



CHRONIC DISEASE BURDEN UPDATE

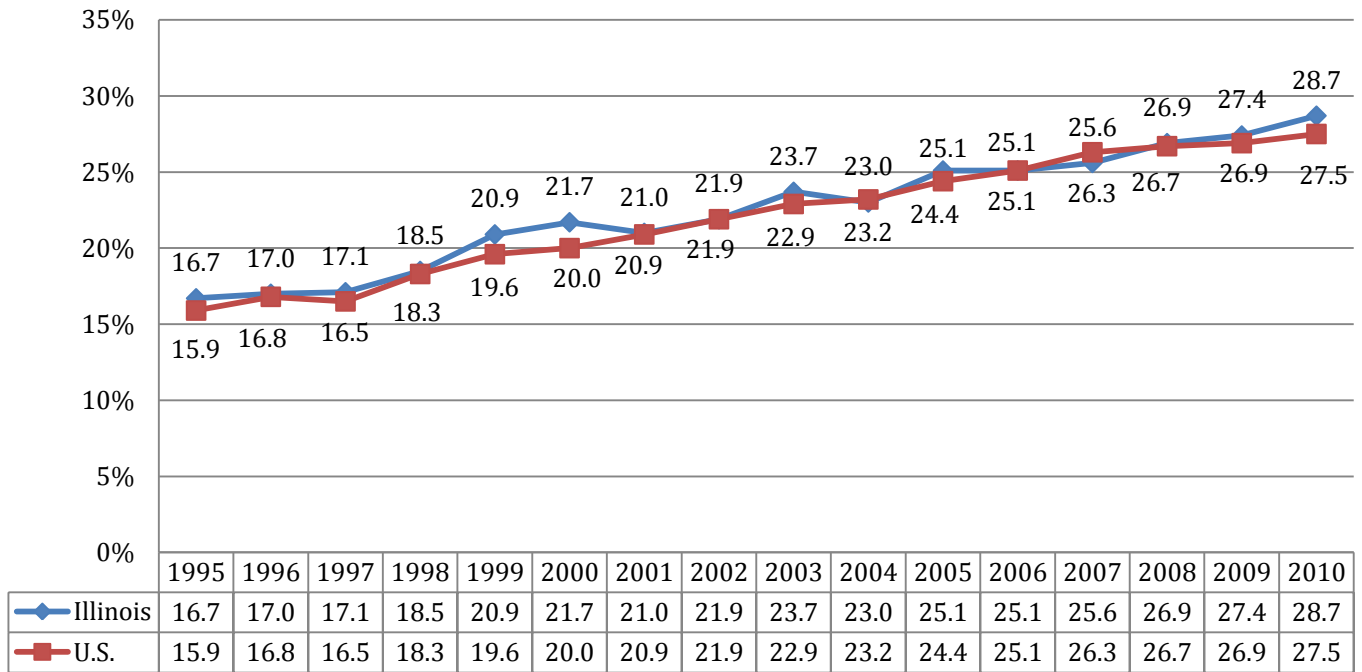
■ This update provides trend data and a snapshot of the current burden of overweight and obesity in Illinois and throughout the nation.

Obesity is a medical condition of an unhealthy level of excess body fat. The national Behavioral Risk Factor Surveillance System (BRFSS) classifies a person with body mass index (BMI) below 18.5 as underweight, BMI between 18.5 and 24.9 as a healthy weight, BMI between 25.0 and 29.9 as overweight, and BMI of 30.0 or above as obese. According to the 2011 Illinois BRFSS, 36 percent of adults in Illinois were under/normal weight, 37 percent were overweight, and 27 percent were obese. (Note: Due to sampling and weighting methodology changes in BRFSS, 2011 data should not be compared with prior years.)

OBESITY TREND

The percentage of adults that are obese increased significantly from 1995 to 2010 in Illinois and nationally.

Obesity (defined as BMI ≥ 30) Prevalence in Adults, Illinois and the United States, 1995-2010

