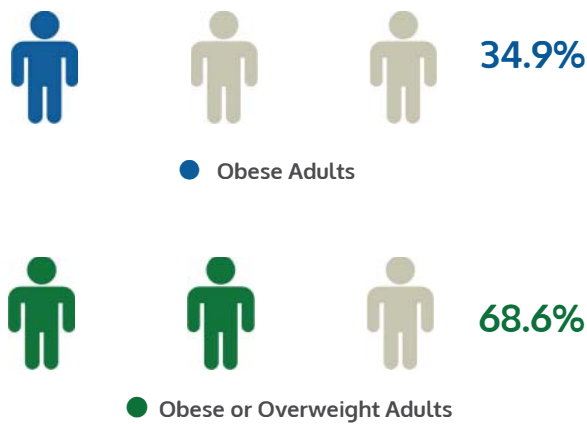




Weight Status Profile and Health Impacts

Obesity is a major risk factor for several of today's most serious health conditions and chronic diseases. Good nutrition, regular physical activity, and a healthy body weight can help decrease a person's risk of developing conditions such as high blood pressure, high cholesterol, diabetes, cardiovascular and kidney disease. Healthy behaviors are also critical to managing existing health conditions so they do not worsen over time.

Figure 1. Adult Obesity In America

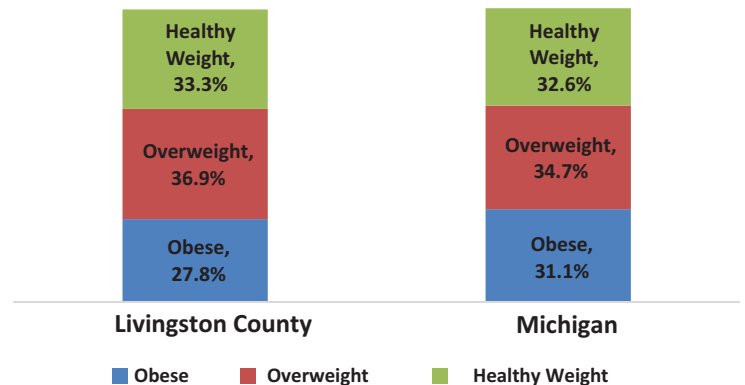


Many individuals do not meet the recommended levels of a healthy diet and physical activity to maintain proper health. Statewide, fewer than 1 in 3 adults eat the recommended amount of vegetables each day. Furthermore, a majority of adults (approximately 82%) do not get the recommended amount of physical activity. As a result of these behaviors, the nation has experienced a dramatic increase in obesity. Today, approximately 1 in 3 adults (34.9%) are obese and 2 in 3 adults (68.6%) are overweight or obese. Obesity-related conditions include heart disease, stroke and diabetes; all of which are among the leading causes of death.

Weight Status

Obesity has become a nationwide epidemic with many long term, devastating consequences*. An estimated 27% of Livingston County adults (40,525 residents) qualify as obese. Another regional survey, reporting on combined averages from 2012-2014, found that 37% of Livingston County residents are overweight, 28% of residents are obese and 33% of residents are at a healthy weight. While weight status in Livingston County did not vary significantly from Michigan rates, the percentage of overweight and obesity remains very high overall and contributes to higher rates of diabetes and cardiovascular diseases.

