

## DESCRIPTION

Most data about people who are overweight or obese is from self-reported height and weight which is then used to calculate body mass index (BMI). Overweight means a BMI that is 25.0- 29.9; obese is 30.0 or more.<sup>1</sup> People who are obese can have many serious health problems including: high blood pressure, high cholesterol, diabetes, heart disease, stroke, gallbladder disease, arthritis, sleep apnea, cancer, mental illness and low quality of life. Obesity has a big impact on the economy. There are increased health care costs and people missing or not being productive at work or school.<sup>2</sup>

## HOW WE ARE DOING

Many adults living in the U.S. are obese (36.5 percent).<sup>2</sup> In Minnesota, close to 30 percent of adults had obesity in 2016.<sup>3</sup> About 34 percent of Ramsey County adults who answered a survey in 2014 were overweight and 27 percent were obese. These rates are almost the same as other adults in the metro area and statewide.<sup>4</sup>

## BENCHMARK INDICATOR

Healthy People 2020: Reduce the proportion of adults who are obese.

U.S. Target: 30.5 percent.<sup>5</sup>

## DISPARITIES

Nationally, there are striking disparities among racial/ethnic groups. Non-Hispanic black adults have the highest rates of obesity (48.1 percent), followed by Hispanic adults (42.5 percent), non-Hispanic white adults (34.5 percent), and non-Hispanic Asian adults (11.7 percent).<sup>2</sup> In the six-county metro area, adults with less education or low incomes are more obese.<sup>4</sup>

## RISK FACTORS

Obesity can be caused by many things including family history, diet, inactivity and low socioeconomic status. Other things include healthy food availability, physical activity environment, education and food marketing.<sup>2</sup>

## WHAT RAMSEY COUNTY GOVERNMENT IS DOING

Saint Paul – Ramsey County Public Health promotes healthy eating and active living with funding from Minnesota’s Statewide Health Improvement Partnership (SHIP). These activities include working toward healthier food access such as within workplaces, food shelves, neighborhoods and housing sites. It also includes the encouragement of drinking water instead of sugar-sweetened beverages within public housing sites, park and rec departments and other community destinations. Additionally, working toward having a more active community includes providing support for pedestrian and bicycle plans. The Saint Paul- Ramsey County Food and Nutrition Commission also works towards providing healthy food recommendations to elected officials. Finally, Saint Paul-Ramsey County Public Health is promoting long-term obesity prevention by supporting breastfeeding through initiating four Baby Cafés, applying to become a Breastfeeding Friendly Health Department, and co-collaborating a Metro Breastfeeding Coalition.

(continued on back)

## Information to note

- Among Ramsey County residents surveyed in 2014, about 34 percent were overweight and 27 percent obese.
- There are striking disparities related to race/ethnicity, education and income.

<sup>1</sup> Classification of Overweight and Obesity by BMI, Waste Circumference, and Associated Disease Risks. National Heart, Lung, and Blood Institute. [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmi\\_dis.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_dis.htm). Accessed January 2018.

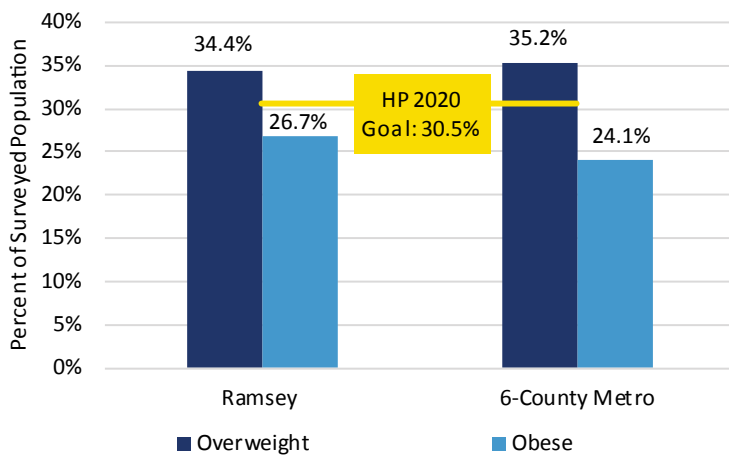
<sup>2</sup> Adult Obesity Cause & Consequences. Centers for Disease Control and Prevention. <https://www.cdc.gov/obesity/adult/>. Accessed January 2018.

<sup>3</sup> Obesity in Minnesota. Quick Facts. Minnesota Department of Health. <http://www.health.state.mn.us/cdrr/obesity/index.html>. Accessed January 2018.

<sup>4</sup> Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed January 2018.

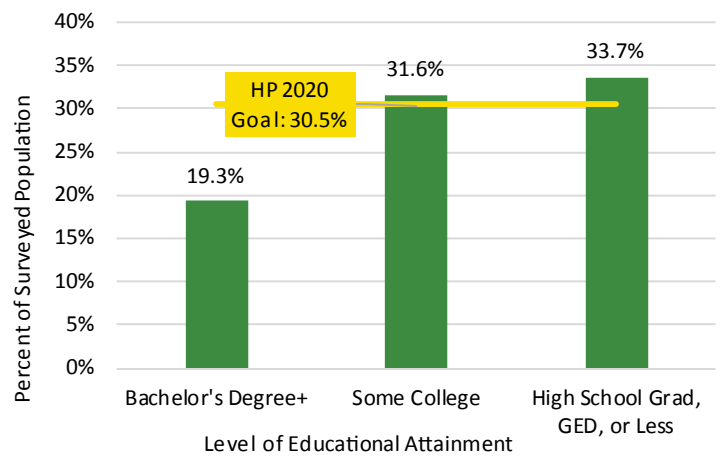
<sup>5</sup> Nutrition and Weight Status. Healthy People 2020. <https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status/objectives>. Accessed January 2018.

### Overweight and Obesity Status, 2014



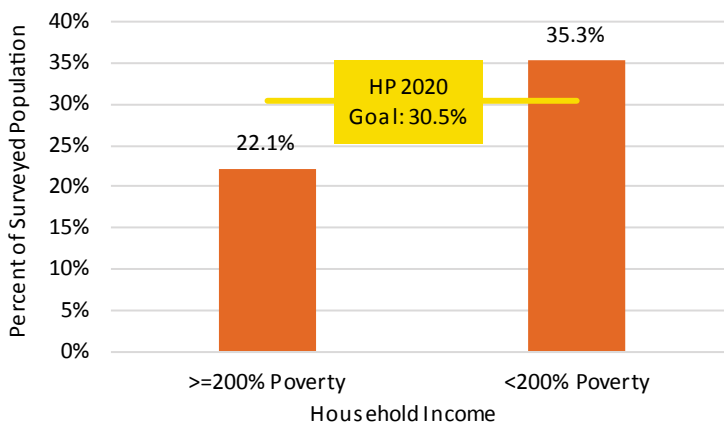
Source: Saint Paul - Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014.<sup>6</sup>

### Obesity Status by Education, Six-County Metro, 2014



Source: Metro Public Health Analyst Network. Metro SHAPE Six County Data Book 2014.<sup>6</sup>

### Obesity Status by Household Income, Six-County Metro, 2014



Source: Metro Public Health Analyst Network. Metro SHAPE Six County Data Book 2014.<sup>6</sup>

<sup>6</sup> Saint Paul - Ramsey County Public Health. Metro SHAPE Ramsey County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed January 2018.