

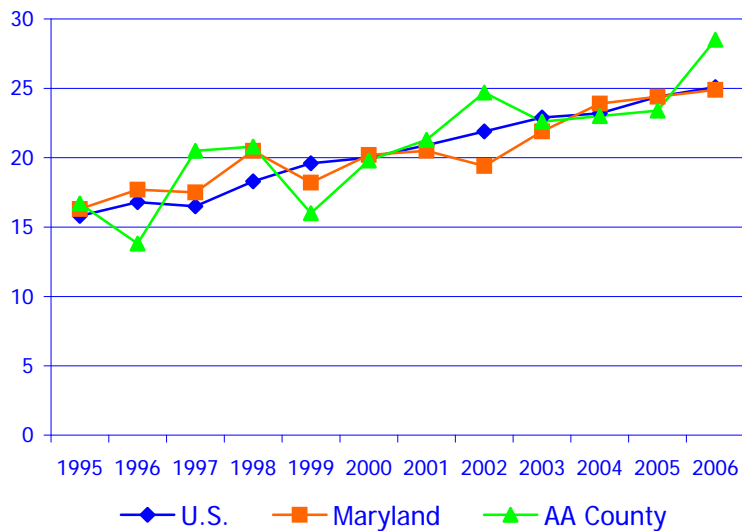


## Adult Obesity and Overweight in Anne Arundel County

In Maryland and the U.S., obesity among adults has doubled since 1990. Nearly 25% of Anne Arundel County residents are obese and another 39% are overweight.

Many factors play a role in this increase, including changes in personal habits, family schedules and cultural norms. High-calorie foods and drinks are more common and affordable and require less time to prepare. Whole grains, fruits and vegetables are not a regular part of the daily diet. Dependence on cars and other technology has reduced physical activity in daily life. Leisure and work time is often spent in front of a screen rather than being active. Changes at both individual and community levels are needed to reverse the trend.

**Obesity Prevalence in Adults 1995-2006**



Data Source: U.S., Maryland Behavioral Risk Factor Surveillance System 1995-2006

### How to Calculate Body Mass Index

$$\frac{\text{Weight (pounds)} \times 703}{[\text{Height (inches)}]^2}$$

### Adult Body Mass Index Parameters

| BMI            | Weight Status |
|----------------|---------------|
| 30.0 and above | Obese         |
| 25.0 to 29.9   | Overweight    |
| 18.5 to 24.9   | Healthy       |
| Below 18.5     | Underweight   |

## Sedentary Living

In Anne Arundel County, the majority (68.0%) of working adults mostly stand or sit at their job while only 13.5% have physically demanding jobs. In 2001, 42.3% of residents reported commuting outside the county for work.

Data Sources: Anne Arundel County Behavioral Risk Factor Surveillance Survey, 2007; 2001 Household Travel Survey; Baltimore Region Analysis.

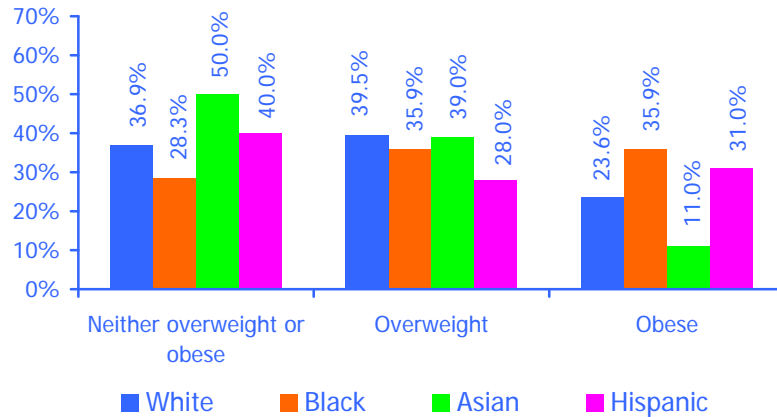
## Health Problems Associated with Overweight and Obesity

- Type 2 diabetes
- High blood pressure
- High cholesterol
- Some cancers (colon, kidney, postmenopausal breast cancer, endometrial)
- Heart disease
- Stroke
- Arthritis
- Sleep apnea

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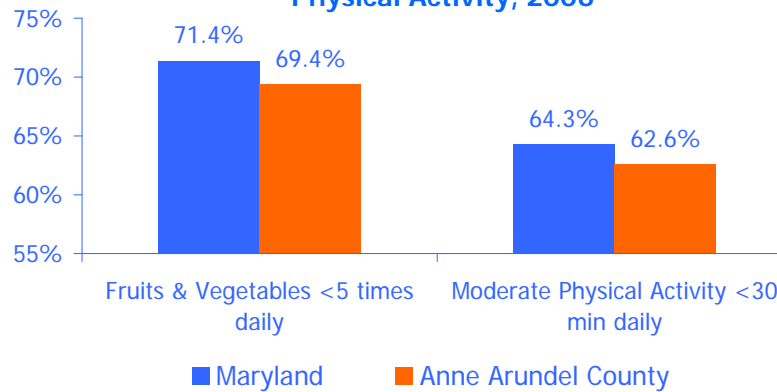
www.aahealth.org  
410-222-7095  
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## Weight Status by Race Anne Arundel County 2007



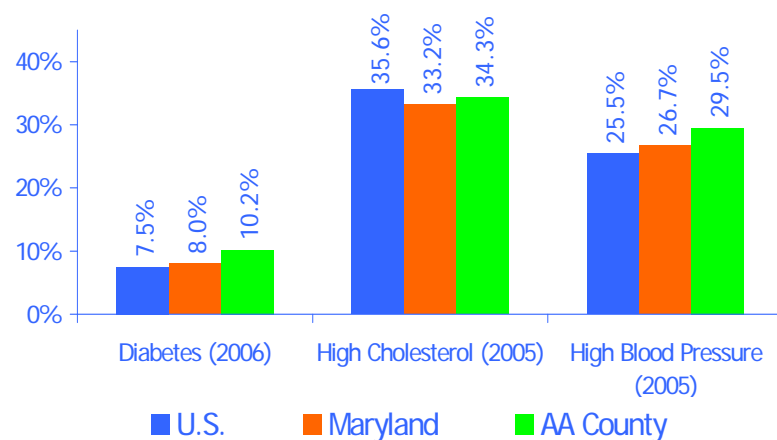
Data Source: Anne Arundel County Behavioral Risk Factor Survey, 2007

## Fruit and Vegetable Consumption and Physical Activity, 2006



Data Source: Maryland Behavioral Risk Factor Survey, 2006

## Prevalence of Diabetes, High Cholesterol and High Blood Pressure



Data Source: U.S. and Maryland Behavioral Risk Factor Surveys, 2005 and 2006