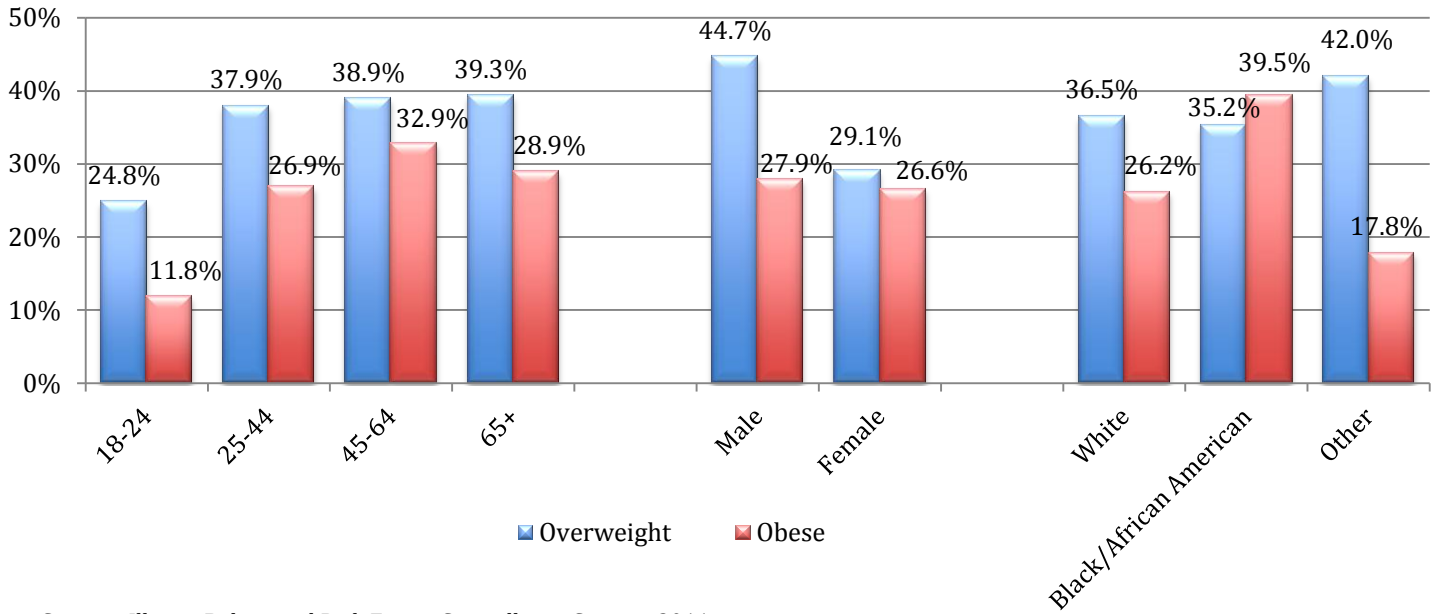


Source: CDC Behavioral Risk Factor Surveillance System, 1995-2010

PREVALENCE OF OBESITY AND OVERWEIGHT BY AGE, SEX AND RACE

According to the 2011 Illinois BRFSS, there was a significantly lower prevalence of overweight and obesity in adults ages 18 through 24 than adults in all other age groups. A significantly higher percentage of males were overweight (44.7%) than females (29.1%). There is no significant difference in gender for obesity. A higher percentage of black/African-American adults were obese (39.5%) than white adults (26.2%) and a higher percentage of white adults were obese than other races (17.8%).

