

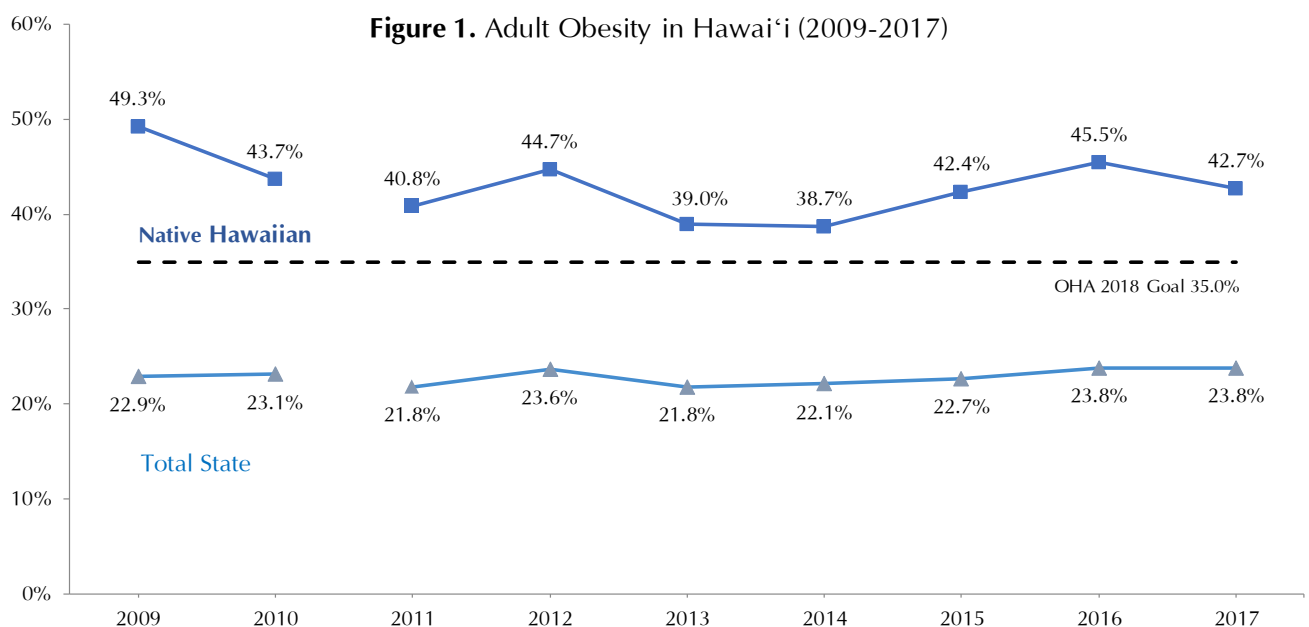
## 2010-2018 STRATEGIC RESULTS: Obesity Indicator Sheet 2019

**Strategic Priority: Maui Ola (Health)****Strategic Result** — Decrease chronic disease rates

- Reduce the rate of obesity among Native Hawaiians from 49.3% in 2009 to 35% by 2018.

**BACKGROUND.** According to the Centers for Disease Control and Prevention (CDC, 2017), being overweight or obese increases the risk for many diseases and health conditions including heart disease, stroke, hypertension, type 2 diabetes, osteoarthritis, sleep apnea, respiratory problems, gallbladder disease, blood lipids (e.g., cholesterol), and some cancers (endometrial, breast, and colon).

Figure 1 depicts the adult obesity rates for Native Hawaiians and the State of Hawai'i from 2009-2017.



**SOURCES.** Hawai'i State Department of Health, Behavioral Risk Factor Surveillance System. Hawai'i Health Data Warehouse (HHDW) Reports 2009-2010. Indicator-Based Information System (IBIS) 2011-2017.

**Notes:** In 2011, CDC established a new baseline for state obesity rates due to changes in the survey methodology. Hence 2011-2017 results cannot be compared to prior years as indicated by the broken time lines.

## FINDINGS

- The changes to methodology in 2011 were 1) cell phone coverage in addition to landline surveys and 2) a weighting methodology that included more demographic variables to make the samples more representative of the population. The OHA 2010-2018 Strategic Plan was based on pre-2011 methodology.
- In 2017, Hawai'i was one of two states and the District of Columbia with the lowest obesity prevalence rates between 20% and <25%. However, 2 out of 5 (42.7%) Native Hawaiian adults were obese. This was higher than the rate for any other ethnic group in Hawai'i except Other Pacific Islanders at 54.1% (CDC, 2017).
- Between 2011-2017, the gap between the Native Hawaiian and State obesity rates has remained.

**TERMS.**

**Behavioral Risk Factor Surveillance System (BRFSS):** A phone survey initiated in 1984 by the Centers for Disease Control and Prevention (CDC) conducted in 50 U.S. states, the District of Columbia, and six U.S. territories. The Hawai'i BRFSS (HBRFSS) is part of the national BRFSS. (HBRFSS, 2019)

**Body Mass Index (BMI):** A ratio of body weight (kg) to height (m<sup>2</sup>). If weight is in pounds (lb) and height in inches (in), multiply the ratio by 703 (NIH, 2019).

**Obesity:** A condition characterized by excessive body fat, a BMI of 30 or higher. Overweight is defined as a BMI between 25 and less than 30 (NIH, 2019).

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