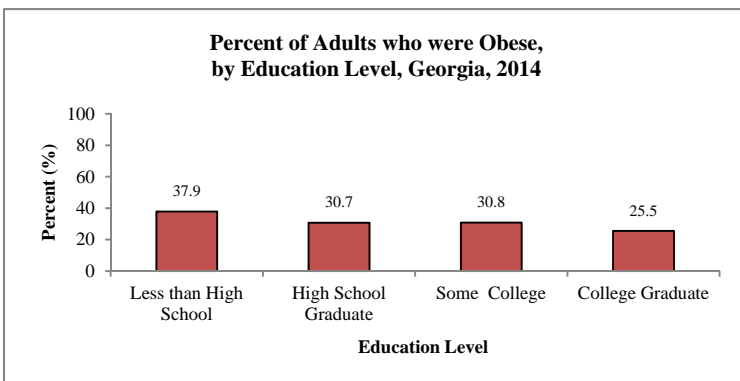
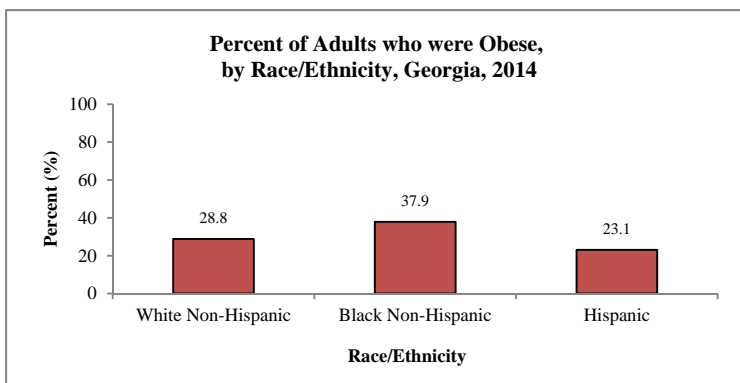
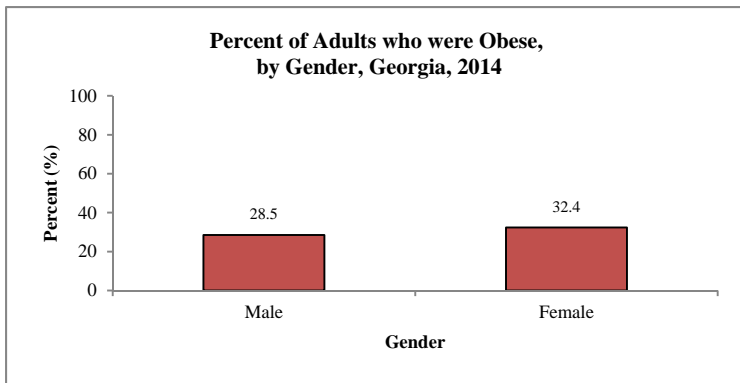


Obesity

Obesity is defined as having a body mass index (BMI) greater than or equal to 30.0 kg/m². Obesity increases the risk of developing high blood pressure, diabetes, coronary heart disease, stroke, high cholesterol, gallbladder disease and some types of cancers.¹¹

In 2014, 30.5% of Georgia adults were obese.

- Adult females (32.4%) were more likely to be obese than males (28.5%).
- Black non-Hispanics (37.9%) were significantly more likely to be obese when compared to white non-Hispanics (28.8%).
- Adults with an age of 18-24 years (17.3%) were least likely to be obese when compared to adults of age 25 or older.
- Adults who are college graduates (25.5%) were significantly least likely to be obese when compared to any other education category.