Figure 2. Obese and Overweight Weight Status, 2012-2014



*Obesity is defined as a Body Mass Index (BMI) greater than or equal to 30.0



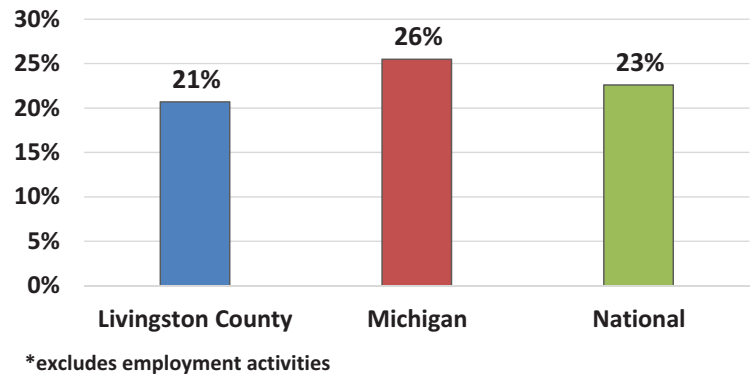


Weight Status Profile and Health Impacts

Physical Activity

Moderate to higher levels of regular physical activity increases cardiovascular health, helps to maintain weight status, and lowers the risk of premature mortality rates for both older and younger adults. Regular physical activity is associated with a decreased risk of developing conditions such as diabetes and high blood pressure. An estimated 21% of Livingston County adults (30,728 residents) reported not having participated in any physical activity or exercise in the past month. Comparatively, this rate is slightly better than Michigan (26%) and national (23%) estimates. The prevalence of no leisure time physical activity or exercise decreased as household income increased among Livingston County adults.

Figure 3. No Reported Exercise or Physical Activity, 2014



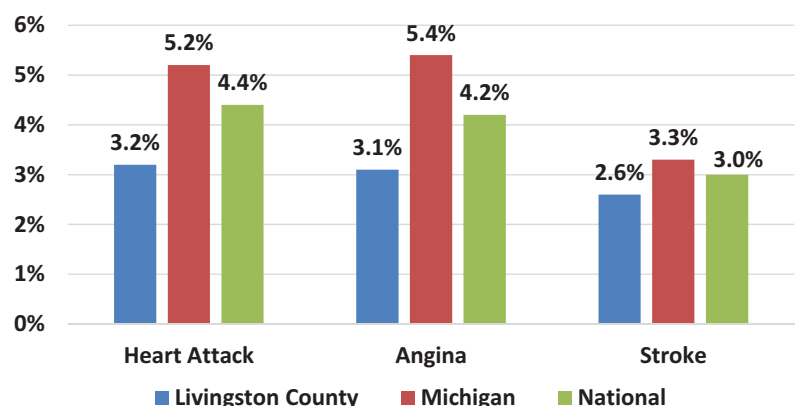
High Blood Pressure

Uncontrolled high blood pressure can lead to life-threatening conditions such as heart disease and stroke, two of the leading causes of death for Americans. Lifestyle choices, such as physical inactivity and an unhealthy diet, can make you gain weight and lead to high blood pressure. In 2013, approximately 35% of Michigan residents had high blood pressure. This rate is slightly higher than the national average of 31%.

Cardiovascular Diseases

Cardiovascular disease is one of the leading causes of death and hospitalizations in both Michigan and the United States. The cardiovascular disease umbrella includes heart attack, angina (chest pain) and stroke. The probability of being diagnosed with heart disease can be decreased through healthy behaviors, such as diet and exercise. Livingston County adults reported a slightly lower prevalence of heart disease when compared to Michigan as a whole. Approximately 9% of Livingston County adults have one of the three forms of cardiovascular disease, which is slightly less than the estimated 14% of Michigan adults. The prevalence of reported heart attacks, angina, and strokes among Livingston County adults increased with age.

