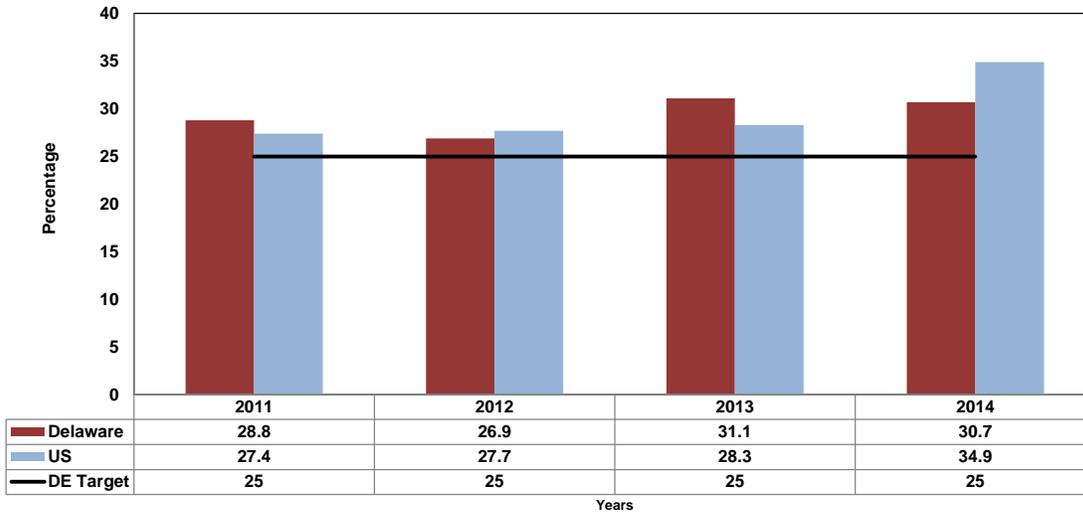




Obesity Prevalence in Adults
Top Level Outcome Measure



Interpretation

From 2011 to 2012, the obesity prevalence in Delaware adults decreased from 28.8 percent to 26.9 percent while the prevalence of obesity in the U.S. remained relatively stable. The prevalence of obesity in Delaware increased to 31.1 percent in 2013 with the U.S. experiencing an increase in prevalence to 29.4 percent. Overall, Delaware's obesity prevalence fluctuated from 2011 to 2013.

Addressing the health issue

Obesity is a concern in Delaware as well as the U.S. There are several complex factors that affect obesity – individual risks, cultural and economic factors, and environmental and food industry influences. Through the Physical Activity, Nutrition, and Obesity Prevention Program (PANO), information and resources are made available about the health consequences of obesity, physical activity recommendations for adults and children, and healthy eating and weight loss suggestions.

¹ Obesity= Adults with a self-reported BMI of 30 or greater, Behavioral Risk Factor Survey.
² The Delaware target was established in DPH's Strategic Plan to be met by 2020 and reflects the 10th percentile across all U.S. counties for this measure. The DE target spans prior years as an arbitrary comparison of previous years' statistics with the current target.
³ Source: <http://stateofobesity.org/adult-obesity/>; CDC - BRFSS Prevalence and Trends Data Interactive.