

Burden of Obesity in Oklahoma

August 2020

OKLAHOMA STATE DEPARTMENT OF HEALTH

WHY IS OBESITY A PROBLEM?



Obesity is one of the **leading causes** of **preventable life-years lost** among adult Americans

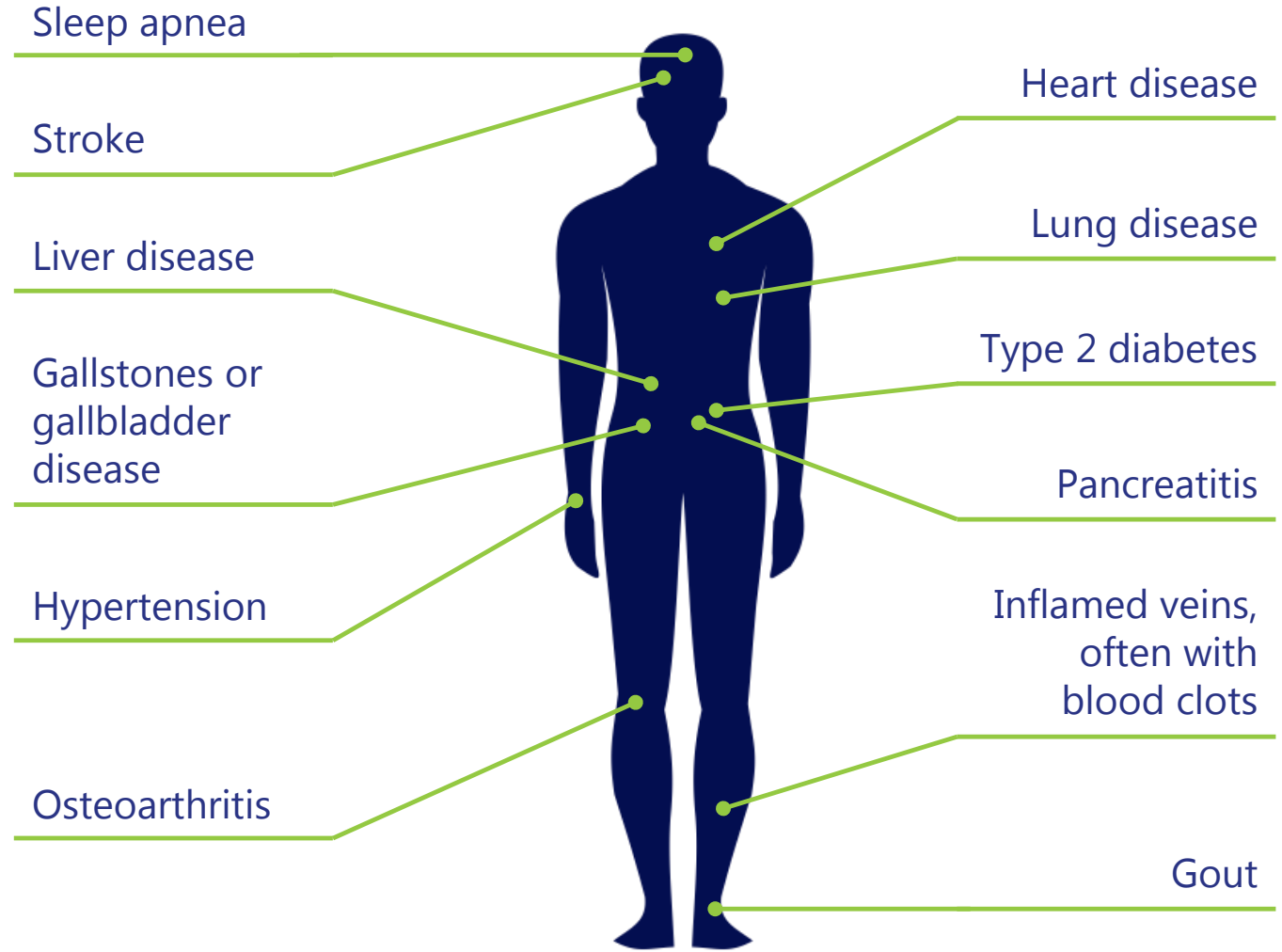


Obesity and related conditions have contributed to **medical expenditures** exceeding **\$1 billion** a year in Oklahoma



Obesity is **linked** to **13 different cancers**

Complications of obesity

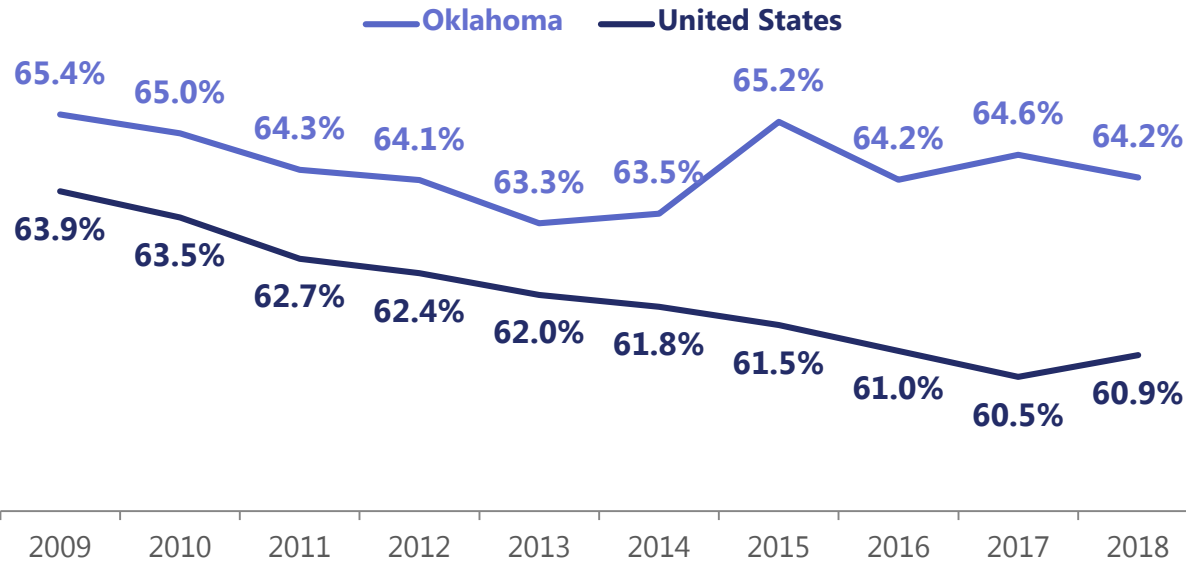


1. Wang YC, Pamplin J, Long MW, Ward ZJ, Gortmaker SL, Andreyeva T. Severe obesity in adults cost state medicaid programs nearly \$8 billion in 2013. *Health Aff (Millwood)* 2015; **34**: 1923- 1931 .Available at <https://www.healthaffairs.org/doi/10.1377/hlthaff.2015.0633>
2. Steele CB, Thomas CC, Henley SJ, et al. Vital Signs: Trends in Incidence of Cancer Associated with Overweight and Obesity – United States, 2005-2014. *MMWR Morb Mortal Wkly Rep* 2017;66:1052-1058. Available at <https://www.cdc.gov/mmwr/volumes/66/wr/mm6639e1.htm>

3-4-64 in Oklahoma



3-4-64 DEATH PERCENTAGES*



*3-4-64 deaths as a percentage of all causes of death. Deaths include cardiovascular disease, cancer, diabetes, and chronic lower respiratory diseases.