Demographics of Adults Who are Overweight or Obese, Illinois, 2011

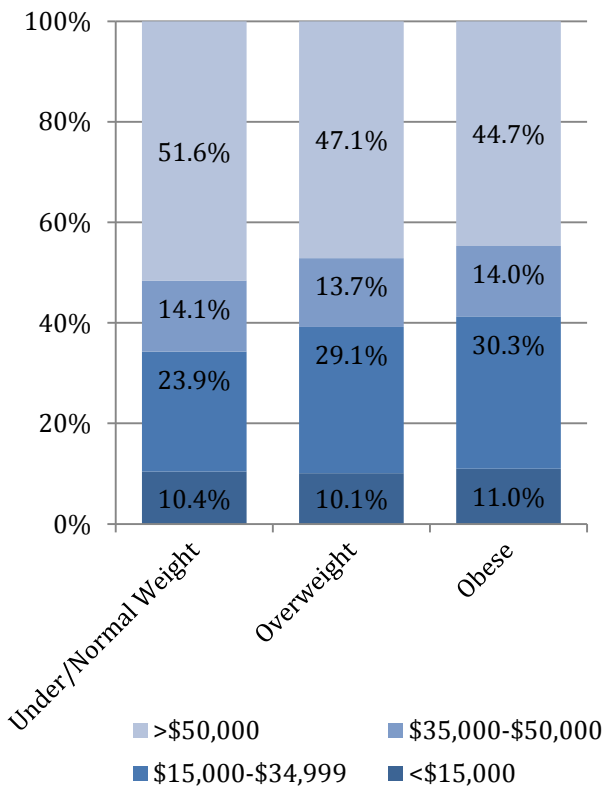


Source: Illinois Behavioral Risk Factor Surveillance System, 2011

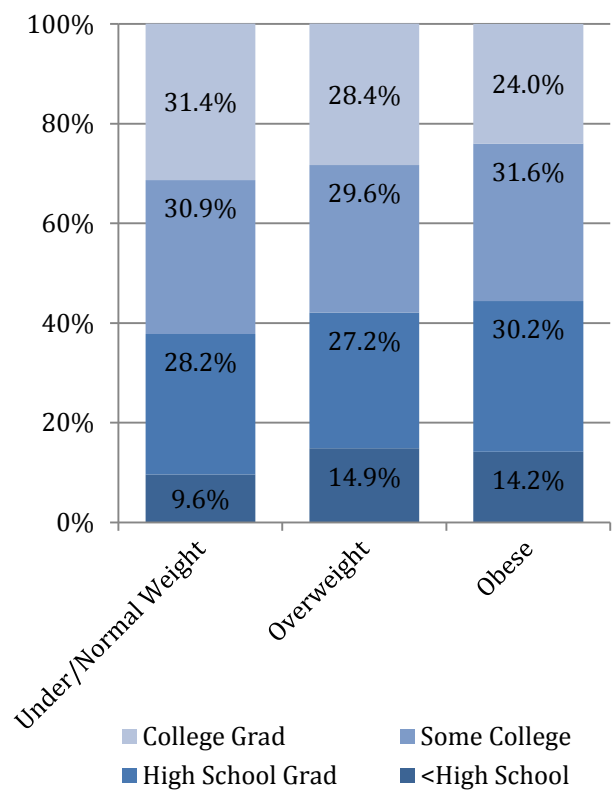
INCOME AND EDUCATION

More obese adults are in the \$15,000 to \$34,999 income category (30.3%) than under/normal weight adults (23.9%). Less obese adults are college graduates (24.0%) than adults who are under/normal weight (31.4%).

Income and Weight Status, Illinois, 2011



Education and Weight Status, Illinois, 2011



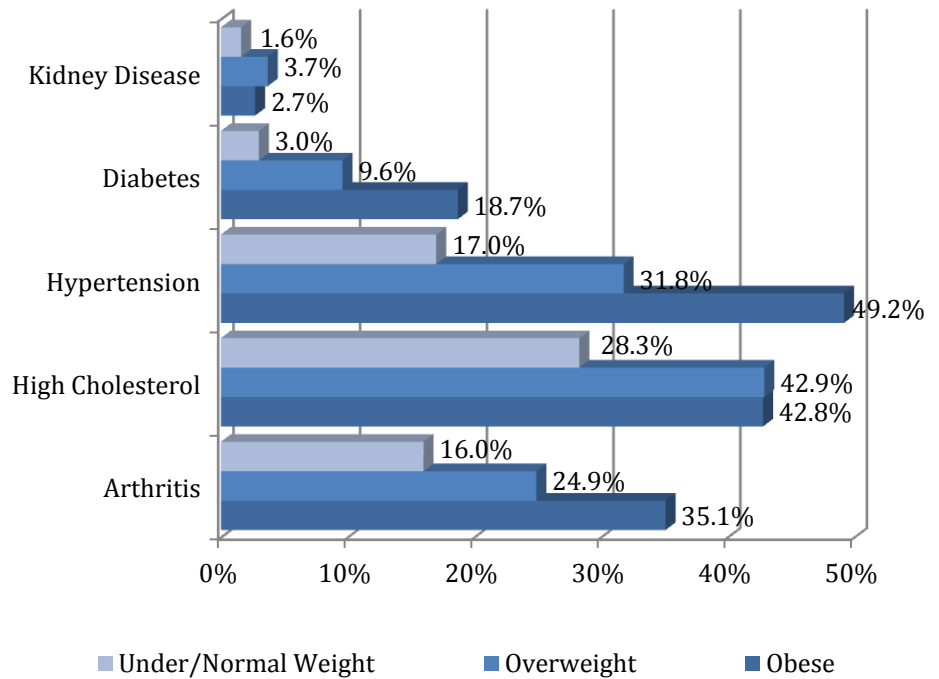
Source: Illinois Behavioral Risk Factor Surveillance System, 2011

OBESITY AND CHRONIC DISEASE

Obesity is a risk factor for many chronic diseases. A significantly lower percentage of adults who are under/normal weight suffer from diabetes, hypertension, high cholesterol, and arthritis than adults who are overweight or obese.