Figure 4. Cardiovascular Disease Prevalence, 2014





Weight Status Profile and Health Impacts

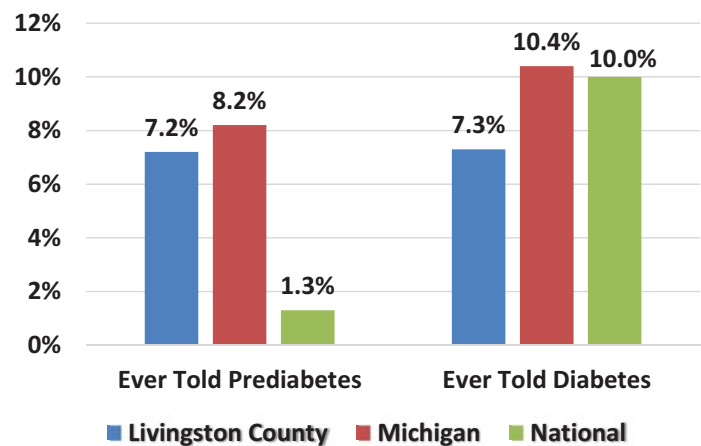
High Cholesterol

High cholesterol can cause many cardiovascular conditions, including heart attack, angina, or stroke. Diets high in saturated fats, trans fat, and cholesterol have been linked to high cholesterol and can increase your risk of related conditions. Excess body fat is also a risk factor linked to higher cholesterol levels. Nearly 1 in 3 Americans have high levels of LDL cholesterol (the “bad” kind) and about 1 in 5 individuals have low levels of HDL cholesterol (the “good” kind). In 2013, nearly 41% of Michigan residents had high cholesterol. This rate is slightly higher than the national average of 38%.

Diabetes

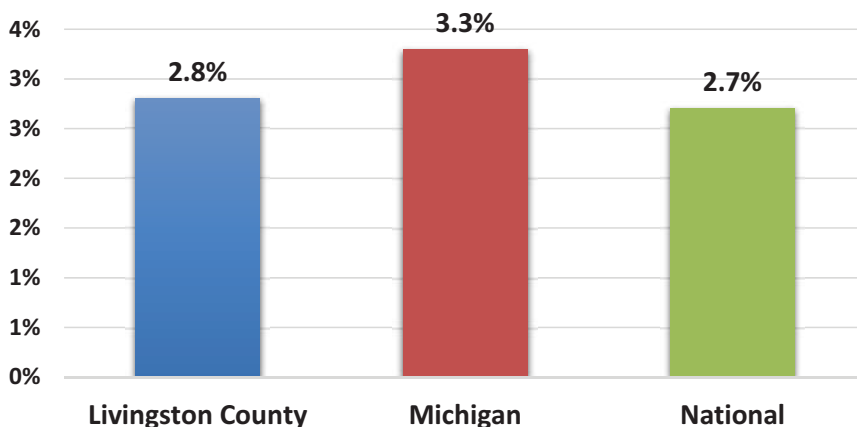
The disease burden and global prevalence of diabetes is increasing at alarming rates. In 2014, 10.1% of adults in the United States reported being told they have diabetes. Diabetes increases the risk of heart disease and stroke, and is among the leading causes of kidney failure. While the causes are complex, the increase in morbidity is largely due to rapid increases in obesity, physical inactivity and aging. A healthy diet, regular physical activity, and maintaining a normal body weight can prevent or delay the onset of type 2 diabetes. Seven percent of Livingston County adults reported having diabetes, with an additional 7% having prediabetes. This is comparable to the State of Michigan rates of diabetes and prediabetes, at 8% and 10%, respectively. Both the prevalence of diabetes and prediabetes increased with age among Livingston County adults.

Figure 5. Diabetes Prevalence, 2014



Kidney Disease

Figure 6. Kidney Disease Prevalence, 2014



More than 10% of adults (more than 20 million people) in the United States have Chronic Kidney Disease (CKD). Adults with diabetes or high blood pressure have a higher risk of developing CKD than those without these diseases. Other risk factors for CKD include cardiovascular disease, obesity, and high cholesterol. While CKD is more common among women, men with CKD are 50% more likely to have their CKD turn into kidney failure. Nearly 3% of Livingston adults (4,156 residents) have been diagnosed with CKD. This rate is comparable to Michigan and the United States, which were both estimated at 3% as well.