3 BEHAVIORS



Tobacco Use

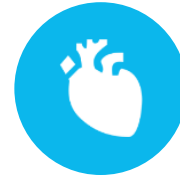


Poor Diet



Sedentary Lifestyle

4 CHRONIC CONDITIONS



Cardiovascular Disease



Cancer



Diabetes



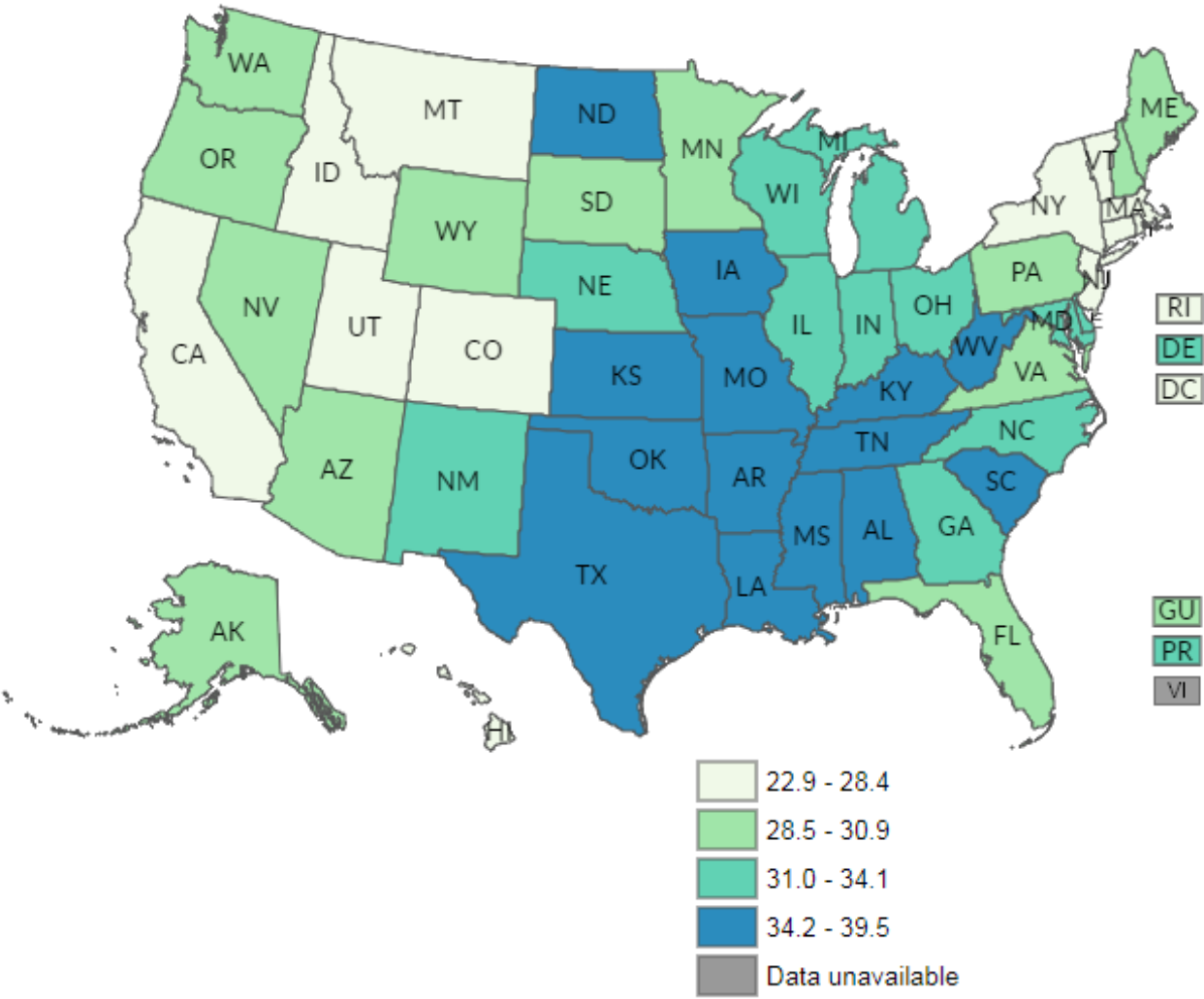
Chronic Lower Respiratory Diseases

64% OF DEATHS

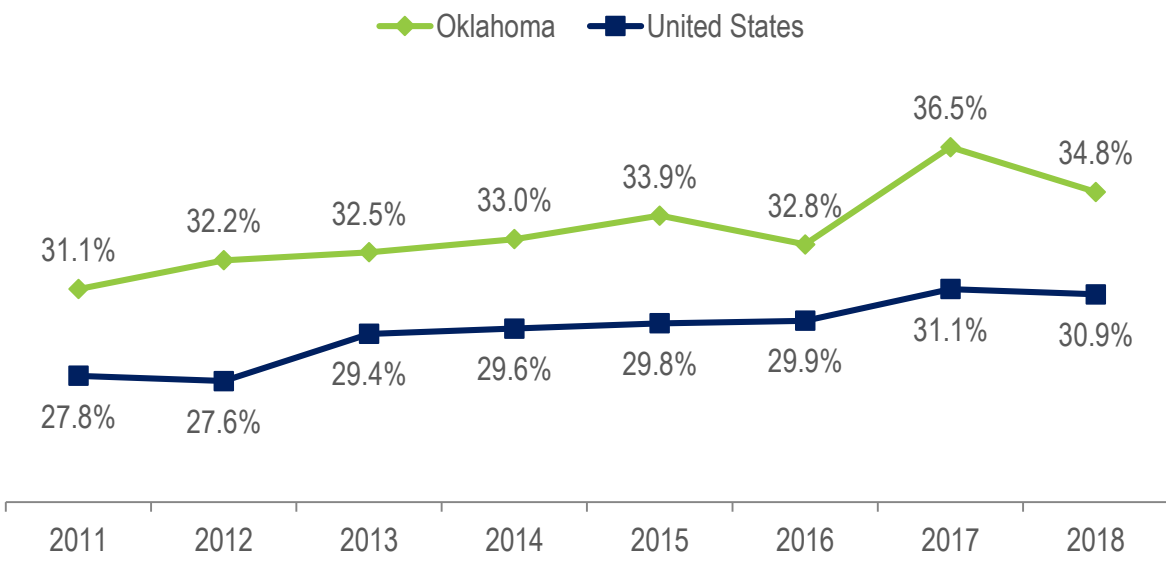
Three unhealthy behaviors influence four chronic diseases that account for about **64** percent of all deaths in **Oklahoma** county and for **61** percent of all deaths in **United States**.



