

Hennepin County  
Public Health  
Assessment Team

# FACT SHEET



## Adult Weight Status

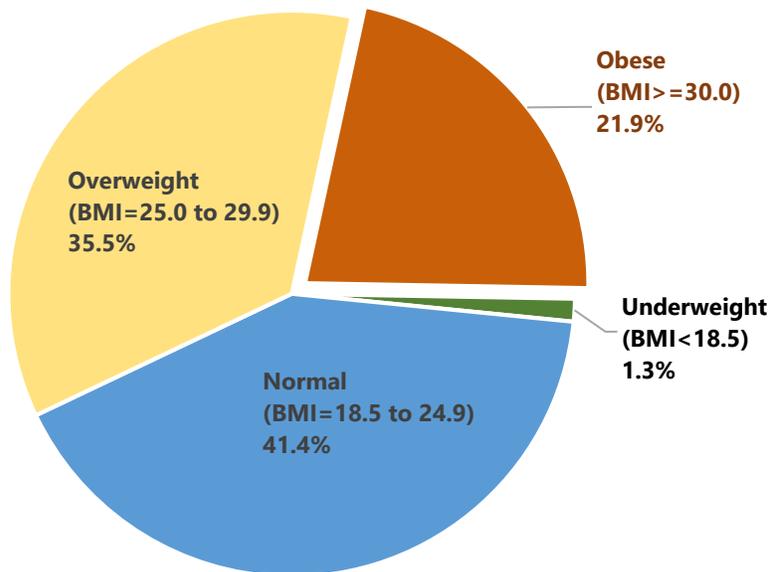
### Why is this indicator important?

Obesity and overweight are associated with increased risk of premature death and many chronic health conditions and diseases, such as heart disease, stroke, type 2 diabetes, and certain types of cancer. More than one-third (36.5%) of U.S. adults are obese. The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008; the medical costs for people who are obese were \$1,429 higher than those of normal weight<sup>1</sup>.

### What is the current status?

In 2014, one in five (22%) Hennepin County adults aged 25 and older were obese, and another one-third (36%) were overweight. Together, over half of (57%) county adults were either overweight or obese, a proportion that outweighs the percent of adults at a healthy weight (41%).

**Figure 1. Weight status classification based on self-reported weight and height, Hennepin County, 2014**



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**For more information** on the health of Hennepin County residents, visit: [www.Hennepin.us/PublicHealthData](http://www.Hennepin.us/PublicHealthData) or email: [PublicHealthData@hennepin.us](mailto:PublicHealthData@hennepin.us)

## What is the current status?

Figure 2 shows that 32% of the adults age 25 and older in Hennepin County households where income is less than 200% of the Federal Poverty Level were obese compared to 20 percent of adults with higher incomes.

**Figure 2. Percentage of adults age 25 and older who are obese by household income (2014)**



Figure 3 shows the percentage of adults age 25 and older who are obese by race/ethnicity. As the figure shows, Non-Hispanic US-born black adults are more likely to be obese compared to other selected racial/ethnic groups in Hennepin County.

**Figure 3. Percentage of adults age 25 and older who are obese by race/ethnicity (2014)**

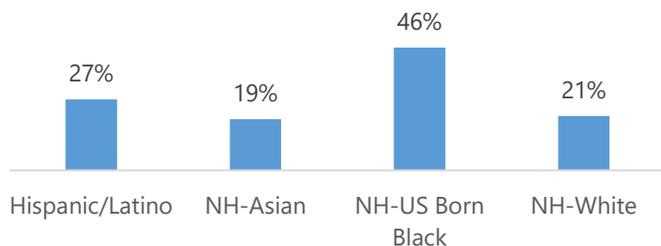
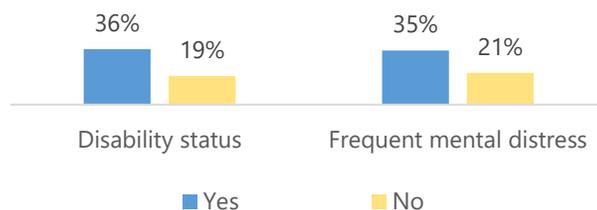


Figure 4 shows the percentage of adults age 25 and older who are obese by disability status and frequent mental distress. Adults with a disability as well as adults with frequent mental distress were more likely to be obese compared to adults without these conditions.

**Figure 4. Percentage of adults age 25 and older who are obese by disability status and frequent mental distress (2014)**



## How do we compare?

Adults age 25 and older in Hennepin County are less likely to be obese compared to adults in Minnesota (29%) and U.S (30%), though the U.S. rate is among adults 18 and older<sup>2</sup>.

The data shown in this fact sheet come from the Metro SHAPE 2014 survey for Hennepin County for adults aged 25 and older. Body mass index (BMI) is calculated from self-reported weight and height using the standard formula. Classification of weight status by BMI according to national guidelines are: underweight (BMI < 18.5); normal weight (BMI = 18.5 to 24.9); overweight (BMI = 25.0 to 29.9) and obese (BMI ≥ 30.0).

<sup>1</sup> Adult obesity facts. Retrieved October 31<sup>st</sup>, 2016 from <https://www.cdc.gov/obesity/data/adult.html>

<sup>2</sup> Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.