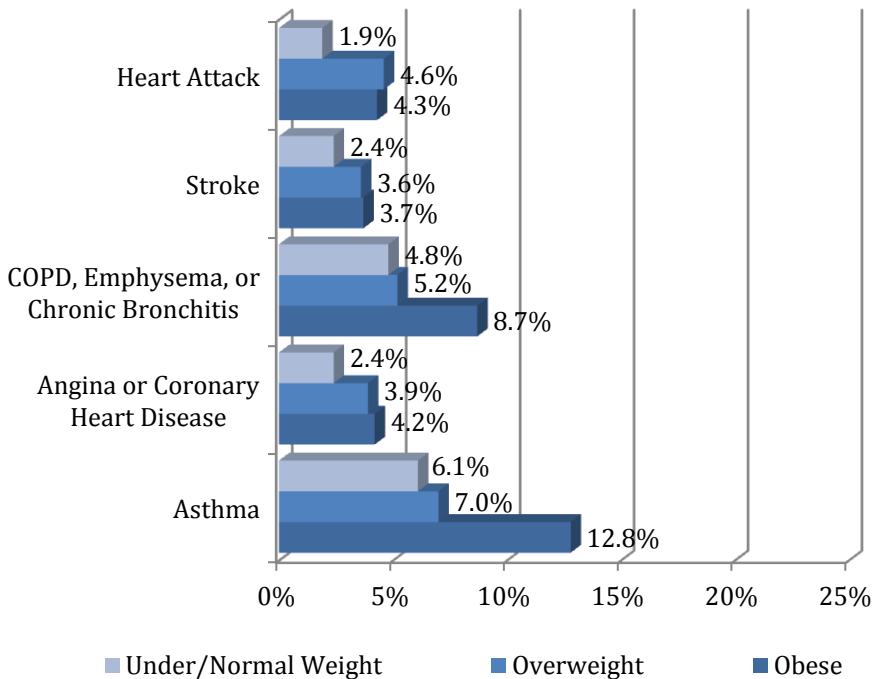
Additionally, a significantly lower percentage of adults who are overweight suffer from diabetes, hypertension and arthritis than adults who are obese.

Chronic Disease Prevalence by Weight Status, Illinois, 2011



Source: Illinois Behavioral Risk Factor Surveillance System, 2011

Chronic Disease Prevalence by Weight Status, Illinois, 2011



A significantly lower percentage of adults who are under/normal weight have had a heart attack than adults who are overweight and obese. A significantly higher percentage of adults who are obese have COPD, emphysema, or chronic bronchitis and current asthma than adults who are under/normal weight and overweight.

Source: Illinois Behavioral Risk Factor Surveillance System, 2011

OBESITY AND GENERAL HEALTH AND DISABILITY

Obesity can negatively affect mental health. A lower percentage of overweight and obese adults reported their overall health as being excellent/very good than under/normal weight adults. A higher percentage of adults who are obese suffer from a depressive disorder than adults who are overweight and adults who are under/normal weight. Obesity can cause many physical disabilities. A lower percentage of adults who are under/normal weight and overweight reported having an activity limitation due to health problems (16.0% and 18.6%) compared to adults who are obese (31.5%). A lower percentage of adults who are under/normal weight and overweight have health problems requiring special equipment (5.0% and 7.0%) compared to obese adults (11.8%).

Condition	Under/Normal Weight (%)	Overweight (%)	Obese (%)
General			
Excellent/Very good	61.3	53.1	34.0
Good/Fair	35.8	43.8	59.2
Poor	3.0	3.1	6.8
Reported depressive disorder	14.2	14.8	21.0
Activity limitation due to health problems	16.0	18.6	31.5
Health problems requiring special equipment	5.0	7.0	11.8

Source: Illinois Behavioral Risk Factor Surveillance System, Illinois, 2011

OBESITY AND PHYSICAL ACTIVITY

Obesity can be prevented and overcome through a healthy diet and exercise. According to the United States Youth Risk Behavior Survey (YRBS) taken by high school students throughout the country, from 1999 through 2011, there was a significant increase in both obesity (10.6% to 13.0%) and overweight (14.2% to 15.2%) among students. According to the 2011 Illinois YRBS, 12 percent of high school students are obese (7.1% of female and 15.1% of male students). Additionally 15 percent of students were overweight (15.7% of female and 13.2% of male students). High school students also reported time spent being physically active within an average week (data shown below).

Physical Activity	Female (%)	Male (%)
Physically active ≥ 60 min/day on < 5 days within past 7 days	57.8	45.3
Did not participate in ≥ 60 min of physical activity on any day in past 7 days	14.3	11.5
Did not attend physical education classes in an average week	16.6	17.8
Did not play on sports team during past 12 months	46.5	36.1

Source: Youth Risk Behavior Surveillance System, 2011