BURDEN OF OBESITY IN OKLAHOMA ADULTS



In 2018, Oklahoma had the **10th** highest obesity prevalence in the nation



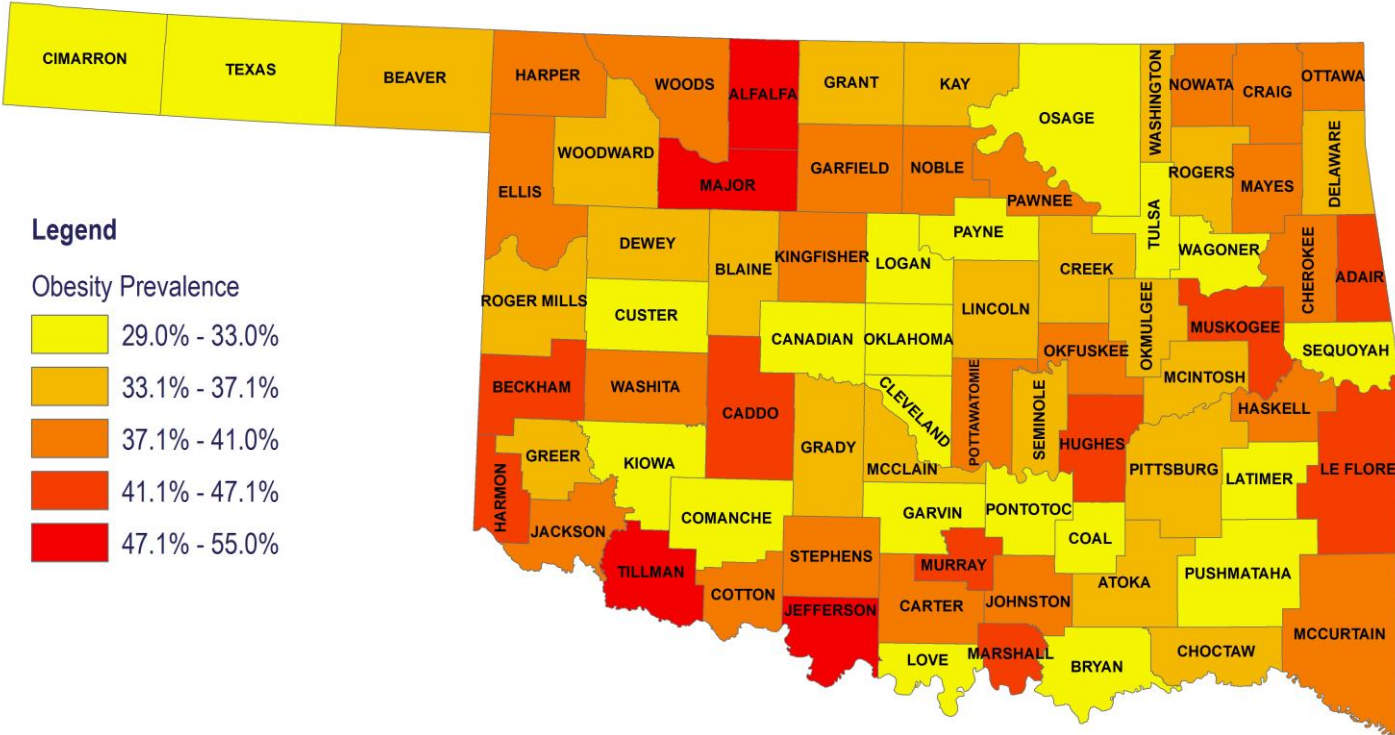
Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System 2018. Available at <https://www.cdc.gov/brfss/brfssprevalence/index.html>

BURDEN OF OBESITY IN OKLAHOMA ADULTS

Approximately
1 million
Oklahoma adults were obese
in 2018



That's about 1 out of every 3 adults

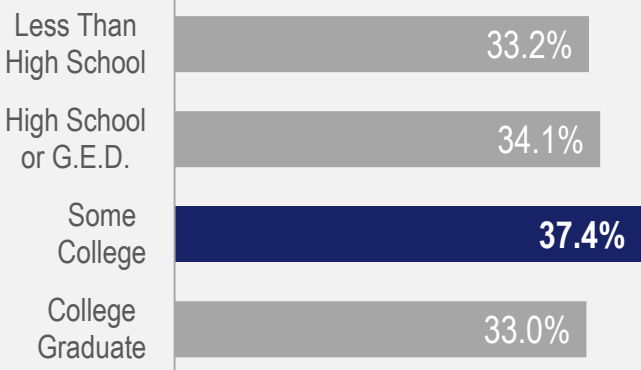


Obesity prevalence varies statewide ranging from **29.0%** in **Love** county to **55.5%** in **Tillman**

Source: Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, Behavioral Risk Factor Surveillance System, 2018.

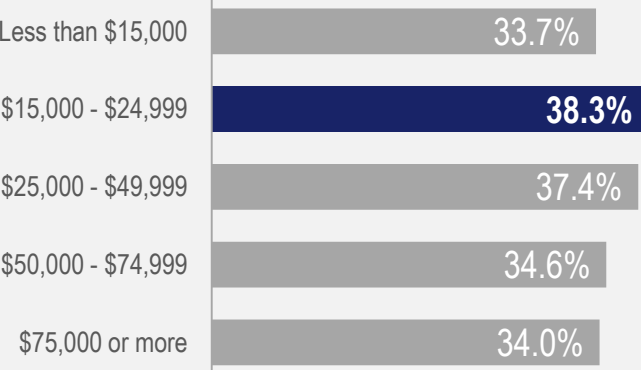
BURDEN OF ADULT OBESITY BY SOCIAL DETERMINANTS OF HEALTH

EDUCATION



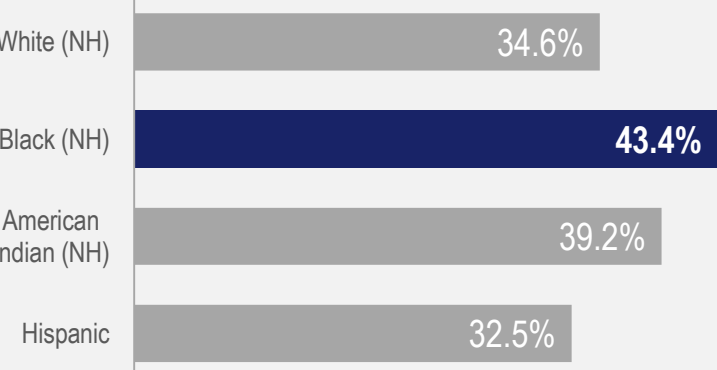
In 2018, the highest prevalence of obesity was **37.4%** among Oklahoma adults with **some college education.**

