

Overweight (25.0 - 29.9 BMI)*

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		25.0 - 29.9 kg/m ²							
Population at Risk (See Appendix)	%	Observed Rate			Age-Adjusted Rate			%	95% CI
		95% CI	Individuals	n	N	#			
Total	38.9%	(36.7% - 41.1%)	190,463	1,734	4,558			38.9%	(36.8% - 41.1%)
Demographics									
Gender									
Female	34.4%	(31.6% - 37.2%)	78,563	801	2,441			34.3%	(31.5% - 37.1%)
Male	42.9%	(39.5% - 46.3%)	111,900	933	2,117			43.1%	(39.9% - 46.3%)
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	27%	(20% - 35%)	19,160	72	264			NA	(NA - NA)
Persons aged 25 to 34 years	39.9%	(34.4% - 45.7%)	39,046	238	648			NA	(NA - NA)
Persons aged 35 to 44 years	41.2%	(36.4% - 46.1%)	38,395	315	817			NA	(NA - NA)
Persons aged 45 to 64 years	41.4%	(38.4% - 44.5%)	72,412	810	2,075			NA	(NA - NA)
Persons aged 65 years and older	39.4%	(34.5% - 44.7%)	19,737	282	719			NA	(NA - NA)
Race and Ethnicity									
American Indian or Alaska Native	41.7%	(36.6% - 47.0%)	29,530	293	818			41.2%	(36.3% - 46.3%)
Asian or Pacific Islander	23%	(14% - 35%)	4,623	30	116	3		24%	(15% - 37%)
Asian	19%	(11% - 32%)	2,223	21	91	3		17%	(11% - 27%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25	1		DSU	(DSU - DSU)
Black or African American	38%	(22% - 56%)	3,708	19	60	1		37%	(25% - 51%)
White	38.8%	(36.2% - 41.4%)	143,063	1,302	3,355			38.7%	(36.2% - 41.2%)
Hispanic or Latino	36%	(26% - 48%)	6,982	47	126			33%	(24% - 44%)
Not Hispanic or Latino	39.0%	(36.7% - 41.3%)	181,478	1,674	4,388			39.1%	(36.9% - 41.4%)
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	27	1		DSU	(DSU - DSU)
White, not Hispanic or Latino	39.0%	(36.4% - 41.7%)	137,290	1,257	3,221			39.0%	(36.4% - 41.6%)

Risk Factors

For table end notes see Appendix J on Pg 429.

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Alaska Native									
Yes	40.9%	(36.1% - 45.9%)	32,715	318	896		40.7%	(35.9% - 45.6%)
No	38.4%	(35.9% - 40.9%)	155,538	1,396	3,617		38.4%	(36.0% - 40.9%)
Geographic Location									
Anchorage & Vicinity	40.3%	(36.6% - 44.2%)	105,904	378	947		40.0%	(36.4% - 43.8%)
Fairbanks & Vicinity	37.0%	(33.4% - 40.7%)	26,593	363	973		37.7%	(34.3% - 41.3%)
Gulf Coast	37.5%	(33.7% - 41.4%)	20,972	356	948		37.9%	(34.2% - 41.8%)
Rural	35.7%	(31.7% - 39.8%)	16,533	271	762		35.7%	(31.6% - 39.9%)
Southeast	38.9%	(35.2% - 42.6%)	20,461	366	928		38.3%	(34.5% - 42.2%)
Urban/Rural									
Metropolitan Statistical Area	39.8%	(36.7% - 43.0%)	129,335	713	1,842		39.7%	(36.7% - 42.8%)
Micropolitan Statistical Area & Urban Clusters	36.3%	(33.3% - 39.5%)	31,449	533	1,434		36.4%	(33.4% - 39.5%)
Rural	37.7%	(34.5% - 41.1%)	29,283	485	1,277		37.9%	(34.6% - 41.2%)
Education Level (persons aged 25 years and older)									
Less than high school	35%	(26% - 44%)	8,357	92	278		36%	(28% - 45%)
High school graduate	41.9%	(37.9% - 46.0%)	47,011	476	1,221		41.7%	(37.7% - 45.8%)
At least some college	46.3%	(42.3% - 50.5%)	57,482	520	1,281		45.9%	(41.9% - 50.0%)
College Graduate	36.9%	(33.4% - 40.6%)	58,431	574	1,511		37.0%	(33.3% - 40.8%)
Employment Status									
Employed	39.7%	(37.0% - 42.5%)	128,137	1,132	2,877		39.8%	(36.8% - 42.9%)
Unemployed	43%	(36% - 51%)	18,443	149	382		44%	(36% - 53%)
Not in Workforce (Student, Homemaker, Retired)	36.5%	(32.0% - 41.3%)	38,597	394	1,082		35.5%	(30.7% - 40.5%)
Unable to work	27%	(20% - 37%)	4,322	54	195		25%	(17% - 35%)

