Overweight and Obese

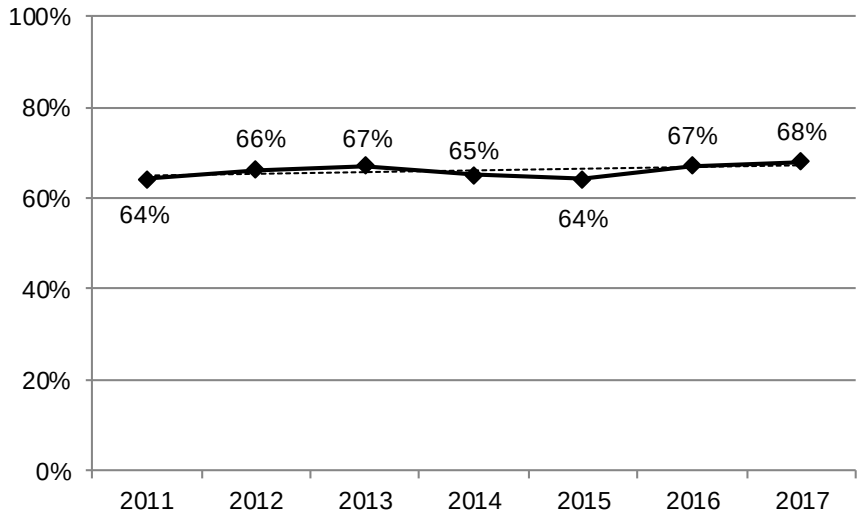
OVERWEIGHT OR OBESE

Definition: Overweight or obese is defined as having a Body Mass Index (BMI) of 25.0 or above. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds, divided by their height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: weight (lb)/height (in) ² x 703.

Prevalence of Overweight or Obese

- South Dakota 68%
- Nationwide median 67%

Figure 1
Percentage of South Dakotans Who Are Overweight or Obese Based on Body Mass Index, 2011-2017



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2017

Table 4 South Dakotans Who Are Overweight or Obese, 2013-2017				
			95% Confidence Interval	
		2013-2017	Low	High
Gender	Male	73%	71.7%	74.3%
	Female	59%	57.6%	60.3%
Age	18-29	48%	45.8%	51.1%
	30-39	67%	64.3%	69.4%
	40-49	72%	69.3%	74.0%
	50-59	74%	72.2%	75.8%
	60-69	76%	73.8%	77.2%
	70-79	71%	68.3%	72.9%
	80+	59%	56.2%	62.7%
Race	White	66%	65.2%	67.2%
	American Indian	73%	69.3%	76.2%
Ethnicity	Hispanic	68%	59.5%	76.1%
	Non-Hispanic	66%	65.2%	67.1%
Household Income	Less than $35,000	66%	64.3%	68.0%
	$35,000-$74,999	70%	68.0%	71.2%
	$75,000+	68%	65.8%	69.3%
Education	Less than High School, G.E.D.	66%	61.8%	69.4%
	High School, G.E.D.	67%	65.7%	69.1%
	Some Post-High School	66%	64.6%	68.0%
	College Graduate	65%	63.3%	66.3%
Employment Status	Employed for Wages	67%	66.0%	68.7%
	Self-employed	69%	66.8%	71.9%
	Unemployed	64%	58.2%	69.0%
	Homemaker	56%	51.1%	60.3%
	Student	35%	30.4%	40.6%
	Retired	70%	68.3%	71.6%
	Unable to Work	76%	72.3%	79.7%
Marital Status	Married/Unmarried Couple	70%	69.2%	71.4%
	Divorced/Separated	69%	66.6%	71.6%
	Widowed	64%	60.9%	66.4%
	Never Married	54%	51.7%	56.7%
Home Ownership Status	Own Home	69%	68.0%	70.1%
	Rent Home	61%	59.2%	63.7%
Children Status	Children in Household (Ages 18-44)	62%	60.0%	64.2%
	No Children in Household (Ages 18-44)	55%	52.1%	57.6%
Phone Status	Landline	68%	66.9%	69.6%
	Cell Phone	65%	63.8%	66.4%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	53%	50.4%	55.3%
County	Minnehaha	64%	60.9%	66.1%
	Pennington	64%	60.8%	66.3%
	Lincoln	64%	59.9%	68.1%
	Brown	71%	67.7%	75.0%
	Brookings	63%	57.6%	67.7%
	Codington	65%	60.3%	68.9%
	Meade	64%	59.3%	68.9%
	Lawrence	61%	56.9%	64.0%

