

Weight Loss and Maintenance of Greater Cincinnatians

Results from The Health Foundation of Greater Cincinnati's 2005 Greater Cincinnati Community Health Status Survey

The Greater Cincinnati Community Health Status Survey (GCCHSS) is a project of The Health Foundation of Greater Cincinnati. The GCCHSS is conducted by the Institute for Policy Research at the University of Cincinnati.

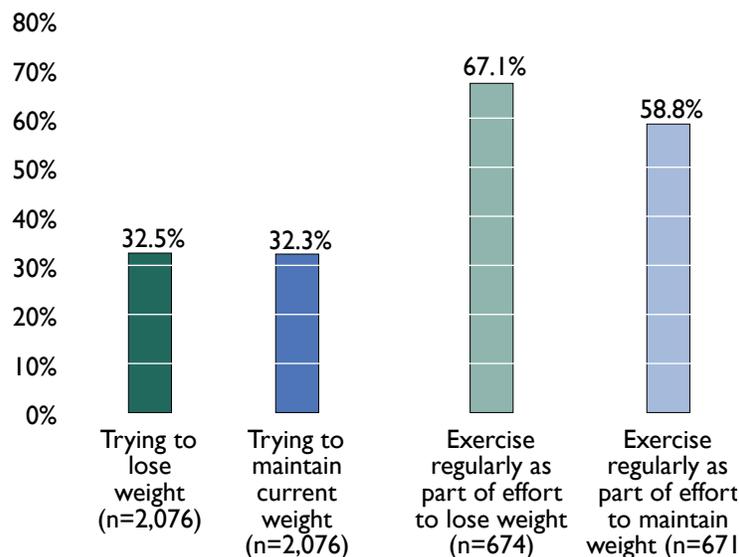
Topics included in the GCCHSS include access to and satisfaction with healthcare, medical debt, mental and physical health status, nutrition and exercise, cigarette and alcohol use, and others.

A total of 2,077 randomly selected adults residing in 8 Ohio counties, 9 Kentucky counties, and 5 Indiana counties were interviewed by telephone between August 16 and October 24, 2005. The potential sampling error for the survey is $\pm 2.2\%$.

For more information, please visit our web site at www.healthfoundation.org/gcchss.html. For the complete survey dataset, visit www.oasis.uc.edu.

Community partners that helped develop the GCCHSS include:

- + Anthem Foundation of Ohio
- + Center for Closing the Health Gap
- + Child Policy Research Center
- + City of Cincinnati Health Department
- + Council on Aging
- + Employer Health Care Alliance
- + Foundation for a Healthy Kentucky
- + Hamilton County Health Department
- + Health Improvement Collaborative
- + Northern Kentucky Health Department
- + Northern Kentucky University Center for Latino and Multicultural Studies
- + United Way of Greater Cincinnati
- + University of Cincinnati Institute for Policy Research
- + University of Cincinnati Institute for the Study of Health
- + Urban Appalachian Council



Greater Cincinnati adults were asked whether they have been trying to lose or maintain weight and whether they are exercising as a part of this effort. Just over one-third of Greater Cincinnatians (34.8%) report that they are not actively trying to lose weight or maintain their current weight.

Losing weight

About one-third of Greater Cincinnatians (32.5%) report that they are actively trying to lose weight. Of these, over two-thirds (67.1%) exercise regularly as part of this effort.

The demographic groups more likely to be actively trying to lose weight are also the groups more likely to exercise regularly as part of that effort, with the exception of people ages 46–64. Although this is the most likely age group to be actively trying to lose weight, they are least likely age group to exercise regularly.

(continued on next page)

Greater Cincinnatians *more and less* likely to be actively trying to lose weight (2005 data)

Demographic	% trying to lose weight
Region	32.5%
Age	
46 to 64	37.8%
65+	24.4%
Sex	
Female	37.4%
Male	27.1%
Ethnicity	
White Appalachian (1st and 2nd generation)	36.0%
White Non-Appalachian	29.6%
Family Income	
Between 100–200% FPG ¹	34.0%
Below 100% FPG	32.4%
Health Insurance	
Private or self-insured	35.7%
Medicare	24.7%

¹ The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

Maintaining current weight

Just under one-third of Greater Cincinnatians (32.3%) report that they are actively trying to maintain their current weight. Of these, about 6 in 10 (58.5%) report that they exercise regularly as part of this effort.

People ages 65 and over are most likely of any age group to report they are actively trying to maintain their current weight, but are the least likely age group to exercise regularly as part of this effort.

Greater Cincinnatians **more** and **less** likely to be actively trying to maintain current weight (2005 data)

Demographic	% trying to maintain weight
Region	32.3%
Age	
65+	44.0%
30 to 45	32.4%
Sex	
Male	33.1%
Female	31.6%
Ethnicity	
White Non-Appalachian	35.2%
African American	25.5%
Family Income	
Above 200% FPG ¹	35.8%
Below 100% FPG	21.4%
Health Insurance	
Medicare	41.8%
Medicaid	21.9%

¹The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

Greater Cincinnatians **more** and **less** likely to exercise regularly as part of efforts to lose weight (2005 data; asked only of those who reported actively trying to lose weight)

Demographic ¹	% exercising regularly to lose weight
Region	67.1%
Age	
30 to 45	73.5%
46 to 64	58.2%
Sex	
Female	67.2%
Male	67.0%
Ethnicity	
White Appalachian (1st and 2nd generation)	72.8%
African American	63.1%
Family Income	
Between 100–200% FPG ²	73.7%
Below 100% FPG	57.4%

¹Demographic subgroups with fewer than 75 respondents are not included.

²The federal poverty guideline (FPG) in 2005 was an annual income of \$19,350 for a family of 4.

Greater Cincinnatians **more** and **less** likely to exercise regularly as part of efforts to maintain current weight (2005 data; asked only of those who reported actively trying to maintain weight)

Demographic ¹	% exercising regularly to maintain weight
Region	58.8%
Age	
18 to 29	74.8%
65+	48.4%
Sex	
Male	62.6%
Female	55.1%
Ethnicity	
African American	67.6%
White Appalachian (1st and 2nd generation)	58.4%

¹Demographic subgroups with fewer than 75 respondents are not included.