INCOME



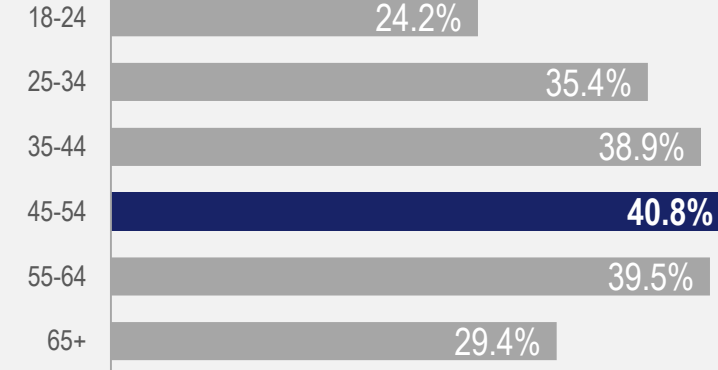
In 2018, the highest prevalence of obesity was **38.3%** among those with a **household income between \$15,000 and \$24,999.**

RACE/ETHNICITY



In 2018, the highest prevalence of obesity was **43.4%** among **Black (NH) race.**

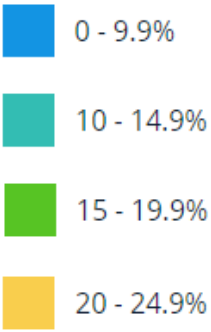
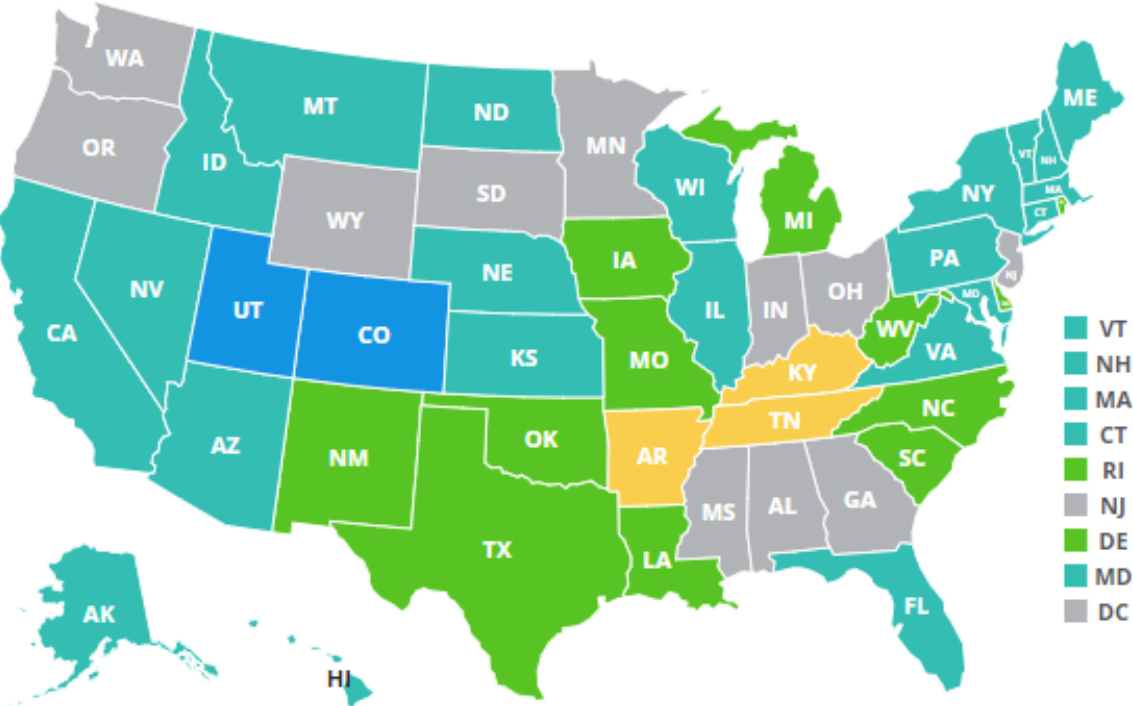
AGE



In 2018, **adults 45-54 years of age** remain the group with the highest prevalence of obesity at **40.8%.**

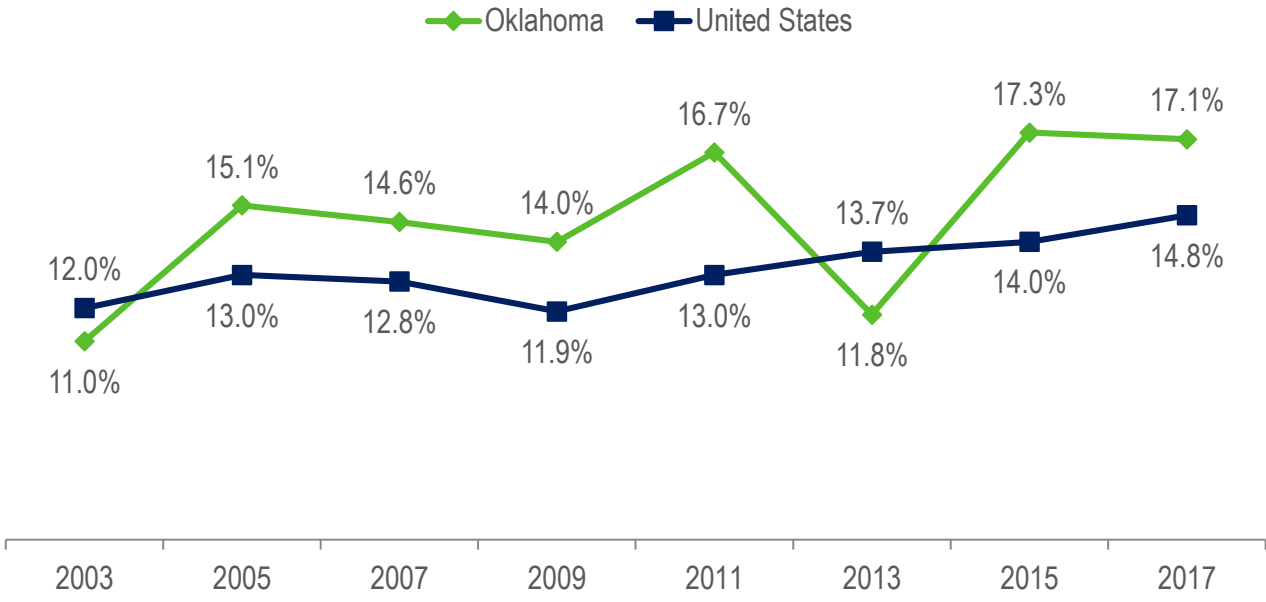
Source: Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, Behavioral Risk Factor Surveillance System 2018, on Oklahoma Statistics on Health Available for Everyone (OK2SHARE). Available at <http://www.health.ok.gov/ok2share>.

BURDEN OF OBESITY IN OKLAHOMA YOUTH: HIGH SCHOOL



Note: National 2019 YRBS has not been released yet, hence 2017 data was used for US comparison and ranking.

