

Prevention and Health Promotion

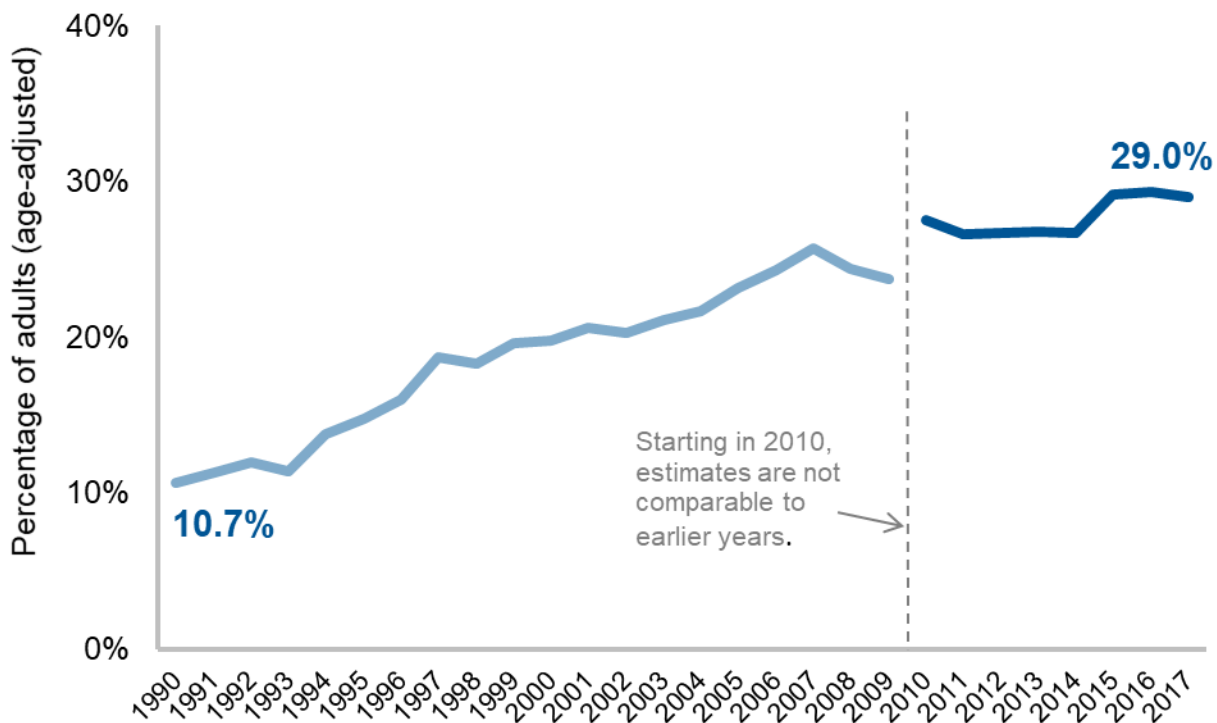
Obesity

Obesity is the second leading cause of preventable death in Oregon, causing an estimated 1,500 deaths each year. Obesity is a major risk factor for high blood pressure, high cholesterol, diabetes, heart disease, and cancer. People who are obese are estimated to have annual medical costs that are \$1,429 higher than people who are not obese.

In 2017, 29.0% of Oregon adults were obese. That proportion has almost tripled since 1990, when 10.7% of Oregon adults were obese (Figure 1).

