

Overweight and Obese

Overweight adults:

- Thirty-four percent of Pennsylvania adults were considered overweight according to the 2014 survey results.
- Pennsylvania women had a significantly lower percentage (29 percent, CI: 27-30) compared to Pennsylvania men (39 percent, CI: 37-41).
- Pennsylvania adults age 18-29 had a significantly lower percentage (22 percent, CI: 19-26) compared to Pennsylvania adults age 30-44 (31 percent, CI: 29-34), adults age 45-64 (37 percent, CI: 36-39) and adults age 65 and older (40 percent, CI: 38-43).
- Pennsylvania adults age 30-44 had a significantly lower percentage (31 percent, CI: 29-34) compared to Pennsylvania adults age 45-64 (37 percent, CI: 36-39) and adults age 65 and older (40 percent, CI: 38-43).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (27 percent, CI: 23-31) compared to Pennsylvania adults with a high school education (35 percent, CI: 33-37) and adults with a college degree (37 percent, CI: 34-39).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (27 percent, CI: 23-31) compared to Pennsylvania adults with a household income of \$25,000 to \$49,999 (35 percent, CI: 32-38), adults with a household income of \$50,000 to \$74,999 (35 percent, CI: 32-39) and adults with a household income of \$75,000 or more (37 percent, CI: 35-40).

Obese adults:

- Thirty percent of Pennsylvania adults were considered obese according to the 2014 survey results.
- Pennsylvania adults age 18-29 had a significantly lower percentage (21 percent, CI: 18-25) compared to Pennsylvania adults age 30-44 (33 percent, CI: 31-37), adults age 45-64 (34 percent, CI: 32-36) and adults age 65 and older (29 percent, CI: 28-31).
- Pennsylvania adults age 65 and older had a significantly lower percentage (29 percent, CI: 28-31) compared to Pennsylvania adults age 45-64 (34 percent, CI: 32-36).
- 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: 31-41), adults with a high school education (34 percent, CI: 32-36) and adults with some college education (31 percent, CI: 28-33).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (32 percent, CI: 29-34) compared to Pennsylvania adults with a household income of less than \$15,000 (42 percent, CI: 38-47).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (31 percent, CI: 28-34) compared to Pennsylvania adults with a household income of less than \$15,000 (42 percent, CI: 38-47).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (25 percent, CI: 22-27) compared to Pennsylvania adults with a household income of less than \$15,000 (42 percent, CI: 38-47), adults with a household income of \$15,000 to \$24,999 (35 percent, CI: 32-39), adults with a household income of \$25,000 to \$49,999 (32 percent, CI: 29-34) and adults with a household income of \$50,000 to \$74,999 (31 percent, CI: 28-34).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (29 percent, CI: 28-31) compared to Pennsylvania black, non-Hispanic adults (37 percent, CI: 32-41).

Note: The Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters (kg/meters²). The equivalent is weight in pounds divided by the square of height in inches, times 703 ((pounds/inches²) x 703). Individuals with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI \geq 30 are considered obese.

Overweight and Obese

Figure 11A: Overweight and Obese Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2014

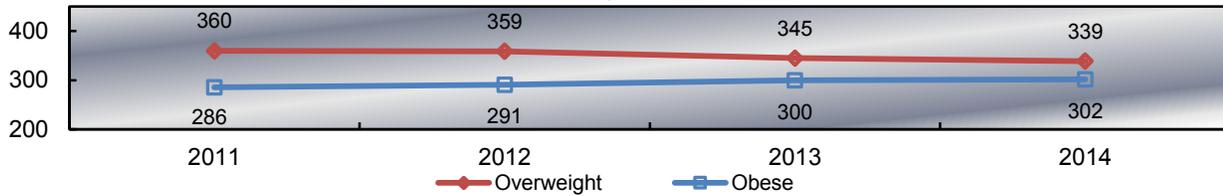


Table 11: Overweight and Obese, Pennsylvania Adults, 2014 (with 95% Confidence Intervals)

	Overweight* (BMI 25-29)		Obese* (BMI >= 30)		Overweight or Obese* (BMI >= 25)	
	%	CI	%	CI	%	CI
All adults	34	33-35	30	29-31	64	63-65
Gender:						
Male	39	37-41	31	29-33	70	68-72
Female	29	27-30	29	27-31	58	56-60
Age:						
18-29	22	19-26	21	18-25	43	39-47
30-44	31	29-34	33	31-37	65	62-68
45-64	37	36-39	34	32-36	71	70-73
65+	40	38-43	29	28-31	70	68-72
Education:						
<High school	27	23-31	35	31-41	62	57-68
High school	35	33-37	34	32-36	69	67-71
Some college	33	31-36	31	28-33	64	61-67
College degree	37	34-39	21	19-23	58	55-60
Household income:						
<\$15,000	27	23-31	42	38-47	69	65-73
\$15,000 to \$24,999	31	28-35	35	32-39	66	62-70
\$25,000 to \$49,999	35	32-38	32	29-34	67	64-69
\$50,000 to \$74,999	35	32-39	31	28-34	66	63-70
\$75,000+	37	35-40	25	22-27	62	59-64
Race:						
White, non-Hispanic	35	33-36	29	28-31	64	63-66
Black, non-Hispanic	36	31-40	37	32-41	72	68-76
Hispanic	28	21-36	39	31-48	67	58-75

*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, 2014