In 2017, Oklahoma had the **7th** highest youth obesity prevalence in the nation



BURDEN OF OBESITY IN OKLAHOMA YOUTH: HIGH SCHOOL

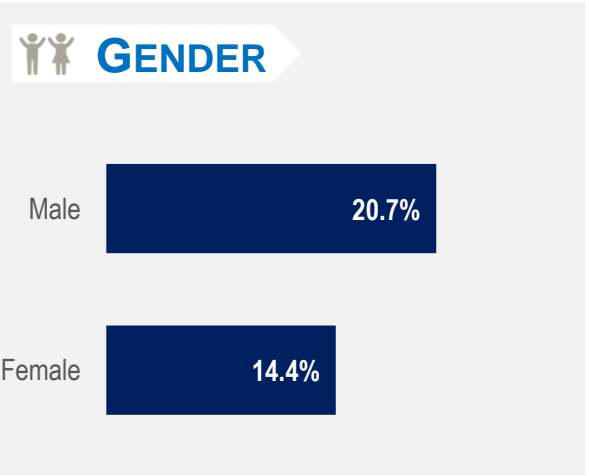
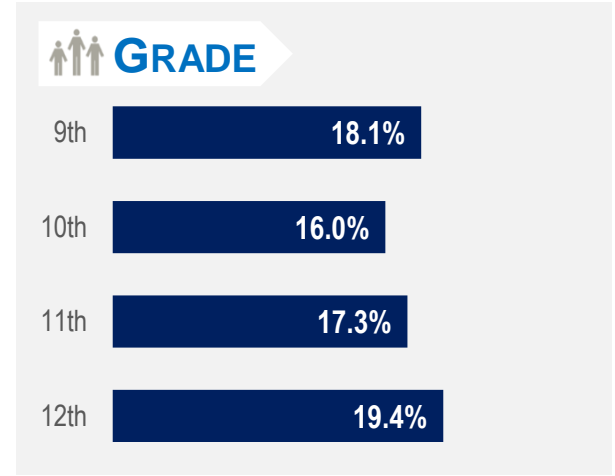
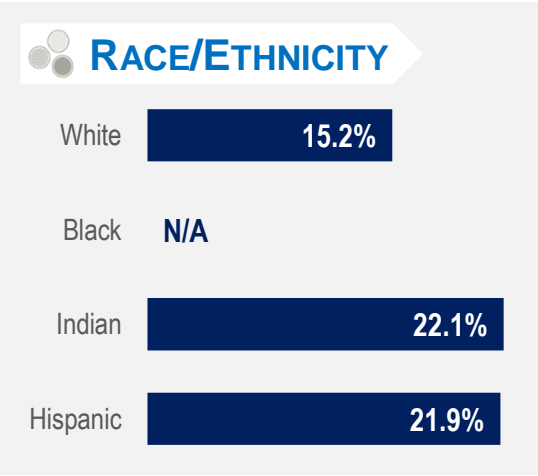


That's about 1 out of every 6 high school students



In 2019, 17.6% or approximately 29,000 high school students in Oklahoma were obese

YOUTH OBESITY BY SOCIAL DETERMINANTS OF HEALTH



Source: Oklahoma State Department of Health, Maternal and Child Health, Youth Risk Behavior Survey 2019.

BURDEN OF OBESITY IN OKLAHOMA CHILDREN: 10-17 YEARS



18.0%

Oklahoma (2017-18)

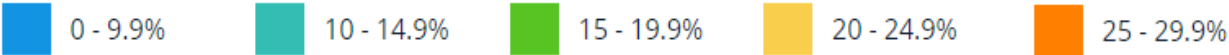
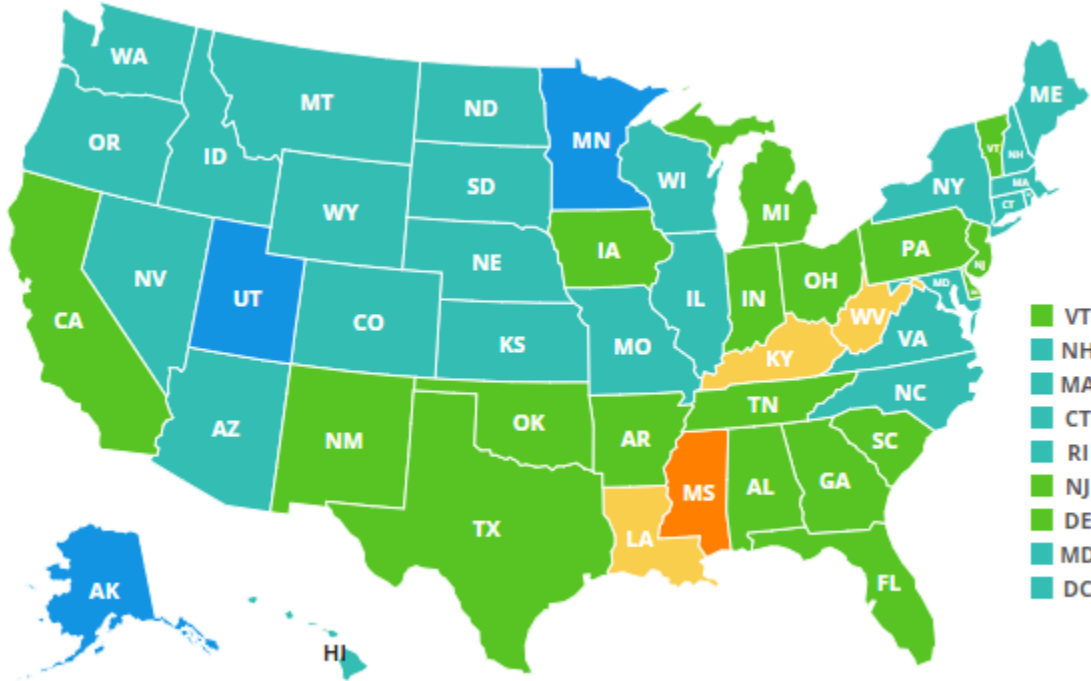
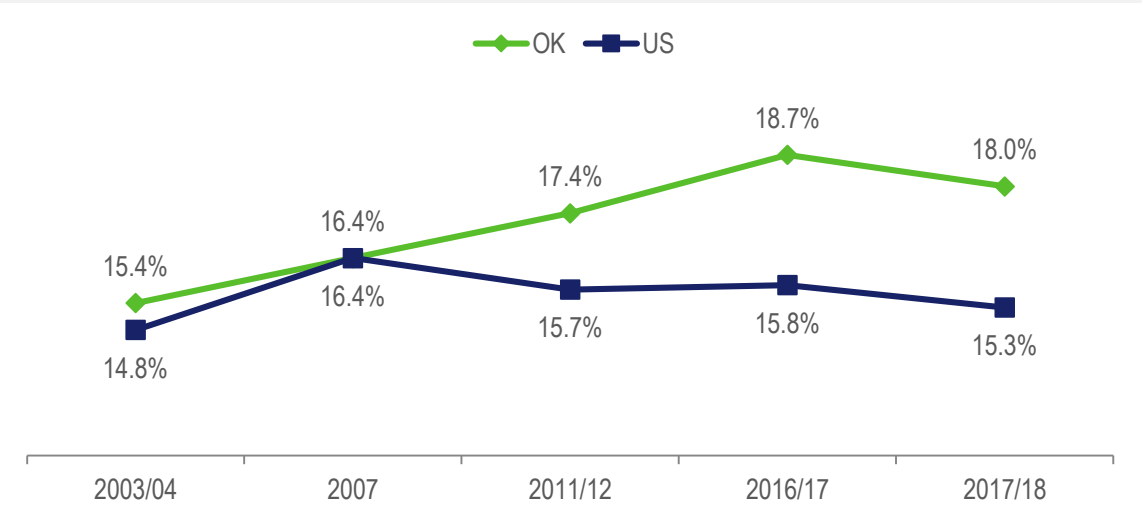
6th

highest obesity prevalence in the nation



15.3%

United States (2017-18)



Source: 2017-2018 National Survey of Children's Health (NSCH) data query. U.S. Department of Health and Human Services, Health Resources and Services Administration's Maternal and Child Health Bureau (HRSA MCHB). Available at www.childhealthdata.org.

