



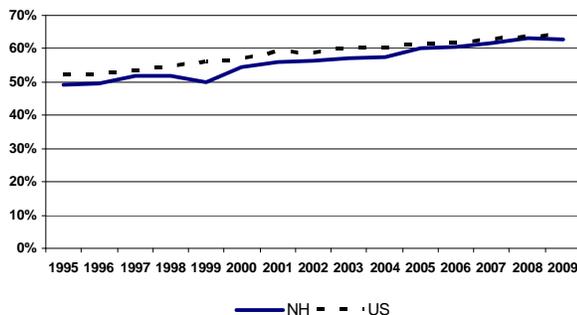
Overweight and Obesity in New Hampshire 2011 BRFSS Update

BACKGROUND

Overweight and obesity have greatly increased during recent decades. Contributing factors include physical inactivity, excessive food consumption, and unhealthy food choices.

Overweight, obesity, and associated risk factors and conditions are measured in the New Hampshire (NH) Behavioral Risk Factor Surveillance Survey (BRFSS). The BRFSS surveillance system gathers data on numerous health behaviors and risk conditions among New Hampshire residents. The BRFSS is a random digit dialed telephone survey of non-institutionalized adults who self-report their health status. This data brief summarizes overweight and obesity-related findings of the 2009 BRFSS.

Overweight and obesity among adults, NH and US, BRFSS, 1995-2009

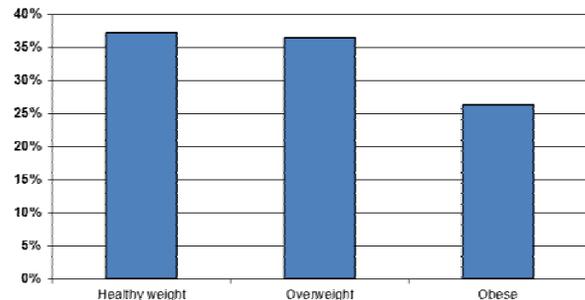


OVERWEIGHT AND OBESITY

Overweight in adults is defined as a body mass index (BMI) of 25 or higher and obesity is defined as a BMI of 30 or higher. BMI is calculated by using both height and weight. In 2009, 36.5% of adults in New Hampshire were overweight and 26.3% were obese; that is comparable to overweight and obesity estimates seen in the United States.

Healthy weight, overweight and obesity among NH

adults, BRFSS, 2009

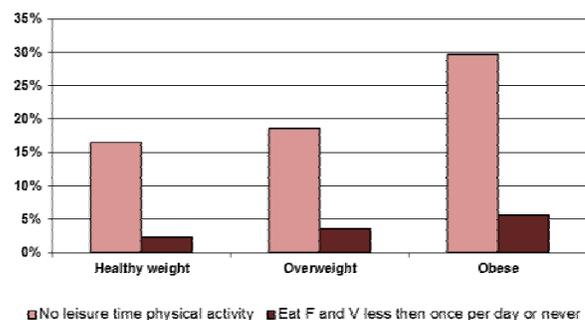


RISK FACTORS FOR OVERWEIGHT AND OBESITY

Overweight and obesity result from an energy imbalance. This involves eating too many calories and not getting enough physical activity. In 2009, 21.2% of New Hampshire adults did not engage in any leisure time physical activity and 3.6% consumed fruits and vegetables less than once a day or not at all. In addition, only 27.9% of New Hampshire adults consumed fruits and vegetables five or more times per day.

When the weight category is taken into consideration, 29.7% of obese New Hampshire adults did not engage in any leisure time activity and 5.6% ate fruits or vegetables once a day or less often.

Lack of leisure time physical activity and fruits and vegetables consumption among NH adults, by weight categories, BRFSS, 2009

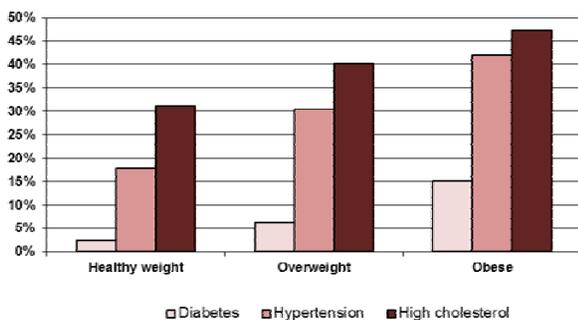


CONSEQUENCES OF OVERWEIGHT AND OBESITY

Research has shown that overweight and obesity are associated with an increased risk for several chronic diseases and conditions. These include coronary heart disease, type 2 diabetes, some types of cancer, high blood pressure, stroke, liver and gallbladder disease. In 2009, 7.1% of New Hampshire adults had ever been diagnosed with diabetes, 3.7% had ever been diagnosed with coronary heart disease, 3.5% ever diagnosed with heart attack, and 2.0% ever diagnosed with stroke. Approximately 38.6% of New Hampshire adults had ever been told they have high cholesterol and 28.6% had ever been told they have high blood pressure.

