

# Obesity

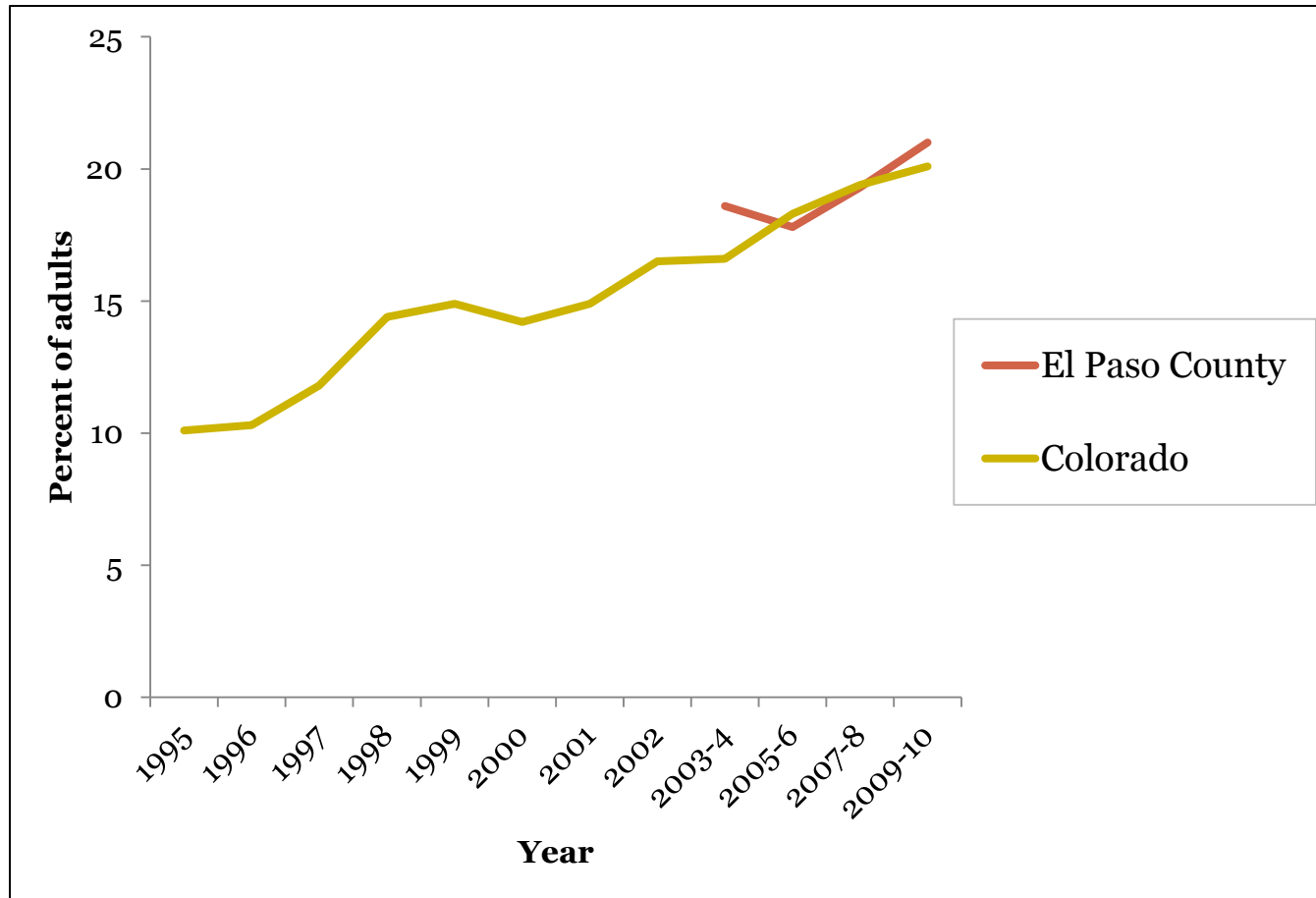


Although Colorado continues to rank as one of the leanest states in terms of weight indicators, it has not escaped the national obesity epidemic. Colorado's obesity prevalence has more than doubled in the past 15 years – from 10.1 percent in 1995 to 21.4 percent in 2010 – and now more than one of every five Colorado adults is obese.