BURDEN OF OBESITY IN OKLAHOMA CHILDREN: 10-17 YEARS



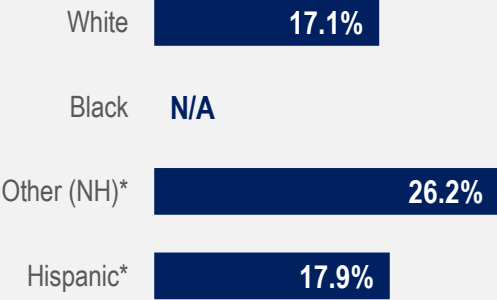
In 2017-18, approximately 72,000 children age 10-17 years in Oklahoma were obese

That's more than 1 out of every 6 children



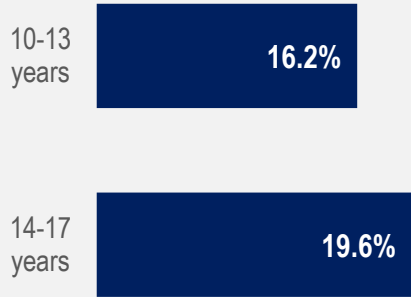
CHILDHOOD OBESITY BY SOCIAL DETERMINANTS OF HEALTH

RACE/ETHNICITY

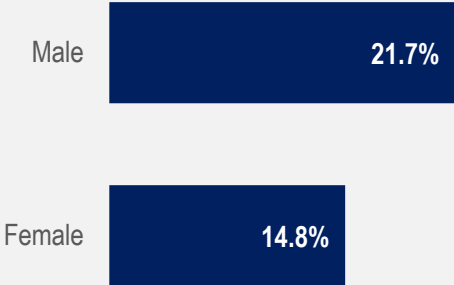


*Interpret with caution, estimate has large 95% confidence interval

AGE



GENDER



Source: 2017-2018 National Survey of Children's Health (NSCH) data query. U.S. Department of Health and Human Services, Health Resources and Services Administration's Maternal and Child Health Bureau (HRSA MCHB). Available at www.childhealthdata.org.

BURDEN OF OBESITY IN OKLAHOMA CHILDREN: WIC 2-4 YEARS



13.1%

Oklahoma (2016)

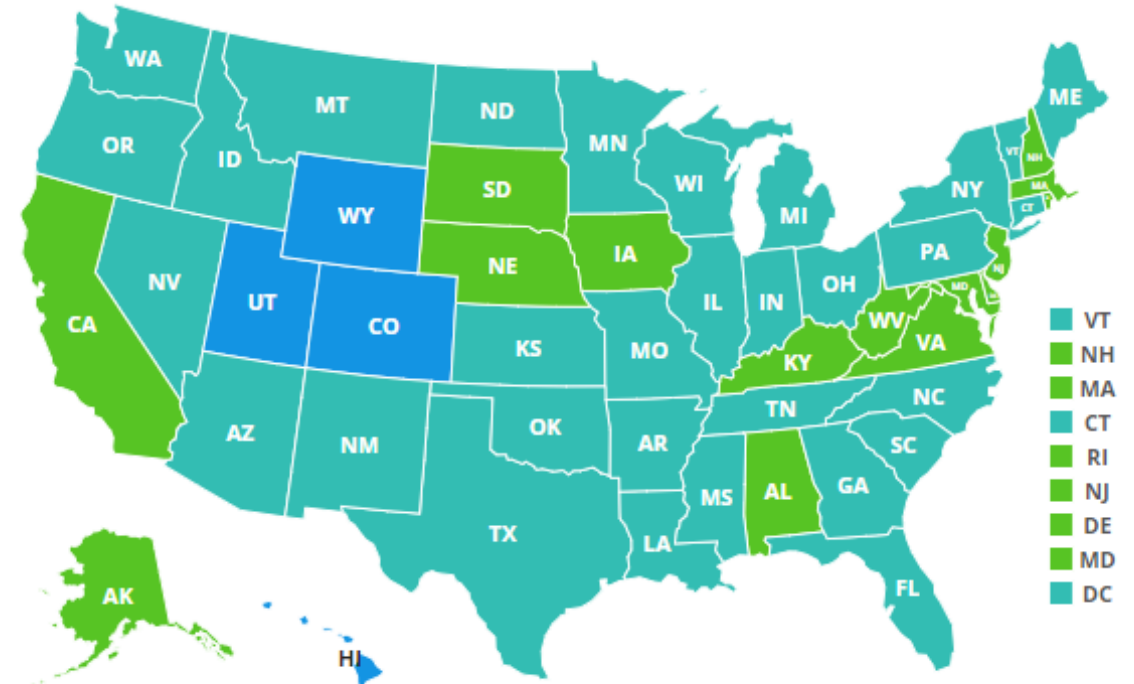
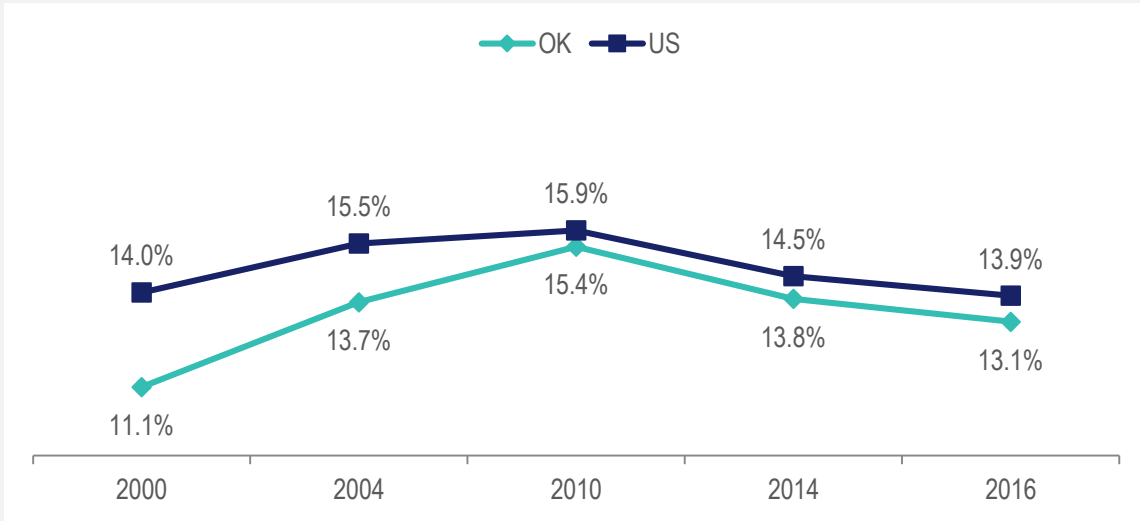


