

Objective: Complete a Health-Related report on the prevalence of a major health issue in your area using data from the Behavioral Risk Factor Surveillance System (BRFSS).

Health Report: Overweight and Obesity Prevalence in the state of Pennsylvania, 2019.

A. Introduction/Background

The obesity epidemic in the U.S. continues to surge, despite the growing recognition of the problem. As the issue continues to present itself more each year, it is estimated that about one third of the world's population is classified as being overweight or obese (Chooi, 2018). Obesity is associated with an increased risk for serious diseases and chronic conditions, such as hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, and many more (NHLBI, 2013).

B. Summary of Existing Data, Including Graphs, etc.

The data in the graphs below represent the classification of BMI for US citizens aged 18 years and older in the state of Pennsylvania. The data set was published in 2019, and is the most recent data available on the BRFSS.

Adult Overweight and Obesity in Pennsylvania

- 33.2% Obese, BMI= >30
- 35.2% Overweight, BMI= 25.0-29.9

Pennsylvania - 2019

Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions) (Crude Prevalence)

View by: Overall

Response: (All)

	Obese (BMI 30.0 - 99.8)	Overweight (BMI 25.0- 29.9)	Normal Weight (BMI 18.5- 24.9)	Underweight (BMI 12.0- 18.4)
Percent (%)	33.2	35.2	29.8	1.8
95% CI	31.7 - 34.7	33.6 - 36.7	28.3 - 31.3	1.4 - 2.2
n	2001	2198	1841	98

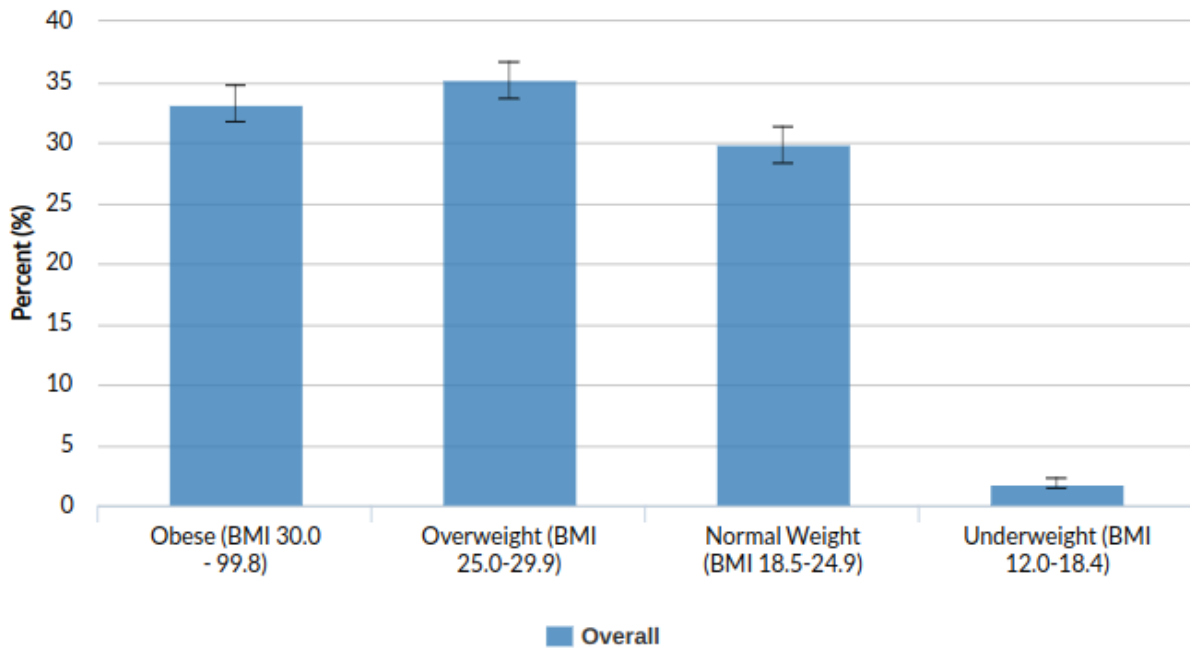
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Pennsylvania - 2019

Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions) (Crude Prevalence)

View by: Overall

Response: (All)



Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

C. Demographics

July 1, 2019: U.S. Census Bureau Estimates

- Total population: 12,801,989

D. Problem Description:

Along with rising rates of obesity, there’s a rise in chronic disease diagnoses that are correlated with a higher weight status. A common tool used by healthcare professionals is the body mass index scale, more often known as BMI. The BMI scale uses a calculation that involves an individual’s height and weight to determine if their weight status is underweight, normal weight, overweight, or obese. Refer to the list below for specific BMI values and their classification. As a dietetics student, it is in my greatest interest to educate individuals on healthy eating habits and lifestyle changes that support a healthy weight status. A great way to alleviate the obesity problem is to begin incorporating healthier eating patterns, physical activity, and nutrition education into the lives of Pennsylvanians.

BMI Classification Chart

BMI Value	Classification
12-18.4	Underweight
18.5-24.9	Normal/Healthy Weight
25.0-29.9	Overweight
30.0-99.8	Obese

E. Community Resources

There are a variety of online resources available to communities in the U.S. Below are a few examples of credible websites that offer nutrition education and advice for healthy eating.

The Academy of Nutrition and Dietetics- www.eatright.org

United States Department of Agriculture- www.usda.gov

Dietary Guidelines for Americans- www.dietaryguidelines.gov

United States Department of Health and Human Services- www.health.gov

Center for Disease Control and Prevention (CDC)- www.cdc.gov

Choose MyPlate- www.choosemyplate.gov

American Heart Association- www.heart.org/nutrition

American Diabetes Association- www.diabetes.org

F. Recommendations

Overweight and obesity is directly associated with caloric intake and other factors such as physical inactivity and genetic factors. To better maintain a healthy weight status, it's important to consult with a nutrition expert often, and incorporate healthier lifestyle choices into a daily routine. When weight status is healthy, there is an observed decrease in disease risk, and an increase in overall quality of life. A great way to begin

implementing healthy lifestyle choices is to consult with a doctor or dietitian, and ask for nutrition education for a healthier life.

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Aug, 26 2021].URL: <https://www.cdc.gov/brfss/brfssprevalence/>.

NHLBI. 2013. Managing Overweight and Obesity in Adults: Systematic Evidence Review from the Obesity Expert Panel. Retrieved from <https://www.nhlbi.nih.gov/sites/default/files/media/docs/obesity-evidence-review.pdf>

Chooi, Y., Ding, C., & Magkos, F. (2018, September 22). The epidemiology of obesity. Retrieved August 26, 2021, from <https://www.sciencedirect.com/science/article/pii/S002604951830194X>