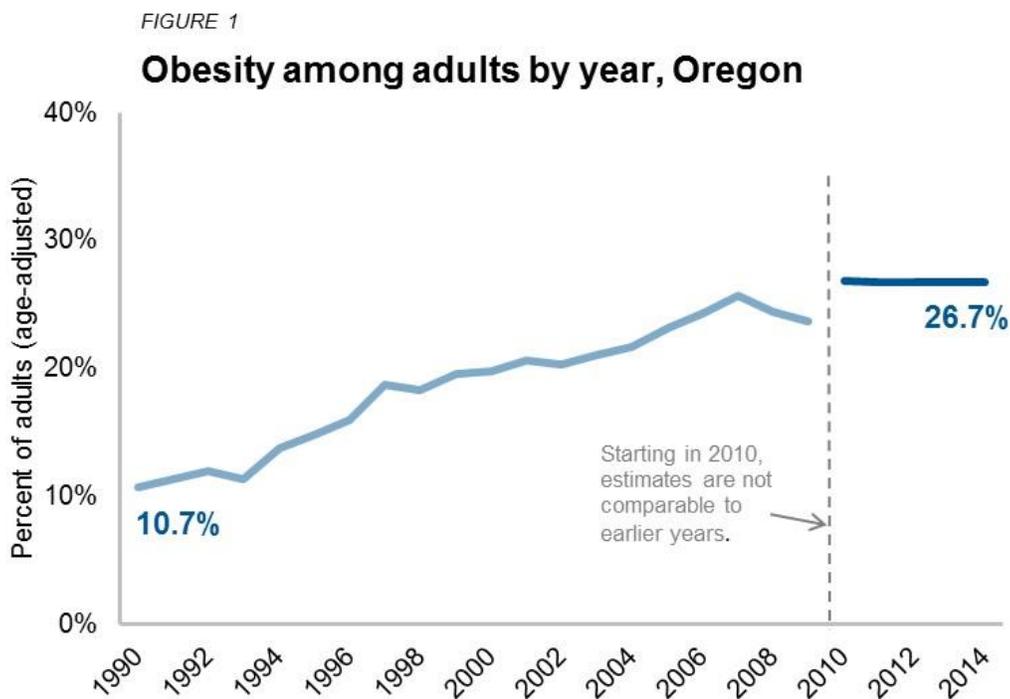


Illness & Injury

Obesity among youth and adults

Obesity is the second leading cause of preventable death in Oregon, causing an estimated 1,500 deaths each year. Obesity is a major risk factor for high blood pressure, high cholesterol, diabetes, heart disease, and cancer. People who are obese are estimated to have annual medical costs that are \$1,429 higher than people who are not obese.

In 2014, 26.7% of Oregon adults were obese. That proportion has more than doubled since 1990, when 10.7% of Oregon adults were obese (Figure 1).

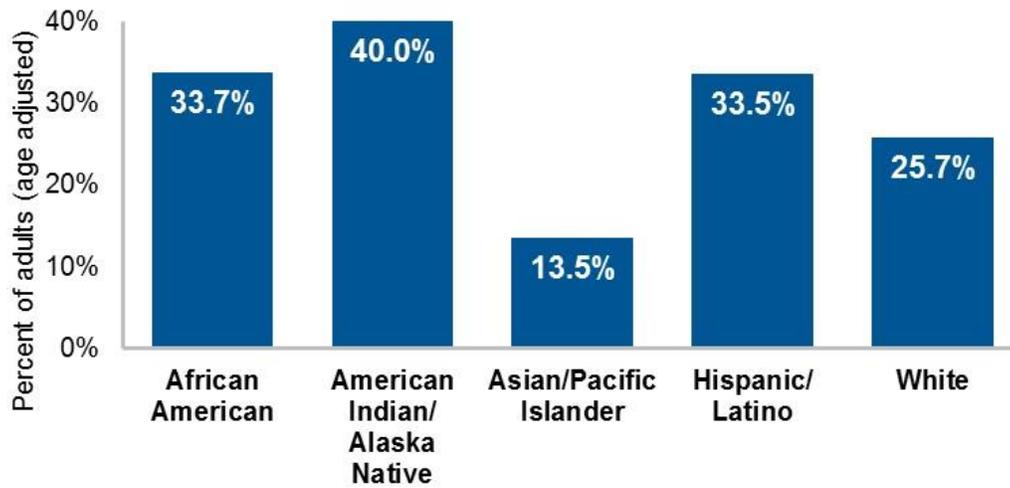


Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Adult African Americans (33.7%), American Indian/Alaska Natives (40.0%) and Hispanics (33.5%) are more likely to be obese than whites (25.7%) or Asian/Pacific Islanders (13.5%; Figure 2).

