

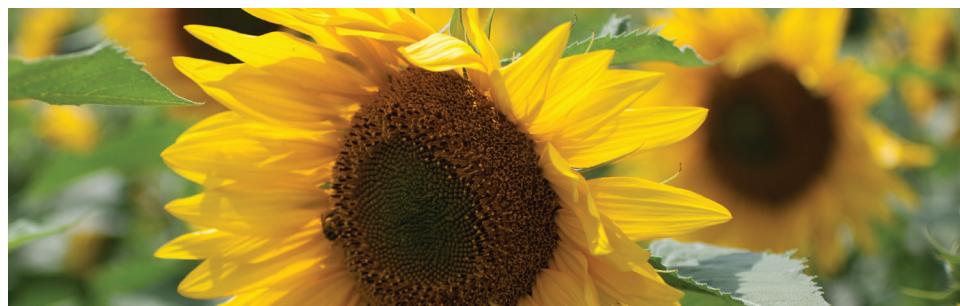
## WEIGHT STATUS

Overweight and obesity have been proven to increase the risk of many diseases and health conditions such as high blood pressure, diabetes, coronary heart disease, stroke, gallbladder disease, high cholesterol, and some forms of cancer.<sup>1</sup> Overweight is defined as having a body mass index (BMI) between 25.0 and 29.9, and obesity is defined as a BMI greater than or equal to 30.0.

- 29.5% of adults were in the overweight category and 43.8% were in the obese category.
- As age increased, the prevalence of obesity and of being overweight increased as well.
- More than two-fifths of adults ages 35-44 (43.7%) were overweight.
- About close to half of 65 and older adults were obese (49.7%).
- There was a higher prevalence of being overweight or obese among women (27.9% and 44.3%) than men (31.1% and 43.3%).

DEMOGRAPHIC CHARACTERISTICS	OVERWEIGHT	OBSE		
	%	95% CI	%	95% CI
<b>TOTAL</b>	<b>29.5</b>	<b>(25.0-34.0)</b>	<b>43.8</b>	<b>(39.1-48.6)</b>
<b>AGE</b>				
18 - 34	18.4	(11.8-25.0)	41.4	(31.7-51.3)
35 - 44	43.7	(31.5-56.0)	36.5	(25.4-47.5)
45 - 54	33.0	(22.8-43.2)	45.6	(35.1-56.2)
55 - 64	25.0	(17.3-32.7)	49.1	(39.6-58.7)
65+	32.6	(20.2-45.1)	49.7	(37.5-61.9)
<b>GENDER</b>				
Male	31.1	(24.3-38.0)	43.3	(36.2-50.4)
Female	27.9	(22.2-33.7)	44.3	(38.0-50.6)
<b>HOUSEHOLD INCOME</b>				
< \$20,000	25.1	(17.1-33.1)	43.8	(34.2-53.3)
\$20,000 to \$34,999	27.5	(17.4-37.6)	53.2	(42.8-63.7)
\$35,000 to \$49,999	32.0	(19.8-44.2)	42.6	(29.1-56.2)
\$50,000 to \$74,999	29.6	(17.1-42.1)	46.9	(34.0-59.8)
≥ \$75,000	37.4	(25.8-49.0)	33.9	(22.1-45.7)

Note: BMI, body mass index, is defined as weight (in kilograms) divided by height (in meters) squared [weight in kg/(height in meters)<sup>2</sup>]. Weight and height were self reported.



In the workplace, obesity affects costs associated with absenteeism and sick leave, injuries and disability along with healthcare claims. Programs and policies that improve employee health will not only support weight loss but will also help to reduce healthcare costs.<sup>2</sup>

## RECOMMENDATIONS

### CLINIC INTERVENTIONS

**Screen** for obesity measuring BMI (body mass index) **and refer** adults with a BMI of 30 or higher to multicomponent behavioral interventions. These may include exercise or nutrition prescriptions, referrals to dietician led education or classes, and referrals to physical activity resources and programs led by exercise professionals.<sup>3</sup>

### WORKSITE WELLNESS INTERVENTIONS

**Education** such as employee lunch and learns and educational handouts on nutrition and the benefits of increased physical activity.<sup>3</sup>

**Support for behavior change** such as nutrition or physical activity counseling, paid time off for fitness



leave, rewards for employee wellness participation, and inclusion of co-workers or family members in activities like walking/wellness challenges to build support systems.<sup>3</sup>

**Changes to organizational structures** such as making healthy foods more available, and providing more opportunities to be physically active.<sup>3</sup>

**Implement healthy meeting guidelines** such as the American Cancer Society's Meeting Well by integrating movement breaks and serving nutritious meals and snacks during work meetings.<sup>4</sup>

**30%**

of Native American adults in Michigan are **overweight**.



**44%**

of Native American adults in Michigan are **obese**.



### SOURCES:

<sup>1</sup> Centers for Disease Control and Prevention. 'Adult Obesity Causes & Consequences'. <https://www.cdc.gov/obesity/adult/causes.html> (January 5, 2020)

<sup>2</sup> Task Force on Community Preventive Services. A Recommendation to Improve Employee Weight Status through Worksite Health Promotion Programs Targeting Nutrition, Physical Activity, or Both. Am J Prev Med. 2009;37(4) <https://pubmed.ncbi.nlm.nih.gov/19765508/> (June 18, 2020).

<sup>3</sup> U.S. Preventive Services Task Force. 'Evidence Summary-Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions' <https://www.uspreventiveservicestaskforce.org/usptf/document/evidence-summary/obesity-in-adults-interventions#bootstrap-panel-8> (August 10, 2020).

<sup>4</sup> American Cancer Society. 'Meeting Well, A Tool for Planning Healthy Meetings and Events' [http://www.acsworkplacesolutions.com/wpspdfs/meetingwell\\_guidebook\\_f251300.pdf](http://www.acsworkplacesolutions.com/wpspdfs/meetingwell_guidebook_f251300.pdf) (August 3, 2020).