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013-2017

Demographics

Gender	Males exhibit a significantly higher prevalence of being overweight than females.
Age	The prevalence of being overweight increases as age increases with a peak in the 60s including a significant increase as the 30s are reached. After that, the prevalence of being overweight decreases as age increases with significant decreases as the 70s and 80s are reached.
Race	American Indians demonstrate a significantly higher prevalence of being overweight than whites.
Ethnicity	There seems to be no Hispanic difference regarding the prevalence of being overweight.
Household Income	There seems to be no household income difference regarding the prevalence of being overweight.
Education	There seems to be no education level difference regarding the prevalence of being overweight.
Employment	Those who are unable to work demonstrate a very high prevalence of being overweight, while those who are students show a very low prevalence.
Marital Status	Those who are married or divorced exhibit a very high prevalence of being overweight, while those who have never been married show a very low prevalence.
Home Ownership	Those who own their home show a significantly higher prevalence of being overweight than those who rent their home.
Children Status	Those adults with children in the household demonstrate a significantly higher prevalence of being overweight than those with no children.
Phone Status	Those with a landline phone exhibit a significantly higher prevalence of being overweight than those with a cell phone.
County	Brown county demonstrates a very high prevalence of being overweight, while Minnehaha, Pennington, and Lawrence counties show a very low prevalence.

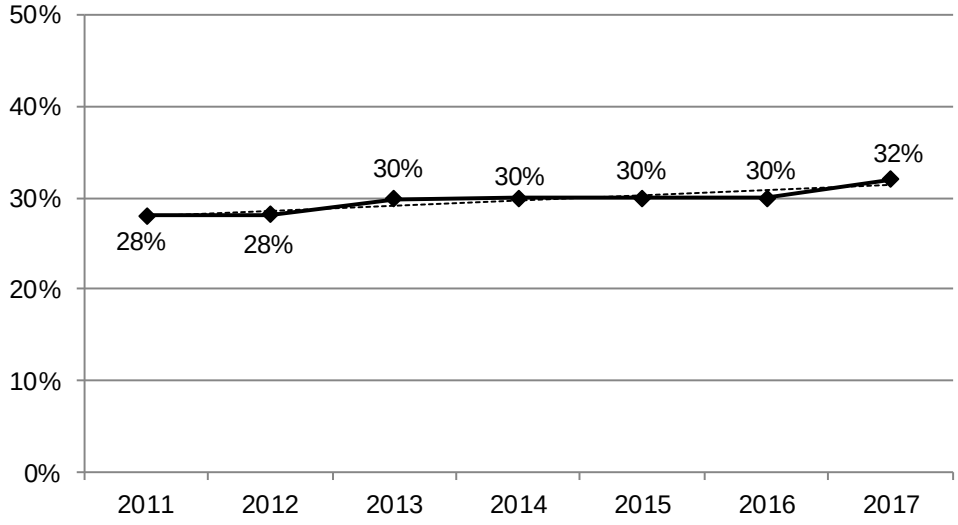
OBESITY, CLASS I-III

Definition: Obesity, Class I-III is defined as having a Body Mass Index (BMI) of 30.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: weight (lb)/height (in) ² x 703.

Prevalence of Obesity, Class I-III

- South Dakota 32%
- Nationwide median 31%

Figure 2
Percentage of South Dakotans Who Are Class I-III Obese Based on Body Mass Index, 2011-2017