FIGURE 2

Obesity among adults by race/ethnicity, Oregon, 2010 - 2011



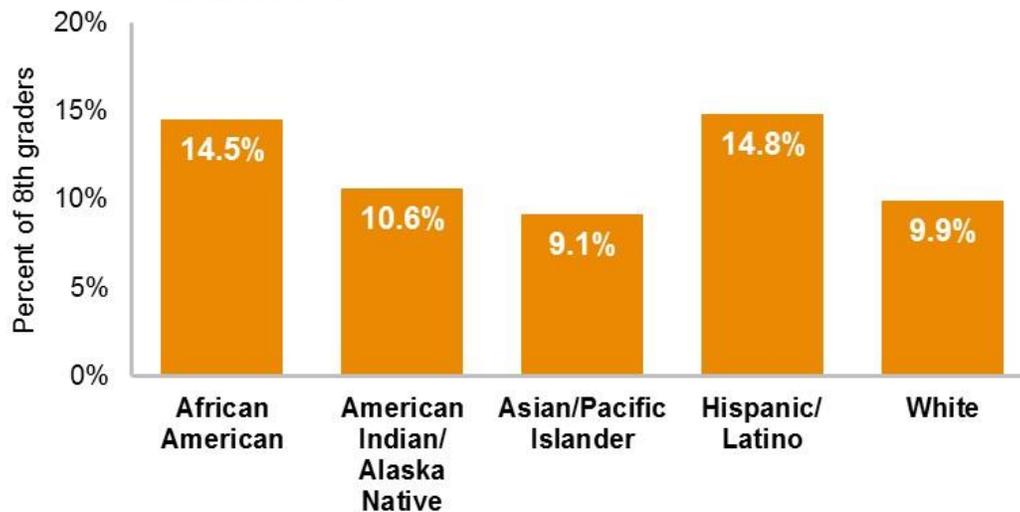
Notes: All other groups exclude Hispanic ethnicity

Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS) Race Oversample

Among 8th grade youth, the pattern is similar with African Americans (14.5%) and Hispanics (14.8%) more likely to be obese than whites (9.9%), Asian/Pacific Islanders (9.1%) or American Indian/Alaska Natives (10.6%; Figure 3).

FIGURE 3

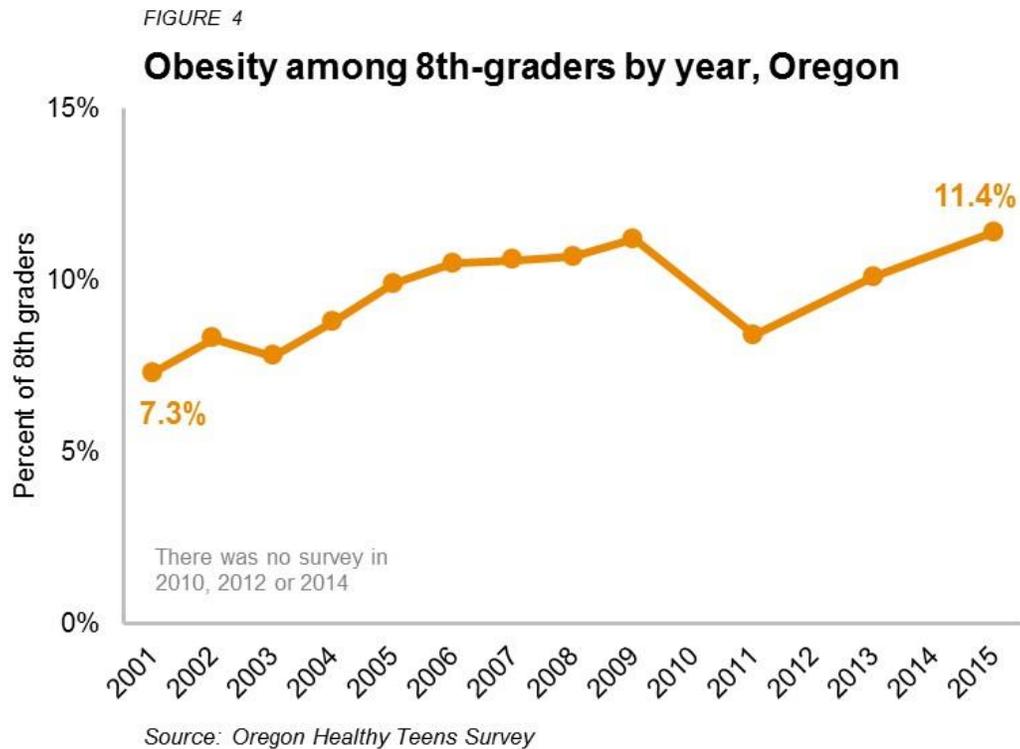
Obesity among 8th-graders by race/ethnicity, Oregon, 2015



Notes: All other groups exclude Hispanic ethnicity

Source: Oregon Healthy Teens Survey

Between 2001 and 2015, obesity increased 56% among Oregon eighth-graders from 7.3% to 11.4% (Figure 4).



If the trend in obesity continues, Oregon’s medical care costs to treat obesity-related diseases will rise, and children born today will have shorter lives on average than their parents. Comprehensive strategies designed to improve diets and increase physical activity among Oregon’s population are urgently needed to address this problem.

Additional Resources: [2012 Oregon Overweight, Obesity, Physical Activity and Nutrition Facts](#)

About the Data: Data sources are the Oregon Behavioral Risk Factor Surveillance Systems (BRFSS) for adults and the Oregon Healthy Teens Survey (OHT) for youth. BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the Oregon BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. OHT is a pencil and paper or online survey conducted every two years among Oregon 8th and 11th graders within schools.

Body Mass Index (BMI) is calculated using height and weight. For adults, obese is defined as having a BMI of 30 or greater. For children and teens, after BMI is calculated, the number

is plotted on the Centers for Disease Control and Prevention (CDC) BMI-for-age sex-specific growth charts to obtain a percentile ranking. Obese is defined as a BMI at or above the 95th percentile.

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