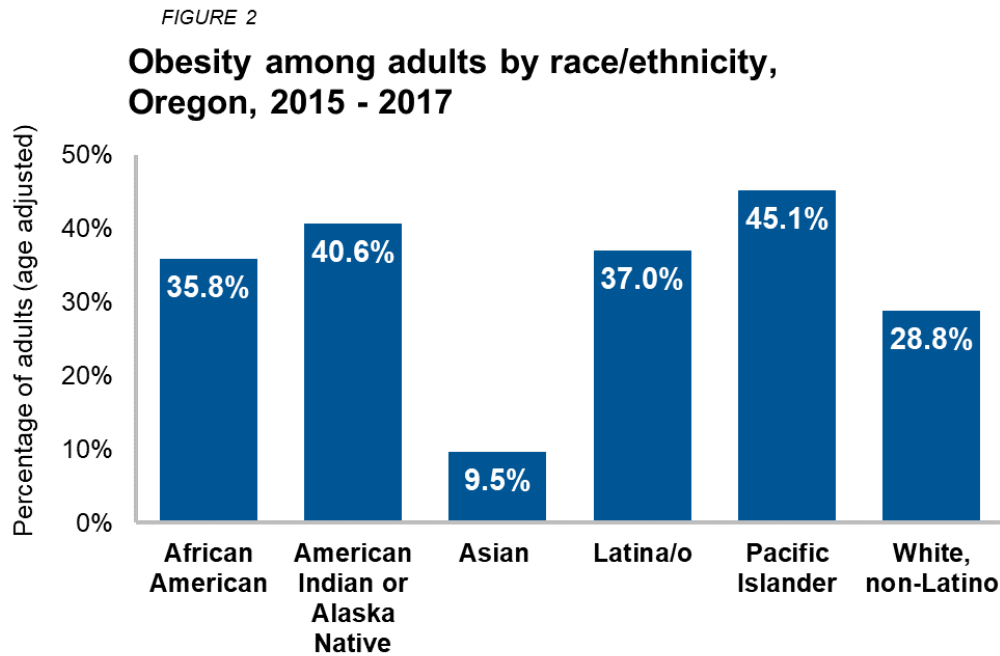
FIGURE 1

Obesity among adults by year, Oregon



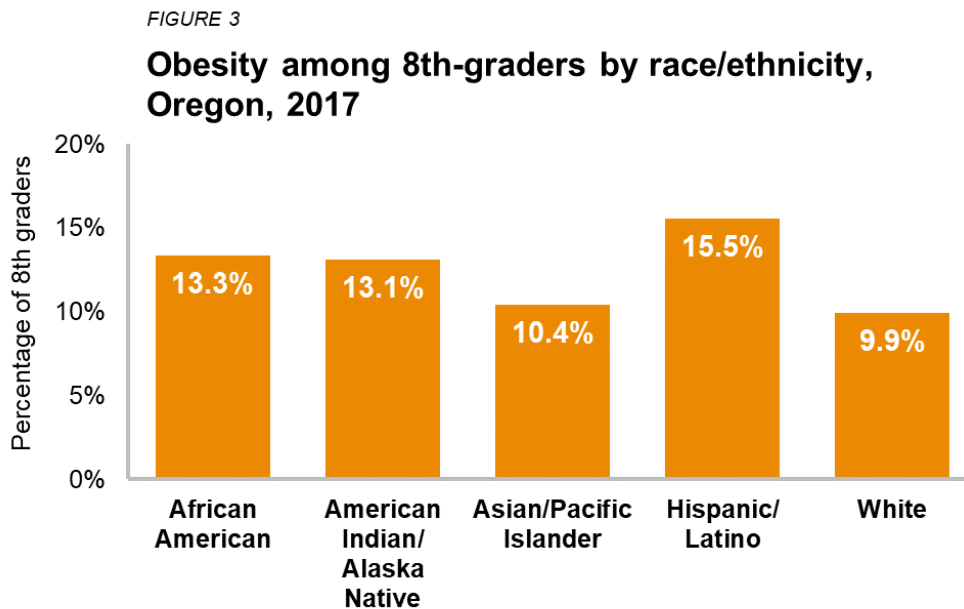
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Adult African Americans (35.8%), American Indian/Alaska Natives (40.6%), Hawaiian/Pacific Islanders (45.1%) and Hispanics (37.0%) are more likely to be obese than whites (28.8%) or Asians (9.5%; Figure 2).