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Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		25.0 - 29.9 kg/m ²						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Marital Status									
Married or Unwed Couple	41.1%	(38.4% -	43.9%)	120,813	1,036	2,580	39.8%	(36.4% - 43.3%)
Divorced/Separated	40%	(32% -	49%)	6,445	101	309	28%	(21% - 37%)
Widowed	41.9%	(36.6% -	47.5%)	22,902	285	769	44.4%	(37.1% - 52.1%)
Never Married	30.6%	(25.0% -	36.8%)	28,112	237	662	35.0%	(29.3% - 41.2%)
Income Level									
<\$15,000	37%	(28% -	46%)	10,911	116	343	35%	(27% - 43%)
\$15,000 - \$24,999	41%	(33% -	49%)	18,868	178	471	43%	(37% - 51%)
\$25,000 - \$49,999	37.2%	(32.4% -	42.2%)	35,505	342	958	37.9%	(33.4% - 42.7%)
\$50,000 - \$74,999	38.8%	(33.7% -	44.0%)	31,441	324	786	37.6%	(33.1% - 42.2%)
\$75,000	40.4%	(36.8% -	44.1%)	73,065	605	1,516	37.7%	(34.0% - 41.6%)
Poverty Threshold									
Poor (<100% Poverty Threshold)	40%	(31% -	50%)	13,972	116	311	41%	(33% - 50%)
Near Poor (100% to 199% Poverty Threshold)	37.0%	(30.7% -	43.8%)	22,947	200	592	37.9%	(31.9% - 44.3%)
Middle/High Income (>=200% Poverty Threshold)	39.5%	(37.0% -	42.2%)	132,923	1,249	3,171	38.4%	(35.8% - 41.0%)
Below Poverty Guidelines									
Yes	39%	(31% -	48%)	19,324	156	421	40%	(33% - 48%)
No	39.2%	(36.8% -	41.7%)	150,427	1,409	3,653	38.3%	(35.9% - 40.7%)
Veteran									
Yes	44.4%	(39.1% -	49.8%)	38,878	351	794	44.2%	(38.0% - 50.5%)
No	37.7%	(35.3% -	40.2%)	151,177	1,378	3,753	37.7%	(35.4% - 40.1%)

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Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:

2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.

Screening Question:

Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?

Response:

25.0 - 29.9 kg/m²

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate			
	%	95% CI	Individuals	n	N #	%	95% CI
Health Status							
General Health							
Excellent to Very Good	40.7%	(37.7% - 43.7%)	120,335	1,003	2,505	41.5%	(38.6% - 44.4%)
Good	37.5%	(33.5% - 41.7%)	51,676	517	1,381	37.2%	(33.4% - 41.2%)
Fair/Poor	31.7%	(26.7% - 37.2%)	17,076	207	649	31.2%	(26.1% - 36.8%)
Healthy Days (Mean Number of Days)							
Physical Health Not Good	2.4	(2.0 - 2.7)			1691	2.4	(2.1 - 2.8)
Mental Health Not Good	2.5	(2.1 - 2.9)			1699	2.5	(2.1 - 2.8)
Unhealthy Days (Physical or Mental Health Not Good)	4.5	(4.0 - 5.0)			1699	4.5	(4.0 - 5.0)
Days with Activity Limitation	1.6	(1.3 - 1.9)			1719	1.6	(1.3 - 1.9)
Healthy Days (Percentage with 14 or More Days)							
Physical Health Not Good	30%	(24% - 36%)	11,395	147	461	27%	(22% - 33%)
Mental Health Not Good	37%	(30% - 45%)	13,119	134	375	37%	(30% - 44%)
Unhealthy Days (Physical or Mental Health Not Good)	34.4%	(29.2% - 40.0%)	23,614	250	735	34.9%	(29.7% - 40.4%)
Activity Limitation	31%	(24% - 39%)	7,898	100	320	31%	(24% - 39%)
Disability							
Disabled							
Yes	37.1%	(32.8% - 41.6%)	39,625	403	1,140	37.4%	(32.6% - 42.4%)
No	39.4%	(36.8% - 42.0%)	148,521	1,310	3,352	39.8%	(37.3% - 42.3%)
Activity Limitation							
Yes	37.2%	(32.8% - 41.9%)	37,570	375	1,070	37.6%	(32.7% - 42.7%)
No	39.3%	(36.7% - 41.8%)	150,461	1,338	3,427	39.6%	(37.1% - 42.1%)