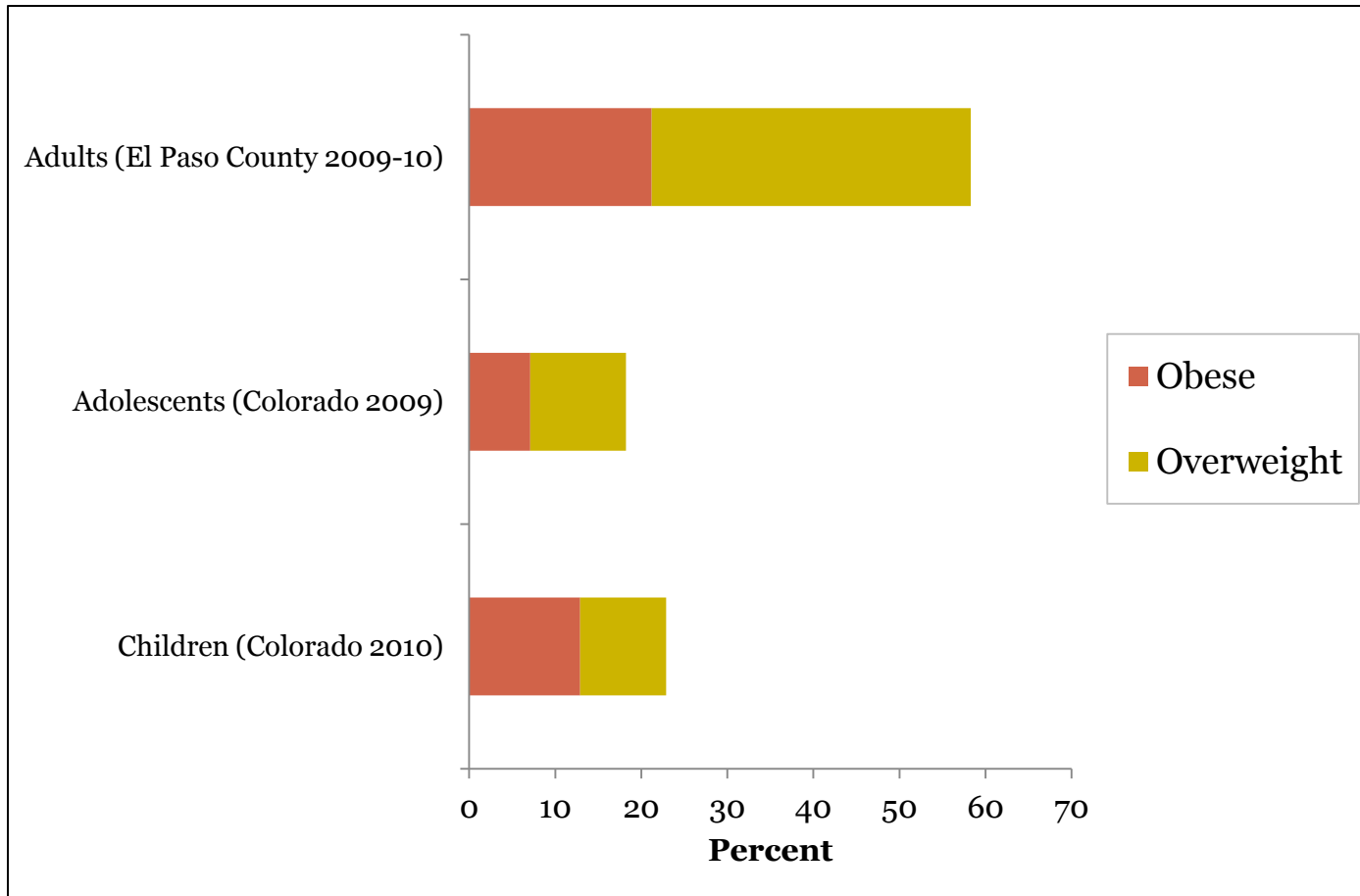
Those who are overweight or obese are at risk for hypertension, high cholesterol, and type 2 (non-gestational) diabetes. In El Paso County, the prevalence of adults with these conditions has increased substantially in the past decade, paralleling trends in obesity.