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2017

Table 5 South Dakotans Who Are Class I-III Obese, 2013-2017				
			95% Confidence Interval	
		2013-2017	Low	High
Gender	Male	32%	31.1%	33.7%
	Female	28%	26.9%	29.3%
Age	18-29	20%	18.1%	22.3%
	30-39	32%	29.2%	34.0%
	40-49	36%	33.3%	38.4%
	50-59	37%	34.7%	38.7%
	60-69	36%	34.0%	37.9%
	70-79	29%	26.9%	31.3%
	80+	18%	15.7%	20.7%
Race	White	30%	28.9%	30.7%
	American Indian	40%	36.9%	43.9%
Ethnicity	Hispanic	32%	24.3%	40.4%
	Non-Hispanic	30%	29.4%	31.2%
Household Income	Less than $35,000	32%	30.6%	34.0%
	$35,000-$74,999	32%	30.0%	33.2%
	$75,000+	30%	28.0%	31.5%
Education	Less than High School, G.E.D.	32%	28.5%	35.5%
	High School, G.E.D.	30%	28.6%	31.8%
	Some Post-High School	32%	30.1%	33.3%
	College Graduate	28%	26.6%	29.4%
Employment Status	Employed for Wages	32%	30.3%	32.9%
	Self-employed	31%	28.2%	33.4%
	Unemployed	31%	26.2%	35.9%
	Homemaker	23%	19.5%	26.8%
	Student	14%	11.1%	18.1%
	Retired	28%	26.6%	29.8%
	Unable to Work	48%	43.4%	51.7%
Marital Status	Married/Unmarried Couple	32%	30.9%	33.2%
	Divorced/Separated	33%	30.8%	35.8%
	Widowed	27%	24.3%	29.3%
	Never Married	25%	23.2%	27.1%
Home Ownership Status	Own Home	31%	30.1%	32.1%
	Rent Home	29%	27.4%	31.3%
Children Status	Children in Household (Ages 18-44)	28%	26.3%	30.2%
	No Children in Household (Ages 18-44)	25%	22.8%	27.3%
Phone Status	Landline	31%	29.9%	32.5%
	Cell Phone	30%	28.6%	31.0%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	26%	24.1%	28.4%
County	Minnehaha	29%	26.4%	31.0%
	Pennington	28%	25.8%	31.0%
	Lincoln	28%	24.2%	31.8%
	Brown	32%	28.7%	36.1%
	Brookings	25%	21.3%	29.3%
	Codington	30%	26.3%	33.8%
	Meade	28%	23.9%	31.6%
	Lawrence	25%	22.2%	27.8%

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013-2017

Demographics

Gender	Males exhibit a significantly higher prevalence obesity than females.
Age	The prevalence of obesity increases as age increases with a peak in the 50s including a significant increase as the 30s are reached. After that, the prevalence of obesity decreases as age increases with significant decreases as the 70s and 80s are reached.
Race	American Indians demonstrate a significantly higher prevalence of obesity than whites.
Ethnicity	There seems to be no Hispanic difference regarding the prevalence of obesity.
Household Income	There seems to be no household income difference regarding the prevalence of obesity.
Education	There seems to be no education level difference regarding the prevalence of obesity.
Employment	Those who are unable to work demonstrate a very high prevalence of obesity, while those who are a student show a very low prevalence.
Marital Status	Those who are married or divorced exhibit a very high prevalence of obesity, while those who are widowed or have never been married show a very low prevalence.
Home Ownership	The prevalence of obesity does not seem to change based on home ownership.
Children Status	The prevalence of the adults being obese does not seem to change based on the presence of children in the household.
Phone Status	The prevalence of obesity does not seem to change based on phone status.
County	Brown county demonstrates a very high prevalence of obesity, while Lawrence county shows a very low prevalence.

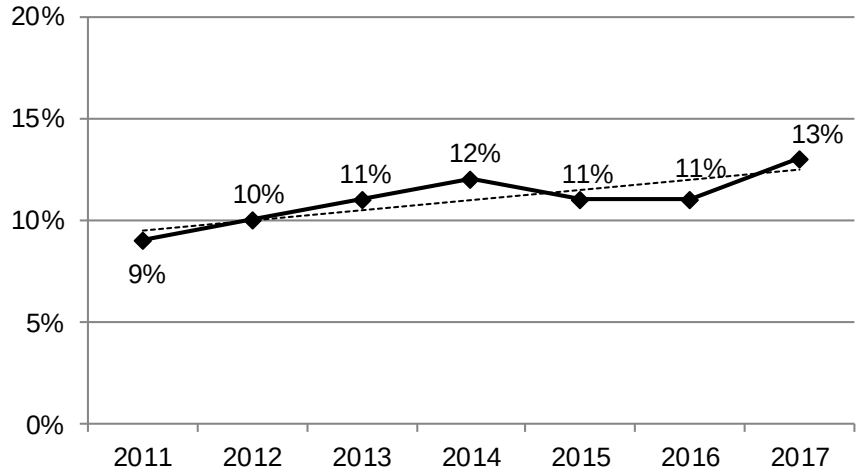
OBESITY, CLASSES II-III

Definition: Obesity, Classes II-III is defined as having a Body Mass Index (BMI) of 35.0 or greater. Body Mass Index (BMI) is calculated by taking a person's body weight in pounds divided by height in inches, divided by height in inches (again) times 703. The mathematical equation for BMI is: weight (lb)/height (in) ² x 703.