13.9%

United States (2016)

32nd

highest obesity prevalence in the nation



PHYSICAL ACTIVITY (PA) IN OKLAHOMA

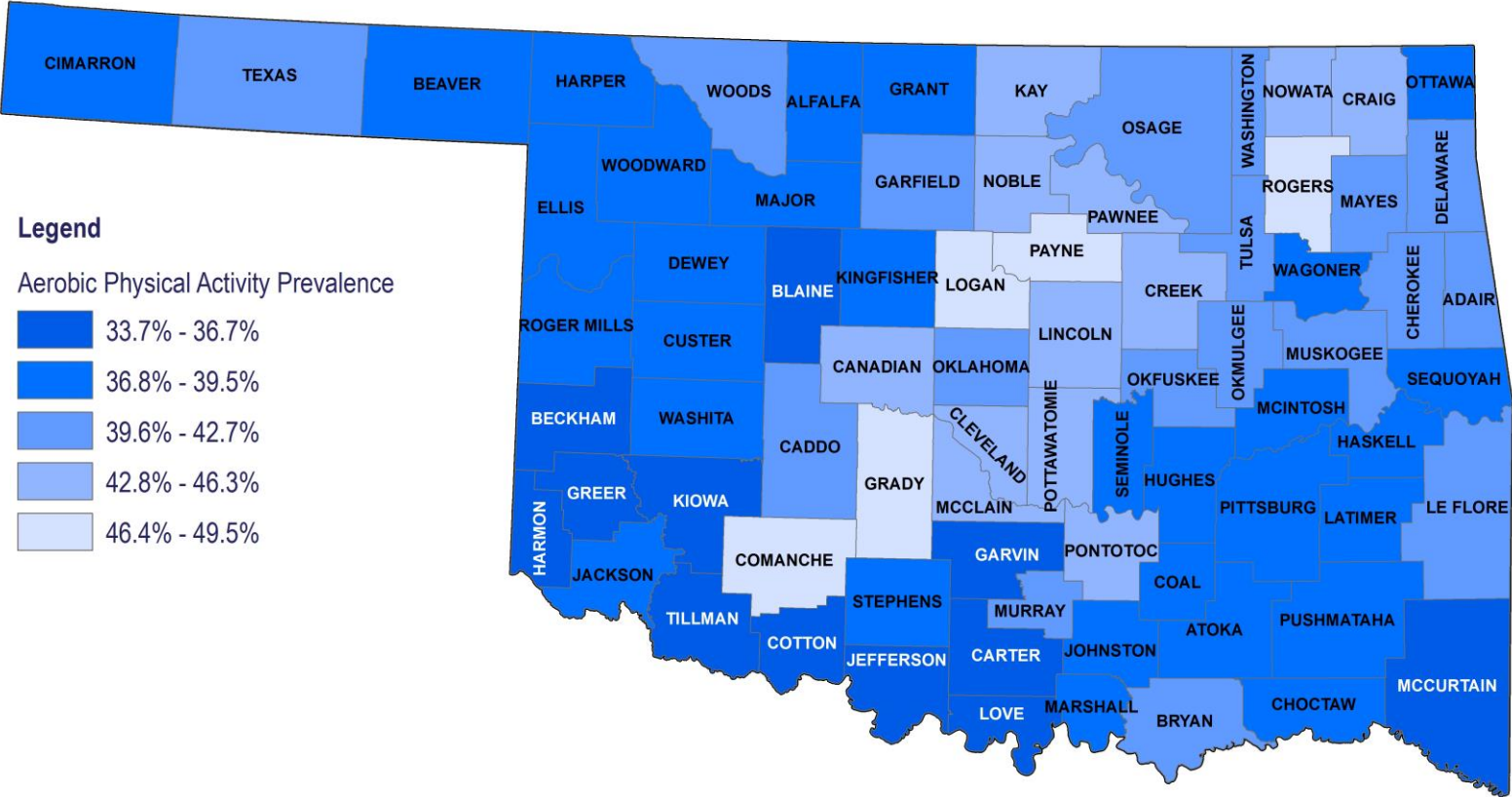


OKLAHOMA ADULTS

Participated in 150 mins or more of aerobic PA per week
42.5%

OKLAHOMA YOUTH

Active 60 mins everyday during the past 7 days
29.2%



Among Oklahoma adults, aerobic physical activity prevalence (150 mins/week) is lowest in **McCurtain** county **33.7%** and highest in **Logan** county at **49.5%**.

Sources: Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, Behavioral Risk Factor Surveillance System 2018, on OK2SHARE. Available at <http://www.health.ok.gov/ok2share>. Oklahoma State Department of Health, Maternal and Child Health, Youth Risk Behavior Survey 2019.