For estimating prevalence of unhealthy weight at the population level, measures of weight and height are used to calculate "body mass index" (BMI). A common source of adult BMI data is the Behavioral Risk Factor Surveillance System which is a state-based health survey of adults 18 years and older. For adolescents and children, BMI calculations are compared to percentiles of BMI-for-age ranges.

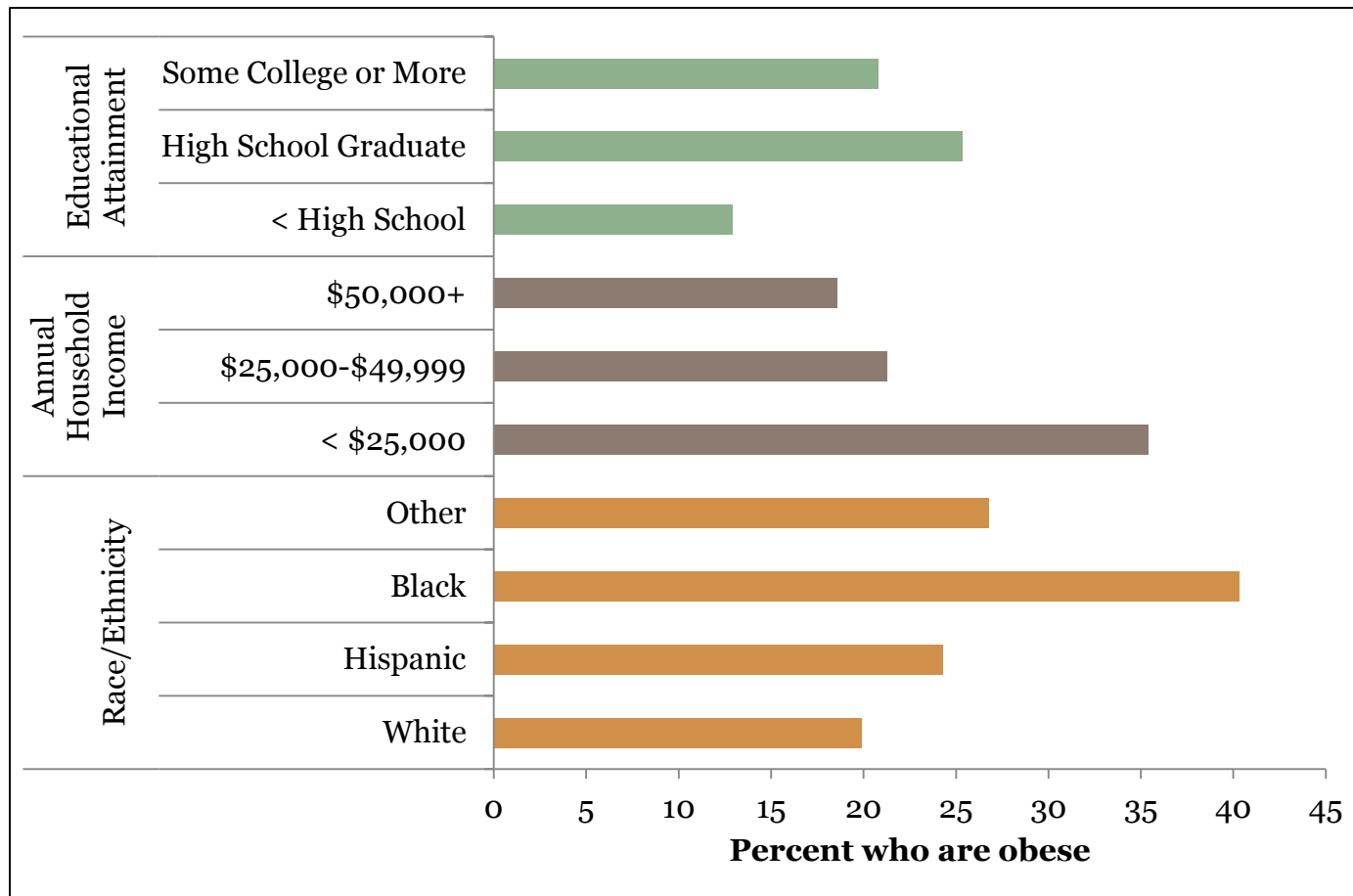
# Percent of adults who are obese (BMI $\geq$ 30), 1995 to 2010