Prevalence of Obesity, Classes II-III

- South Dakota 13%
- *There is no nationwide median for obese classes II-III*

Figure 3
Percentage of South Dakotans Who Are Class II-III Obese Based on Body Mass Index, 2011-2017



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2017

Table 6 South Dakotans Who Are Class II-III Obese, 2013-2017				
			95% Confidence Interval	
		2013-2017	Low	High
Gender	Male	11%	10.5%	12.2%
	Female	12%	11.3%	13.0%
Age	18-29	8%	7.1%	10.0%
	30-39	13%	11.0%	14.3%
	40-49	14%	12.6%	16.4%
	50-59	15%	13.1%	16.2%
	60-69	13%	11.9%	14.6%
	70-79	9%	8.1%	10.9%
	80+	5%	3.9%	7.1%
Race	White	11%	10.8%	12.1%
	American Indian	17%	14.2%	19.4%
Ethnicity	Hispanic	13%	8.8%	20.2%
	Non-Hispanic	12%	11.1%	12.3%
Household Income	Less than $35,000	14%	13.1%	15.6%
	$35,000-$74,999	12%	10.9%	13.1%
	$75,000+	10%	9.0%	11.3%
Education	Less than High School, G.E.D.	13%	10.2%	15.3%
	High School, G.E.D.	12%	10.7%	12.9%
	Some Post-High School	12%	11.2%	13.4%
	College Graduate	11%	9.6%	11.5%
Employment Status	Employed for Wages	12%	11.6%	13.4%
	Self-employed	11%	8.9%	12.5%
	Unemployed	13%	10.2%	16.5%
	Homemaker	10%	7.3%	12.4%
	Student	5%	2.9%	7.8%
	Retired	9%	8.4%	10.5%
	Unable to Work	24%	20.8%	27.6%
Marital Status	Married/Unmarried Couple	11%	10.6%	12.2%
	Divorced/Separated	14%	12.5%	16.1%
	Widowed	12%	9.9%	13.8%
	Never Married	11%	10.1%	12.8%
Home Ownership Status	Own Home	11%	10.5%	11.9%
	Rent Home	13%	12.0%	14.8%
Children Status	Children in Household (Ages 18-44)	12%	10.3%	13.1%
	No Children in Household (Ages 18-44)	10%	8.7%	11.5%
Phone Status	Landline	13%	11.8%	13.8%
	Cell Phone	11%	10.3%	11.9%
Pregnancy Status	Pregnant (Ages 18-44)	-	-	-
	Not Pregnant (Ages 18-44)	12%	10.4%	13.4%
County	Minnehaha	10%	8.9%	11.9%
	Pennington	11%	9.5%	13.5%
	Lincoln	12%	9.1%	15.0%
	Brown	14%	11.6%	17.1%
	Brookings	9%	6.6%	12.1%
	Codington	12%	9.3%	14.6%
	Meade	11%	8.3%	14.0%
	Lawrence	7%	5.8%	8.6%

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013-2017

Demographics

Gender	There seems to be no gender difference regarding being very obese.
Age	The prevalence of being very obese increases as age increases with a peak in the 50s including a significant increase as the 30s are reached. After that, the prevalence of being obese decreases as age increases with significant decreases as the 70s and 80s are reached.
Race	American Indians demonstrate a significantly higher prevalence of being very obese than whites.
Ethnicity	There seems to be no Hispanic difference regarding the prevalence of being very obese.
Household Income	The prevalence of being very obese decreases as household income increases.
Education	The prevalence of being very obese decreases as education levels increase.
Employment	Those who are unable to work demonstrate a very high prevalence of being very obese, while those who are a homemaker or a student show a very low prevalence.
Marital Status	Those who are divorced exhibit a very high prevalence of being very obese, while those who are married show a very low prevalence.
Home Ownership	Those who rent their home show a significantly higher prevalence of being very obese than those who own their home.
Children Status	The prevalence of the adults being very obese does not seem to change based on the presence of children in the household.
Phone Status	The prevalence of being very obese does not seem to change based on phone status.
County	Minnehaha, Pennington, Lincoln, Brown, and Codington counties demonstrate a very high prevalence of being very obese, while Lawrence county shows a very low prevalence.