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Overweight (25.0 - 29.9 BMI)* (continued)

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Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Require Special Equipment									
Yes	37%	(29% - 46%)	10,518	102	326		37%	(28% - 48%)
No	39.1%	(36.8% - 41.5%)	179,472	1,625	4,204		39.3%	(37.1% - 41.5%)
Mental Health									
Social and Emotional Support									
Always/Usually	37.7%	(34.2% - 41.3%)	138,845	626	1,692		37.7%	(34.2% - 41.3%)
Sometimes/Rarely/Never	37%	(30% - 44%)	34,532	191	496		38%	(32% - 44%)
Life Satisfaction									
Very Satisfied / Satisfied	37.8%	(34.6% - 41.1%)	167,668	790	2,107		37.8%	(34.7% - 41.0%)
Dissatisfied / Very Dissatisfied	35%	(22% - 51%)	6,385	30	90		32%	(22% - 44%)
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	38.8%	(36.4% - 41.2%)	155,338	1,445	3,782		38.6%	(36.2% - 41.0%)
No	40.1%	(34.4% - 46.0%)	33,795	282	750		38.9%	(33.1% - 44.9%)
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	36.5%	(31.6% - 41.6%)	67,645	310	890		36.2%	(31.2% - 41.5%)
No	39.2%	(35.3% - 43.3%)	116,884	547	1,393		40.0%	(36.2% - 43.9%)
Ever Had Pneumonia Shot (Ages 65+)									
Yes	35.9%	(30.1% - 42.1%)	36,070	201	589		35.0%	(27.8% - 42.9%)
No	38.5%	(34.8% - 42.4%)	121,570	559	1,445		39.9%	(36.1% - 43.9%)

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Overweight (25.0 - 29.9 BMI)* (continued)

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Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	37.2%	(32.5% - 42.3%)	76,334	312	886		37.5%	(32.7% - 42.6%)
No	37.4%	(32.6% - 42.5%)	74,907	348	908		39.3%	(34.2% - 44.7%)
Diagnoses								
Arthritis								
Arthritis								
Yes	31.7%	(26.6% - 37.3%)	35,361	229	671		31.7%	(24.4% - 40.0%)
No	39.7%	(36.1% - 43.4%)	144,808	618	1,592		40.5%	(36.8% - 44.3%)
Asthma								
Asthma Diagnosis								
Yes	36.7%	(30.9% - 42.8%)	23,282	191	591		37.0%	(31.1% - 43.4%)
No	39.3%	(36.9% - 41.7%)	166,909	1,539	3,953		39.0%	(36.6% - 41.4%)
Current Asthma								
Yes	34%	(27% - 42%)	13,639	113	379		34%	(26% - 42%)
No	40%	(30% - 51%)	8,421	70	187		42%	(32% - 52%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	40%	(32% - 49%)	7,746	87	240		37%	(21% - 56%)
No	39.0%	(36.7% - 41.3%)	181,283	1,630	4,265		38.9%	(36.7% - 41.3%)
Heart Attack (Myocardial Infarction)								
Yes	33%	(24% - 43%)	4,633	58	175		33%	(16% - 57%)
No	39.1%	(36.8% - 41.4%)	185,324	1,667	4,365		39.0%	(36.7% - 41.3%)

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Overweight (25.0 - 29.9 BMI)* (continued)

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Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Coronary Heart Disease (Angina)									
Yes	39%	(29% -	50%)	4,714	57	156	28%	(16% - 44%)
No	39.0%	(36.8% -	41.3%)	184,791	1,669	4,362	39.0%	(36.7% - 41.3%)
Stroke									
Yes	47%	(35% -	59%)	4,438	65	133	31%	(20% - 45%)
No	38.8%	(36.5% -	41.1%)	185,780	1,665	4,412	38.5%	(36.2% - 40.8%)
Diabetes									
Nongestational Diabetes									
Yes	29%	(22% -	37%)	8,465	89	332	34%	(22% - 49%)
No	39.6%	(37.3% -	41.9%)	181,811	1,642	4,219	39.6%	(37.3% - 41.9%)
Pre-Diabetes									
Yes	36%	(29% -	44%)	13,058	148	414	34%	(27% - 41%)
No	39.8%	(37.4% -	42.3%)	168,495	1,491	3,798	40.1%	(37.8% - 42.5%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	43%	(36% -	51%)	37,158	160	383	43%	(35% - 52%)
No	36.3%	(33.0% -	39.8%)	141,914	690	1,886	36.2%	(32.9% - 39.6%)
Heavy Drinking									
Yes	35%	(26% -	46%)	10,640	59	158	35%	(26% - 46%)
No	37.6%	(34.4% -	40.9%)	166,999	773	2,090	37.7%	(34.6% - 40.9%)

