

# Weight Status 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.

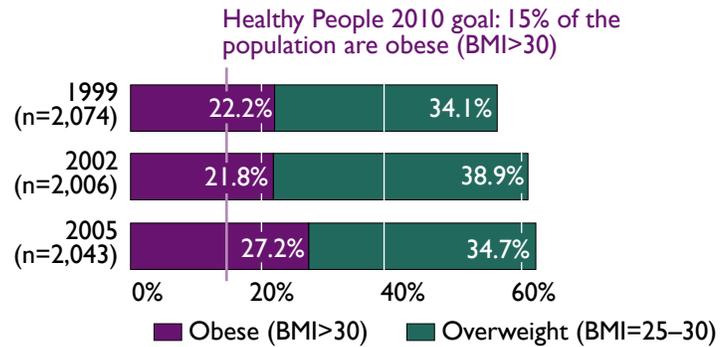
A total of 2,077 randomly selected adults residing in 8 Ohio counties, 9 Kentucky counties, and 5 Indiana counties were interviewed by telephone between August 16 and October 24, 2005. The potential sampling error for the survey is  $\pm 2.2\%$ .

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

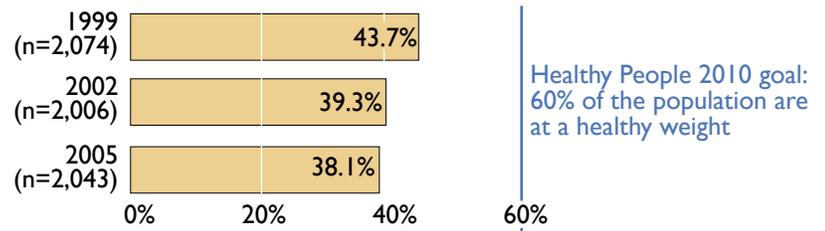
Community partners that helped develop the GCCHSS include:

- + 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

Overweight and obese Greater Cincinnatians (BMI>25)



Greater Cincinnatians at a healthy weight (BMI<25)



According to the Centers for Disease Control and Prevention, being overweight or obese is a major contributor to many preventable causes of death<sup>1</sup>. On average, higher body weights are associated with higher death rates. Nationally, the 2004 Behavior Risk Factor Surveillance Survey (BRFSS) found that 61% of adults were not at a healthy weight. The Healthy People 2010 goal is 60% of the population is at a healthy weight, defined as a body-mass index (BMI) of 18.5–25.0.

In Greater Cincinnati, 62% of adults were overweight in 2005. Across the region, the trend shows a leveling of the overweight rate from 1999 to 2005. However, there is an increase among those who were obese between 1999 and 2002—when about 22% were obese—and 2005, when 27% were obese. This is almost twice the Healthy People 2010 goal of no more than 15% of the population being obese.

Greater Cincinnatians **more** and **less** likely to be at an unhealthy weight (BMI>25.0) (2005 data)

Demographic	% at an unhealthy weight
<b>Region</b>	61.9%
<b>Age</b>	
46 to 64	73.7%
18 to 29	44.0%
<b>Sex</b>	
Male	70.4%
Female	53.9%
<b>Ethnicity</b>	
African American	70.4%
White Non-Appalachian	57.1%
<b>Family Income</b>	
Below 100% FPG <sup>1</sup>	64.0%
100–200% FPG	61.7%
<b>Health Insurance</b>	
Private or self-insured	62.9%
Medicare	57.9%

<sup>1</sup> Overweight is defined as a BMI of 25 or above. Obesity is defined as a BMI of over 30. BMI is calculated by dividing a person's weight in pounds by their height in inches squared, and then multiplying that result by 703. The GCCHSS asked for height and weight during the survey, and BMI was calculated for each respondent.

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