Weight Status Profile and Health Impacts

Hospitalization and Mortality Rates

According to the National Institutes of Health, obesity and overweight together are the second leading cause of preventable death in the United States, right behind tobacco use. Obese adults have higher hospitalization rates, and therefore, consume more healthcare resources and have higher overall costs. Cardiovascular disease continues to be the leading cause of death and hospitalizations at a local, state, and national level. Livingston County tends to have lower hospitalization and mortality rates than Michigan and national levels among the selected conditions represented here. However, the prevalence of obesity and its associated outcomes continue to increase.

Figure 7. Hospitalization Rates per 10,000 Residents, 2013

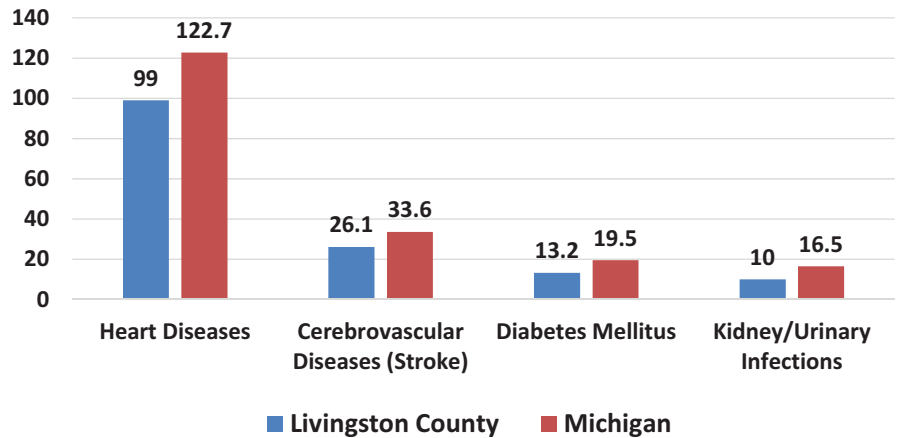
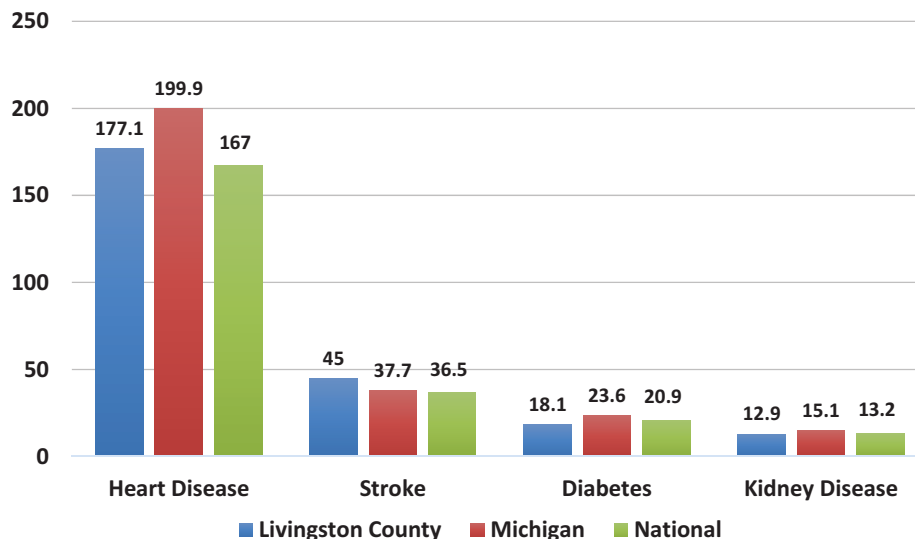


Figure 8. Mortality Rates per 10,000 Residents, 2013



If you would like more information or to leave feedback, please visit: <https://www.surveymonkey.com/r/LivHealthFeedback>

Sources: Michigan Behavioral Risk Factor Survey, 2012-2014, 2014, Livingston County Behavioral Risk Factor Survey, 2014, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, U.S. Department of Health and Human Services, Healthy People 2020

Provided By: Livingston County Department of Public Health
Prepared By: Center for Population Health, Southeastern Michigan Health Association