FRUIT CONSUMPTION IN OKLAHOMA

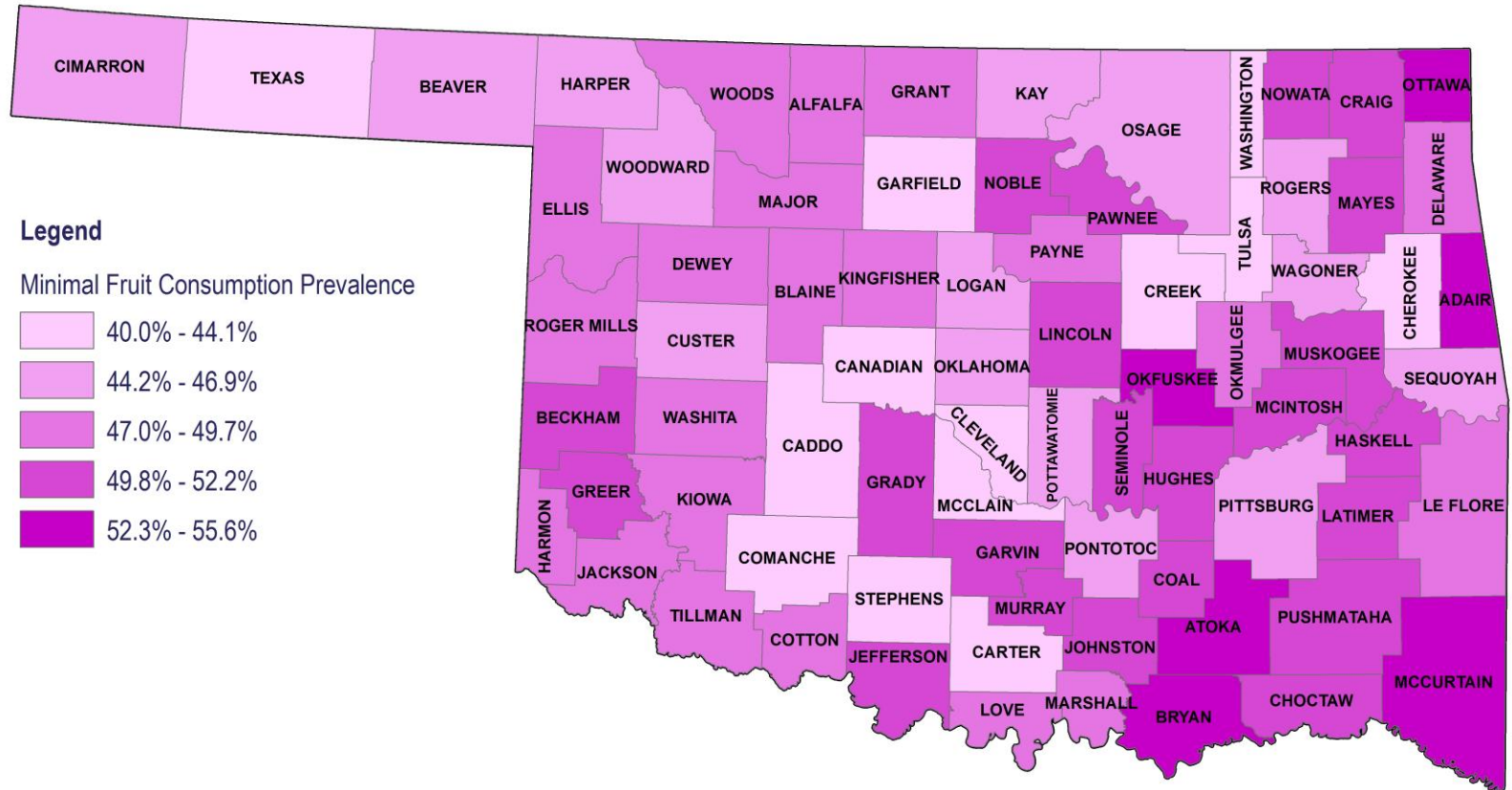


OKLAHOMA ADULTS

Consumed fruit less than one time per day
45.8%

OKLAHOMA YOUTH

Consumed fruit 2+ times/day during past 7 days
20.3%



Among Oklahoma adults, aerobic physical activity prevalence (150 mins/week) is lowest in **Stephens** county **40.0%** and highest in **Bryan** county at **55.6%**.



VEGETABLE CONSUMPTION IN OKLAHOMA



OKLAHOMA ADULTS

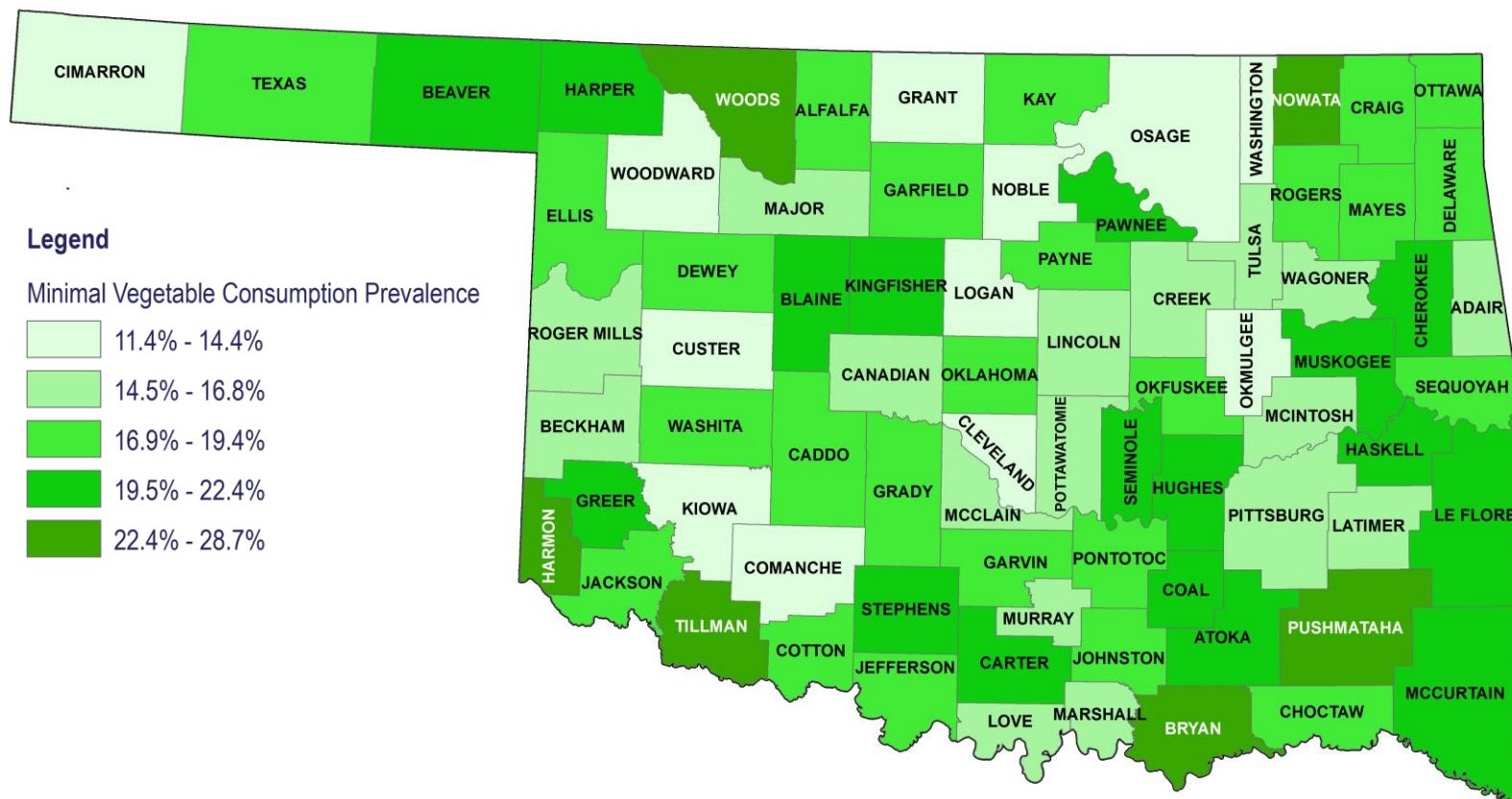
Consumed vegetables less than one time per day

17.1%

OKLAHOMA YOUTH

Consumed vegetables 3+ times/day during past 7 days

9.4%



Among Oklahoma adults, aerobic physical activity prevalence (150 mins/week) is lowest in **Kiowa** county **11.4%** and highest in **Tillman** county at **28.7%**.



Contact us for more information

Center for Chronic Disease Prevention and Health Promotion

Oklahoma State Department of Health

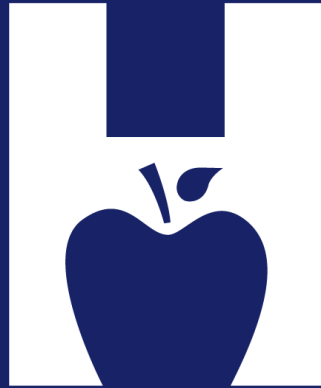
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Oklahoma State Department of Health

Creating a State of Health

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