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*The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.*

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## Overweight and Obesity New York State Adults 2006

### Introduction

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Overweight and obesity are associated with a multitude of adverse effects on health, including elevated cholesterol, high blood pressure, type 2 diabetes, heart disease and stroke, and arthritis. More than half of adults in the United States are estimated to be overweight or obese. There is a known association between obesity in childhood and adult onset cardiovascular disease. Maintenance of healthy weight is a major goal in the effort to reduce the burden of illness and its consequent reduction in quality of life and life expectancy. Efforts to maintain healthy weight should start early in childhood and continue throughout adulthood. A healthy diet and regular physical activity are both important for maintaining healthy weight.

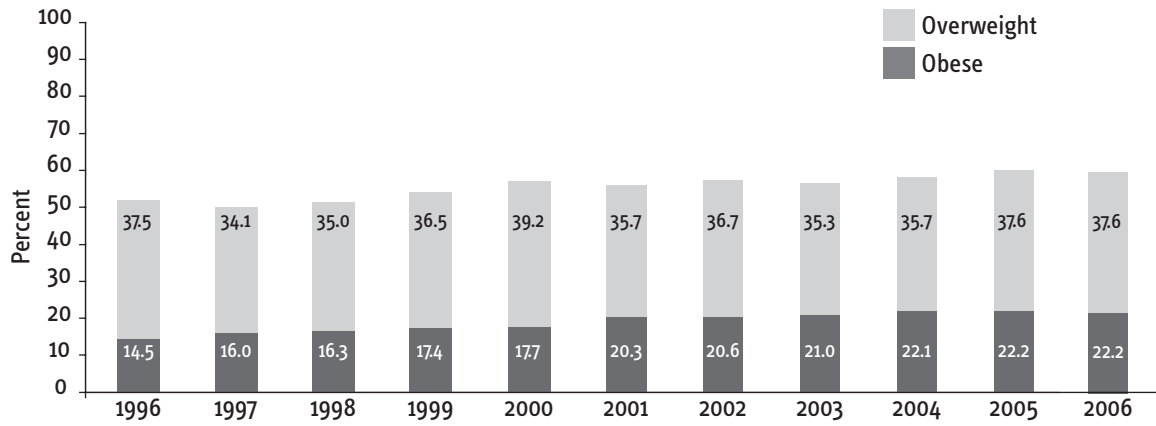
#### BRFSS Questions

- 1. About how much do you weigh without shoes?*
- 2. About how tall are you without shoes?*

Weight and height responses were used to determine body mass index (BMI), calculated as weight in kilograms divided by the square of height in meters. Respondents were classified as overweight if their BMI was equal to or greater than 25.0, but less than 30.0. They were classified as obese if their BMI was 30.0 or greater.

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Overweight and obesity\* among New York State adults, by BRFSS survey year



\* Overweight,  $25.0 \leq \text{BMI} < 30.0$ ; Obese,  $\text{BMI} \geq 30.0$

**Overweight and obesity<sup>a</sup> among New York State adults: 2006 BRFSS**

	Neither overweight nor obese		Overweight <sup>b</sup>		Obese <sup>c</sup>	
	% <sup>d</sup>	95% CI <sup>d</sup>	%	95% CI	%	95% CI
<b>New York State (NYS) [n=5,606]</b>	41.6	39.9-43.4	35.4	33.8-37.1	22.9	21.5-24.4
<b>Sex</b>						
Male	35.2	32.4-38.0	42.0	39.3-44.7	22.8	20.5-25.0
Female	47.9	45.7-50.1	29.0	27.1-31.0	23.1	21.3-24.9
<b>Age (years)</b>						
18-24	61.2	54.0-68.4	23.8	17.7-29.9	15.0	9.6-20.4
25-34	46.3	41.4-51.2	31.7	27.2-36.2	22.0	17.9-26.2
35-44	39.8	36.2-43.5	37.5	33.6-41.4	22.6	19.4-25.8
45-54	36.7	33.4-40.0	37.2	33.8-40.6	26.1	23.2-29.0
55-64	31.9	28.4-35.3	39.2	35.6-42.9	28.9	25.6-32.2
≥ 65	37.4	34.6-40.2	40.2	37.2-43.1	22.4	19.9-25.0
<b>Race/ethnicity</b>						
White non-Hispanic	42.2	40.3-44.0	35.2	33.5-36.9	22.6	21.0-24.2
Black non-Hispanic	31.8	26.4-37.2	36.6	31.0-42.1	31.6	26.5-36.8
Hispanic	38.3	32.4-44.1	36.9	31.4-42.5	24.8	20.0-29.6
Other non-Hispanic	55.3	48.6-62.1	33.9	27.5-40.4	10.8	7.0-14.5
<b>Annual household income</b>						
< \$15,000	39.3	32.8-45.8	30.1	24.3-35.9	30.6	24.9-36.2
\$15,000-\$24,999	37.9	32.9-42.9	36.5	31.6-41.4	25.6	21.3-29.9
\$25,000-\$34,999	36.4	30.9-41.9	37.5	32.1-43.0	26.0	21.4-30.7
\$35,000-\$49,999	37.7	32.8-42.6	39.9	35.1-44.6	22.4	18.8-26.0
\$50,000-\$74,999	40.0	35.5-44.4	34.3	30.2-38.4	25.8	21.9-29.6
≥ \$75,000	45.4	42.3-48.5	37.1	34.1-40.1	17.5	15.2-19.8
Missing <sup>e</sup>	49.2	44.0-54.3	30.0	25.5-34.5	20.8	16.6-25.0
<b>Educational attainment</b>						
Less than high school	29.7	23.7-35.6	38.4	32.1-44.6	32.0	26.1-37.9
High school or GED	38.3	34.9-41.6	34.4	31.3-37.5	27.3	24.4-30.2
Some post-high school	39.4	35.7-43.1	36.2	32.8-39.6	24.4	21.4-27.4
College graduate	49.2	46.5-51.8	34.9	32.3-37.4	16.0	14.1-17.8
<b>Disability<sup>f</sup></b>						
Yes	34.0	30.6-37.4	30.6	27.5-33.6	35.4	32.2-38.7
No	43.4	41.4-45.4	36.6	34.6-38.5	20.0	18.4-21.6
<b>Region</b>						
New York City (NYC)	43.3	40.0-46.6	35.5	32.3-38.7	21.2	18.5-23.9
NYS exclusive of NYC	40.8	38.7-42.9	35.4	33.5-37.3	23.8	22.1-25.5

<sup>a</sup> Based on categories of body mass index (BMI), calculated as weight in kilograms divided by the square of height in meters.

<sup>b</sup> Overweight, 25.0 ≤ BMI < 30.0.

<sup>c</sup> Obese, BMI ≥ 30.0.

<sup>d</sup> % = weighted percentage; CI = confidence interval.

<sup>e</sup> "Missing" category included because more than 10% of the sample did not report income

<sup>f</sup> All respondents who report activity limitations due to physical, mental, or emotional problems OR have health problems that require the use of special equipment.

**Copies may be obtained by contacting:**

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**State of New York**  
**Eliot Spitzer**, Governor  
**Department of Health**  
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