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Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		%	95% CI					%	95% CI
Hypercholesterolemia									
High Cholesterol									
Yes	39.8%	(34.8% -	45.0%)	49,384	282	738	38.6%	(31.7% - 46.0%)
No	39.3%	(34.8% -	43.9%)	89,983	396	1,057	40.4%	(35.7% - 45.3%)
Hypertension									
High Blood Pressure									
Yes	41.9%	(36.9% -	47.1%)	54,964	287	757	41.9%	(35.3% - 48.8%)
No	36.6%	(33.0% -	40.5%)	131,297	584	1,566	37.4%	(33.8% - 41.1%)
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	29%	(19% -	42%)	8,310	39	133	31%	(22% - 43%)
1 to <3 Times Per Day	39.2%	(33.9% -	44.8%)	64,869	290	790	38.5%	(33.3% - 44.1%)
3 to <5 Times Per Day	40.7%	(35.6% -	46.0%)	69,103	320	809	40.5%	(35.4% - 45.8%)
5 Or More Times Per Day	34.0%	(28.2% -	40.4%)	37,841	193	522	33.8%	(28.4% - 39.7%)
Physical Activity									
Physical Activity Recommendations (2008)									
Active	38.6%	(34.8% -	42.5%)	130,382	578	1,490	38.9%	(35.2% - 42.7%)
Insufficient	37%	(30% -	44%)	28,444	153	415	34%	(28% - 41%)
Inactive	33%	(25% -	43%)	12,750	68	223	32%	(22% - 42%)
Leisure Time Exercise									
Yes	39.9%	(37.4% -	42.5%)	156,883	1,405	3,594	39.7%	(37.3% - 42.1%)
No	34.3%	(29.7% -	39.1%)	32,530	324	951	34.3%	(29.4% - 39.6%)

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Overweight (25.0 - 29.9 BMI)* (continued)

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Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	37%	(31% -	45%)	31,346	145	419	37%	(31% - 45%)
No	37.1%	(33.6% -	40.7%)	131,409	634	1,681	36.6%	(33.3% - 40.1%)
Unwanted Sexual Activity									
Yes	32%	(25% -	41%)	19,509	100	328	31%	(24% - 40%)
No	37.7%	(34.4% -	41.3%)	143,228	678	1,779	37.6%	(34.3% - 41.0%)
Ever Hurt or Threatened by Intimate Partner									
Yes	44%	(37% -	51%)	41,192	178	491	45%	(38% - 52%)
No	35.3%	(32.0% -	38.8%)	122,413	604	1,620	35.1%	(31.9% - 38.4%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	49%	(34% -	64%)	12,608	45	118	40%	(30% - 51%)
No	36.6%	(33.4% -	39.8%)	151,747	738	1,994	36.3%	(33.3% - 39.4%)
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	40.4%	(35.5% -	45.5%)	37,045	336	911	40.3%	(35.4% - 45.4%)
Former Smoker	39.4%	(35.5% -	43.4%)	53,009	543	1,413	38.2%	(34.1% - 42.4%)
Never Smoked	38.4%	(35.3% -	41.6%)	99,265	845	2,197	39.2%	(36.2% - 42.2%)
Smokeless Tobacco Status									
Current User	48%	(38% -	57%)	10,416	95	211	47%	(37% - 57%)
Former User	35.3%	(30.0% -	41.0%)	31,474	275	717	34.6%	(30.1% - 39.5%)
Never Used	39.1%	(36.6% -	41.7%)	140,063	1,292	3,443	39.0%	(36.5% - 41.6%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:

2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.

Screening Question:

Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?

Response:

25.0 - 29.9 kg/m²

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate			
	%	95% CI	Individuals	n	N #	%	95% CI
Weight Status							
Weight Status							
Normal (BMI <25)	0.0%	(0.0% - 0.0%)	0	0	1,493	0.0%	(0.0% - 0.0%)
Overweight (BMI 25 to 30)	100.0%	(0.0% - 0.0%)	190,463	1,734	1,734	100.0%	(0.0% - 0.0%)
Obese (BMI ≥30)	0.0%	(0.0% - 0.0%)	0	0	1,331	0.0%	(0.0% - 0.0%)
Obese I (BMI 30 TO < 35)	0.0%	(0.0% - 0.0%)	0	0	857	0.0%	(0.0% - 0.0%)
Obese II & III (BMI ≥35)	0%	(0% - 0%)	0	0	474	0%	(0% - 0%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)