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 in linked to 13 different cancers.

Complications of obesity:
- Sleep apnea
- Heart disease
- Stroke
- Lung disease
- Liver disease
- Type 2 diabetes
- Gallstones or gallbladder disease
- Pancreatitis
- Inflamed veins, often with blood clots
- Hypertension
- Gout
- Osteoarthritis


OKLAHOMA STATE DEPARTMENT OF HEALTH | CREATING A STATE OF HEALTH
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.

*3-4-64 deaths as a percentage of all causes of death. Deaths include cardiovascular disease, cancer, diabetes, and chronic lower respiratory diseases.
In 2018, Oklahoma had the 10th highest obesity prevalence in the nation.
That’s about 1 out of every 3 adults

### Burden of Adult Obesity by Social Determinants of Health

#### Education

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Obesity Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less Than High School</td>
<td>33.2%</td>
</tr>
<tr>
<td>High School or G.E.D.</td>
<td>34.1%</td>
</tr>
<tr>
<td>Some College</td>
<td>37.4%</td>
</tr>
<tr>
<td>College Graduate</td>
<td>33.0%</td>
</tr>
</tbody>
</table>

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

#### Income

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Obesity Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than $15,000</td>
<td>33.7%</td>
</tr>
<tr>
<td>$15,000 - $24,999</td>
<td>38.3%</td>
</tr>
<tr>
<td>$25,000 - $49,999</td>
<td>37.4%</td>
</tr>
<tr>
<td>$50,000 - $74,999</td>
<td>34.6%</td>
</tr>
<tr>
<td>$75,000 or more</td>
<td>34.0%</td>
</tr>
</tbody>
</table>

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

#### Race/Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Obesity Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>White (NH)</td>
<td>34.6%</td>
</tr>
<tr>
<td>Black (NH)</td>
<td>43.4%</td>
</tr>
<tr>
<td>American Indian (NH)</td>
<td>39.2%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>32.5%</td>
</tr>
</tbody>
</table>

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

#### Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Obesity Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>24.2%</td>
</tr>
<tr>
<td>25-34</td>
<td>35.4%</td>
</tr>
<tr>
<td>35-44</td>
<td>38.9%</td>
</tr>
<tr>
<td>45-54</td>
<td>40.8%</td>
</tr>
<tr>
<td>55-64</td>
<td>39.5%</td>
</tr>
<tr>
<td>65+</td>
<td>29.4%</td>
</tr>
</tbody>
</table>

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

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

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

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

That’s about 1 out of every 6 high school students.

**Race/Ethnicity**
- White: 15.2%
- Black: N/A
- Indian: 22.1%
- Hispanic: 21.9%

**Grade**
- 9th: 18.1%
- 10th: 16.0%
- 11th: 17.3%
- 12th: 19.4%

**Gender**
- Male: 20.7%
- Female: 14.4%
BURDEN OF OBESITY IN OKLAHOMA CHILDREN: 10-17 YEARS

18.0%
Oklahoma (2017-18)

15.3%
United States (2017-18)

6th highest obesity prevalence in the nation

**Burden of Obesity in Oklahoma Children: 10-17 years**

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

72,000 Oklahomans

That’s more than 1 out of every 6 children.

**Childhood Obesity by Social Determinants of Health**

**Race/Ethnicity**
- White: 17.1%
- Black: N/A
- Other (NH)*: 26.2%
- Hispanic*: 17.9%

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

**Age**
- 10-13 years: 16.2%
- 14-17 years: 19.6%

**Gender**
- Male: 21.7%
- Female: 14.8%

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

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%**.

**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%**

FRUIT CONSUMPTION IN OKLAHOMA

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

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

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