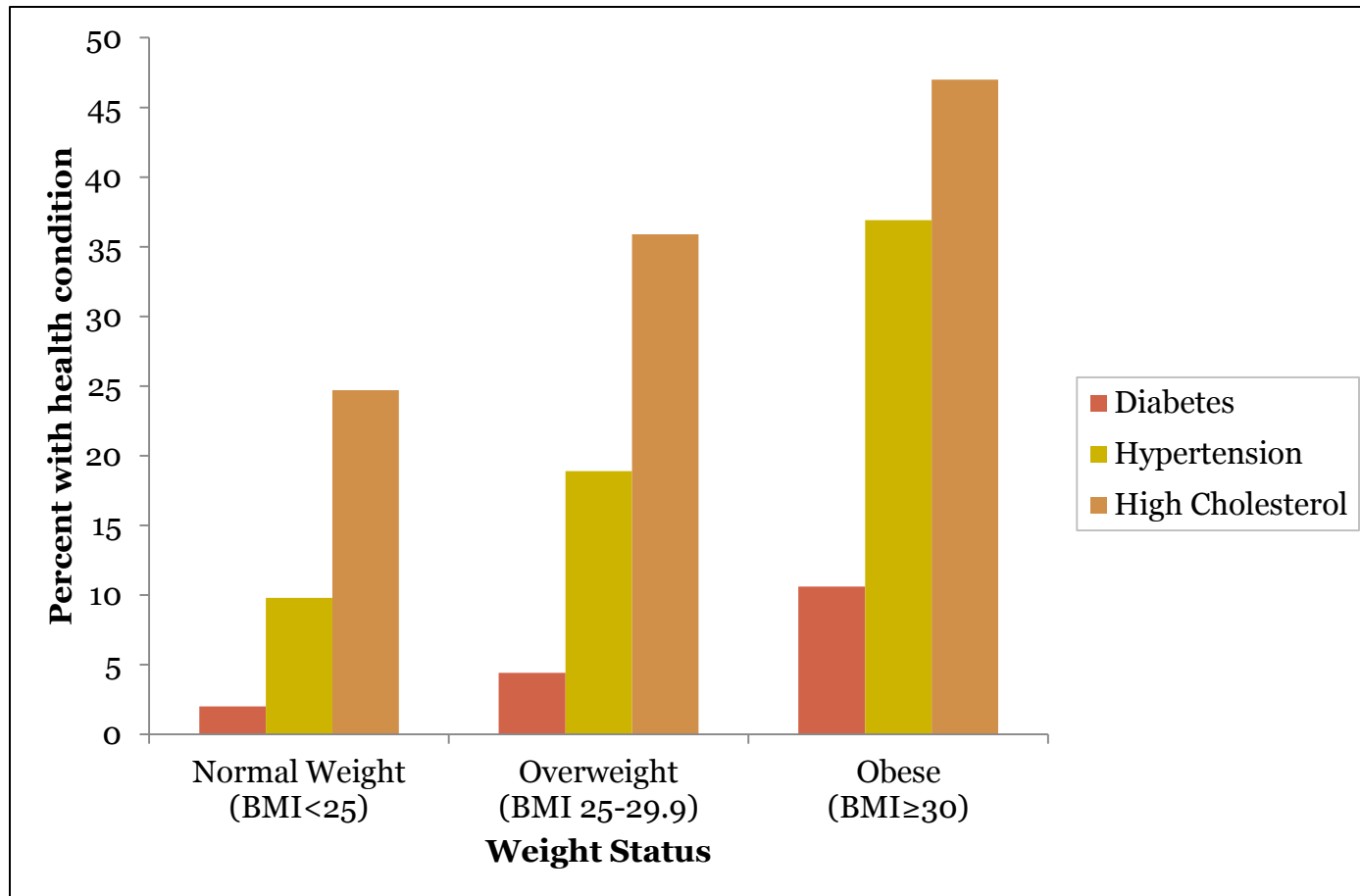
# Percent of population with unhealthy weight, 2009 to 2010



# Characteristics of adults who are obese, El Paso County 2009 to 2010



# Presence of co-existing health conditions by weight status in adults, El Paso County 2009



# Percent of new mothers who breastfed their infants, El Paso County 2008 to 2010