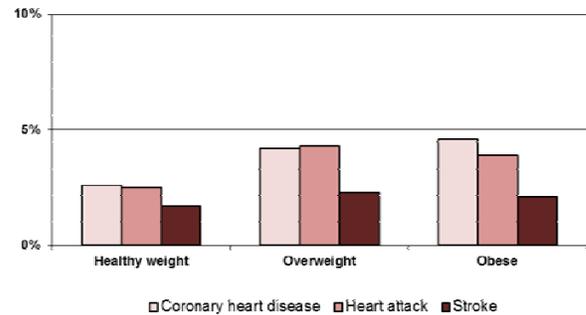
Examining these conditions in relationship to weight categories, 47.2% of obese adults had ever been told they have high cholesterol, 42.0% had ever been told they have high blood pressure, and 15.0% had ever been told they have diabetes.

Diabetes, high blood pressure and high cholesterol among NH adults, by weight categories, 2009



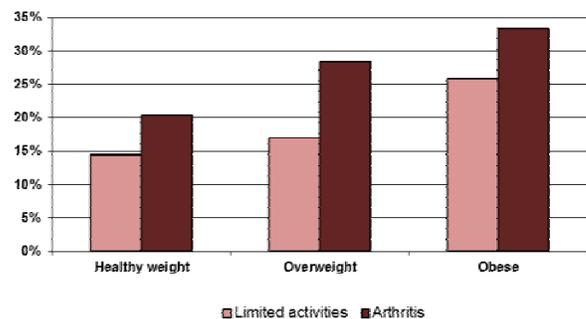
About 4.6% of obese adults had ever been diagnosed with coronary heart disease, 3.9% had ever been diagnosed with heart attack and 2.1% had ever been diagnosed with stroke.

Coronary heart disease, heart attack and stroke among NH adults, by weight categories, 2009



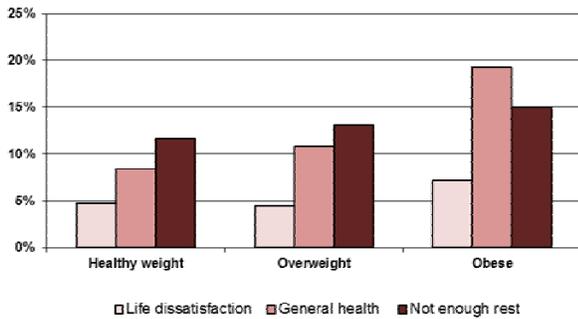
Overweight and obesity may cause activity limitations. Among New Hampshire adults, 18.3% experienced limitations in daily activities and 27.0% had ever been told they have arthritis. About 25.8% of obese adults had experienced difficulties with their daily activities and 33.3% had been told they have arthritis.

Daily activities limitations and arthritis among NH adults, by weight categories, BRFSS, 2009



Approximately 13.2% of NH adults reported not getting enough sleep or rest during most of the previous 30 days, 5.3% had been dissatisfied with their life, and 12.1% rated their health as fair or poor. Considering the weight categories, 15.0% of obese adults reported not getting enough sleep or rest, 7.2% were dissatisfied with their life and 19.3% rated their health as fair or poor.

Life dissatisfaction, fair/poor general health and not enough sleep/rest among NH adults, by weight categories, 2009



COUNTY ESTIMATES

Estimated prevalence of overweight and obesity revealed that Coos County had a significantly higher proportion of obese adults in comparison with the State average. Coos County also had a significantly higher proportion of adults who had ever been diagnosed with high cholesterol and high blood pressure. Grafton County had a significantly lower adult obesity rate in comparison with the New Hampshire average. Prevalence estimates were similar across all the counties (variations were not statistically significant).

References:

Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity. Available from: <http://www.cdc.gov/nccdphp/dnpao/index.html>. Accessed on: 02/01/2011.