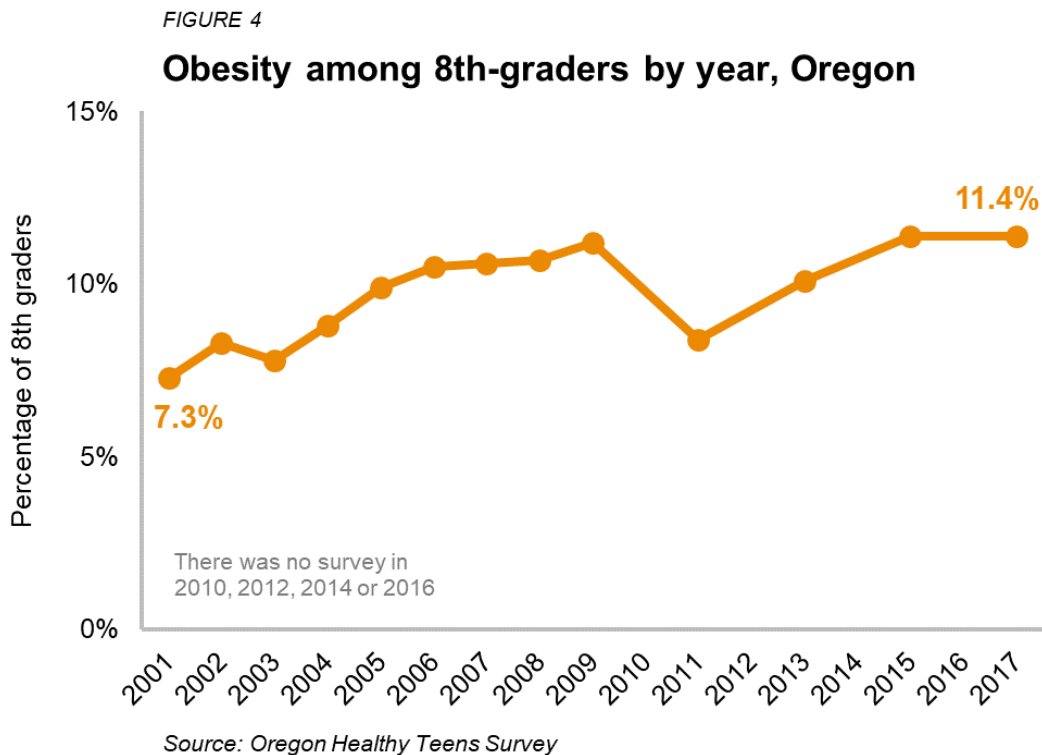
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Among 8th grade youth, Hispanics (15.5%), African Americans (13.3%) and American Indian/Alaska Natives (13.1%) are more likely to be obese than whites (9.9%) or Asian/Pacific Islanders (10.4%; Figure 3).



Notes: All other groups exclude Hispanic ethnicity
 Source: Oregon Healthy Teens Survey

Between 2001 and 2017, obesity increased 56% among Oregon eighth-graders from 7.3% to 11.4% (Figure 4).



If the trend in obesity continues, Oregon’s medical care costs to treat obesity-related diseases will rise, and children born today will have shorter lives on average than their parents. Comprehensive strategies designed to improve diets and increase physical activity among Oregon’s population are urgently needed to address this problem.

Additional Resources: [Nutrition, Physical Activity and Obesity Prevention](#)

About the Data: Data sources are the Oregon Behavioral Risk Factor Surveillance Systems (BRFSS) for adults and the Oregon Healthy Teens Survey (OHT) for youth. BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the Oregon BRFSS data have included cell phone respondents as well as those reached by landline, and data weighting methods have changed. Therefore, caution should be used in interpreting changes over time. OHT is a pencil and paper or online survey conducted every two years among Oregon 8th and 11th graders within schools.

Body Mass Index (BMI) is calculated using height and weight. For adults, obese is defined as having a BMI of 30 or greater. For children and teens, after BMI is calculated, the number is plotted on the Centers for Disease Control and Prevention (CDC) BMI-for-age sex-specific

growth charts to obtain a percentile ranking. Obese is defined as a BMI at or above the 95th percentile.

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[Oregon State Health Profile](#)

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