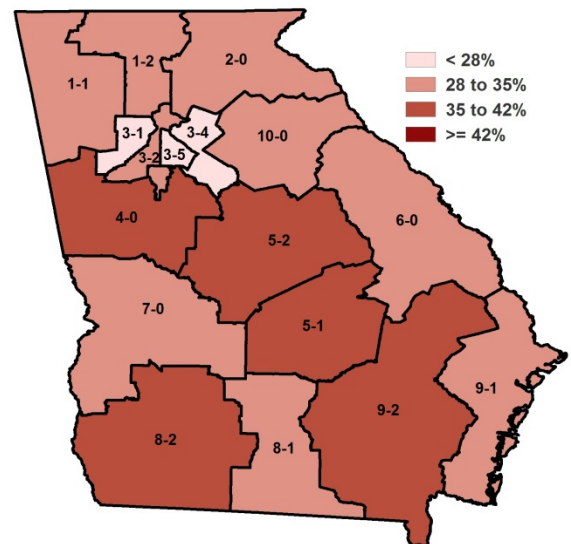
The HP 2020 target for obesity among adults is 30.5%.

Demographic Characteristics	Obese ^a	
	%	95% CI
State Totals	30.5	(28.9, 32.1)
Sex		
Male	28.5	(26.2, 31.0)
Female	32.4	(30.4, 34.6)
Race/Ethnicity		
White Non-Hispanic	28.8	(27.0, 30.8)
Black Non-Hispanic	37.9	(34.6, 41.3)
Hispanic	23.1	(16.9, 30.7)
Age		
18-24 yr	17.3	(13.2, 22.3)
25-34 yr	29.3	(25.0, 34.1)
35-44 yr	33.2	(29.0, 37.7)
45-54 yr	36.3	(32.8, 40.0)
55-64 yr	35.5	(32.2, 39.0)
65+ yr	29.5	(27.0, 32.0)
Income		
Less than \$15,000	40.1	(34.5, 45.9)
\$15,000-\$24,999	31.9	(28.0, 36.0)
\$25,000-\$34,999	33.8	(28.8, 39.1)
\$35,000-\$49,999	34.2	(29.6, 39.2)
\$50,000-\$74,999	30.8	(26.6, 35.3)
\$75,000 or More	24.0	(21.3, 26.8)
Education		
Less than High School	37.9	(32.7, 43.4)
High School Graduate	30.7	(27.8, 33.7)
Some College	30.8	(27.9, 33.9)
College Graduate	25.5	(23.2, 27.9)
Health Insurance Coverage		
Has Health Insurance	30.8	(28.8, 32.9)
No Health Insurance	30.8	(26.6, 35.4)
Employment		
Employed	29.4	(27.3, 31.6)
Unemployed	33.4	(30.0, 37.0)
Retired	30.1	(27.4, 33.1)

^aThe proportion of adults whose BMI was greater than or equal to 30.0 kg/m².

Note: Body mass index, BMI, is defined as weight (kg) divided by height (m) squared.

Percent of Adults who were Obese, by Health District, Georgia, 2014



Overweight

Overweight is defined as having a body mass index (BMI) between 25.0 and 29.9 kg/m². Being overweight increases poor health outcomes such as coronary heart disease, type 2 diabetes, high blood pressure, stroke, liver and gallbladder disease, and cancer.¹²

In 2014, 35.2% of Georgia adults were overweight.