Healthy people in healthy places

Obesity Prevention Program
NH DHHS, DPHS
29 Hazen Dr, Concord NH 03301
603-271-4551
OPP@dhhs.state.nh.us

www.dhhs.nh.gov/dphs/nhp/obesity.htm

COUNTY COMPARISONS, BRFSS, 2009

Region	Overweight	Obese	Overweight and Obese	No leisure time physical activity	Less than five servings of F & V	Coronary heart disease	Heart attack	Stroke	High Cholesterol	High Blood Pressure	Diabetes
Belknap	35.0 28.7-41.3	25.7 19.9-31.6	60.8 54.1-67.4	20.6 15-7-25.6	75.9 70.8-81.1	3.8 2.0-5.6	2.8 1.2-4.4	1.8 0.7-2.9	42.0 35.4-48.6	33.1 27.0-39.1	7.1 4.8-9.5
Carroll	35.9 28.7-43.1	22.7 16.6-28.7	58.6 51.2-65.9	20.7 14.9-26.5	74.7 68.7-80.6	4.1 2.0-6.3	3.1 1.4-4.9	2.1 0.6-3.5	36.7 29.7-43.7	36.8 29.8-43.8	6.7 4.1-9.3
Cheshire	34.5 28.7-39.9	24.9 19.6-30.1	59.2 52.8-65.5	18.6 14.3-22.9	72.8 67.7-77.9	4.4 2.5-6.3	5.0 3.0-7.0	2.2 0.6-3.9	35.5 29.9-41.1	27.3 22.8-31.8	7.4 4.6-10.2
Coos	36.9 30.4-43.5	35.9 28.9-42.9	72.8 66.8-78.9	28.4 22.5-34.6	77.6 72.1-83.2	5.1 2.6-7.6	4.96 2.1-7.2	2.8 1.1-4.5	48.0 41.0-55.1	36.9 30.6-43.2	10.4 6.6-14.2
Grafton	36.0 30.5-41.5	19.9 15.7-24.0	55.9 49.8-62.0	21.5 16.6-26.3	72.4 67.5-77.2	3.4 1.9-4.9	3.4 1.8-5.1	2.4 1.1-3.6	40.4 34.9-45.9	25.5 20.9-30.1	6.9 4.8-9.0
Hillsborough	36.7 32.4-41.0	25.6 22.1-29.0	62.2 57.7-66.7	22.7 19.4-26.0	74.3 70.4-78.2	3.8 2.6-5.0	3.4 2.4-4.4	2.3 1.4-3.2	38.9 34.9-42.9	28.2 24.8-31.7	8.1 6.3-9.9
Merrimack	37.8 32.6-43.1	23.5 18.9-28.1	61.3 56.2-66.4	22.4 16.5-24.4	67.0 61.8-72.2	3.7 2.1-5.4	4.4 2.3-6.5	2.9 1.1-4.7	37.6 32.4-42.9	26.3 22.3-30.2	7.6 5.3-9.9
Rockingham	36.2 32.1-40.3	29.3 25.1-33.5	65.5 61.6-69.5	19.3 16.3-22.2	70.5 66.5-74.5	2.9 1.9-3.8	2.4 1.6-3.3	1.5 0.8-2.1	37.7 33.8-41.6	28.5 24.9-32.1	5.3 3.9-6.7
Strafford	37.2 31.8-42.7	30.4 24.6-36.2	67.6 62.5-72.7	20.1 16.1-24.1	68.9 63-7-74.2	3.5 2.1-4.9	3.8 1.9-5.6	1.1 0.5-1.7	38.5 33.4-43.7	26.7 22.5-31.0	6.8 4.7-8.8
Sullivan	37.3 30.7-44.0	24.1 18.3-29.8	61.4 54.3-68.5	26.5 20.6-32.4	74.6 68.8-80.4	5.0 2.6-7.4	5.0 2.5-7.4	1.9 0-4.0	39.1 32.4-45.9	33.8 27.7-40.0	8.1 5.2-11.0
New Hampshire	36.5 34.6-38.4	26.3 24.6-28.1	62.8 60.9-64.7	21.2 19.8-22.7	72.1 70.3-73.8	3.7 3.1-4.2	3.5 3.0-4.0	2.0 1.6-2.4	38.6 36.8-40.5	28.6 27.1-30.2	7.1 6.4-7.9