

Overweight and Obese

Overweight adults:

- Thirty-five percent of Pennsylvania adults were considered overweight according to the 2013 survey results.
- Pennsylvania women had a significantly lower percentage (28 percent, CI: 26-30) compared to Pennsylvania men (41 percent, CI: 39-43).
- Pennsylvania adults age 18-29 had a significantly lower percentage (28 percent, CI: 25-31) compared to Pennsylvania adults age 45-64 (36 percent, CI: 34-38) and adults age 65 and older (39 percent, CI: 37-41).
- Pennsylvania adults with some college education had a significantly lower percentage (32 percent, CI: 30-35) compared to Pennsylvania adults with a college degree (38 percent, CI: 36-40).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (28 percent, CI: 24-32) compared to Pennsylvania adults with a household income of \$75,000 or more (39 percent, CI: 36-41).

Obese adults:

- Thirty percent of Pennsylvania adults were considered obese according to the 2013 survey results.
- Pennsylvania adults age 18-29 had a significantly lower percentage (19 percent, CI: 16-22) compared to Pennsylvania adults age 30-44 (33 percent, CI: 30-35), adults age 45-64 (34 percent, CI: 33-36) and adults age 65 and older (30 percent, CI: 28-32).
- Pennsylvania adults age 65 and older had a significantly lower percentage (30 percent, CI: 28-32) compared to Pennsylvania adults age 45-64 (34 percent, CI: 33-36).
- Pennsylvania adults with a college degree had a significantly lower percentage (21 percent, CI: 19-23) compared to Pennsylvania adults with less than a high school education (35 percent, CI: 31-40), adults with a high school education (32 percent, CI: 31-34) and adults with some college education (33 percent, CI: 31-36).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (26 percent, CI: 24-28) compared to Pennsylvania adults with a household income of less than \$15,000 (34 percent, CI: 30-38), adults with a household income of \$15,000 to \$24,999 (32 percent, CI: 30-35) and adults with a household income of \$25,000 to \$49,999 (33 percent, CI: 31-36).

Note: The Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. BMI is calculated as $\text{mass (kg)/height}^2 \text{ (m}^2\text{)}$ and estimated using pounds and inches by $[\text{weight (pound)/height}^2 \text{ (inches}^2\text{)}] \times 703$. Individuals with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI ≥ 30 are considered obese.

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Figure 11A: Overweight and Obese Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

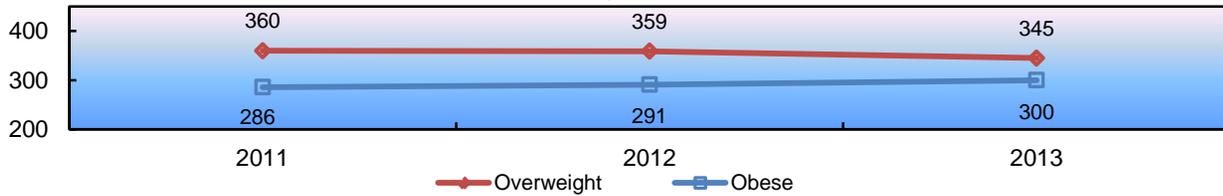


Table 11: Overweight and Obese, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Overweight* (BMI 25-29)		Obese* (BMI >= 30)		Overweight or Obese* (BMI >= 25)	
	%	CI	%	CI	%	CI
All adults	35	33-36	30	29-31	65	63-66
Gender:						
Male	41	39-43	30	29-32	71	70-73
Female	28	26-30	30	28-31	58	56-59
Age:						
18-29	28	25-31	19	16-22	46	43-50
30-44	34	31-37	33	30-35	67	64-69
45-64	36	34-38	34	33-36	71	69-72
65+	39	37-41	30	28-32	69	67-71
Education:						
<High school	32	28-37	35	31-40	67	63-72
High school	34	32-36	32	31-34	67	65-69
Some college	32	30-35	33	31-36	65	63-68
College degree	38	36-40	21	19-23	59	57-61
Household income:						
<\$15,000	28	24-32	34	30-38	62	58-66
\$15,000 to \$24,999	33	30-36	32	30-35	65	62-68
\$25,000 to \$49,999	34	32-37	33	31-36	67	65-70
\$50,000 to \$74,999	35	32-38	31	28-35	66	63-69
\$75,000+	39	36-41	26	24-28	65	62-67
Race:						
White, non-Hispanic	35	34-36	30	28-31	65	63-66
Black, non-Hispanic	34	30-38	36	32-41	70	66-74
Hispanic	34	27-41	36	29-43	69	62-76

*Excludes missing, don't know and refused

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 11B: Overweight or (Overweight and Obese), Pennsylvania Health Districts, 2013