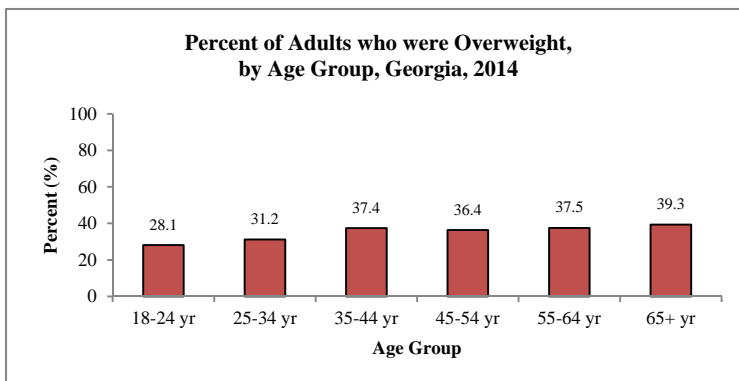
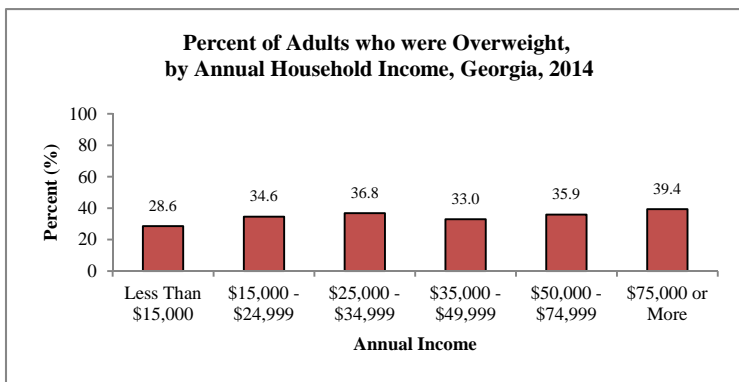
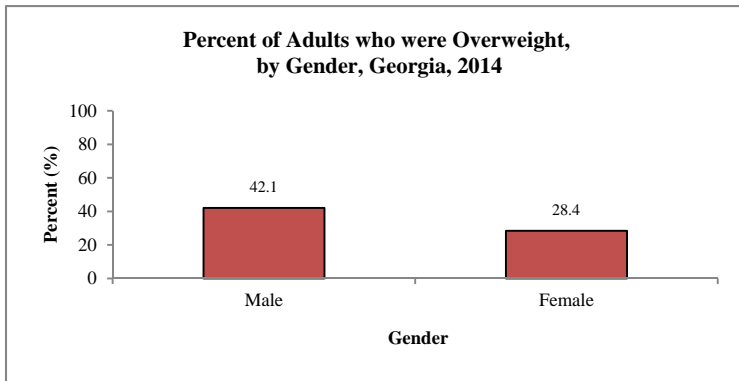
- Adult males (42.1%) were significantly more likely to be overweight than females (28.4%).
- Hispanics (40.8%) were least likely to be overweight when compared to white non-Hispanics (34.9%) and black non-Hispanics (33.3%).
- Adults of 18-24 years (28.1%) were significantly least likely to be overweight compared to adults of age 25 or older.
- Adults with an annual income of \$75,000 or more (39.4%) were most likely to be overweight compared to adults from any other annual household income category.

The HP 2020 target for adults who are at a healthy weight is 33.9%.

Demographic Characteristics	Overweight ^a	
	%	95% CI
State Totals	35.2	(33.5, 36.9)
Sex		
Male	42.1	(39.5, 44.8)
Female	28.4	(26.5, 30.5)
Race/Ethnicity		
White Non-Hispanic	34.9	(32.9, 36.9)
Black Non-Hispanic	33.3	(30.1, 36.5)
Hispanic	40.8	(32.9, 49.3)
Age		
18-24 yr	28.1	(22.9, 34.0)
25-34 yr	31.2	(26.7, 36.0)
35-44 yr	37.4	(33.0, 42.0)
45-54 yr	36.4	(32.8, 40.2)
55-64 yr	37.5	(34.2, 41.0)
65+ yr	39.3	(36.6, 41.9)
Income		
Less than \$15,000	28.6	(23.8, 33.9)
\$15,000-\$24,999	34.6	(30.4, 39.0)
\$25,000-\$34,999	36.8	(31.5, 42.4)
\$35,000-\$49,999	33.0	(28.4, 38.0)
\$50,000-\$74,999	35.9	(31.5, 40.5)
\$75,000 or More	39.4	(36.2, 42.6)
Education		
Less than High School	33.4	(28.2, 39.1)
High School Graduate	34.8	(31.7, 37.9)
Some College	35.3	(32.2, 38.5)
College Graduate	36.5	(34.0, 39.2)
Health Insurance Coverage		
Has Health Insurance	35.1	(33.0, 37.3)
No Health Insurance	32.4	(28.0, 37.2)
Employment		
Employed	36.9	(34.6, 39.2)
Unemployed	28.6	(25.2, 32.3)
Retired	39.0	(36.2, 42.0)

^aThe proportion of adults whose BMI was between 25.0 and 29.9 kg/m².

Note: Body mass index, BMI, is defined as weight (kg) divided by height (m) squared.



Percent of Adults who were Overweight, by Health District, Georgia, 2014

