

# Results from the 2010 CHIP Community Health Survey: Focus on Obesity



## Introduction

The 2010 Community Health Survey represents the third community health survey conducted by CHIP. In 2003, the survey was conducted only in South Sarasota County. In 2006, the survey included residents representing all parts of Sarasota County. The 2010 survey expanded even further to include not only Sarasota County, but also Charlotte and DeSoto Counties.

In 2010, nearly 2,000 completed mail surveys were collected from randomly selected Sarasota County households, representing a response rate of 54%. This summary reflects data relating to obesity and overweight.

## BMI Trends: Sarasota County 2006 and 2010

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems.

For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the "body mass index" (BMI). BMI is used because, for most people, it correlates with their amount of body fat.

- An adult who has a BMI between 25 and 29.9 is considered overweight.
- An adult who has a BMI of 30 or higher is considered obese

	<b>% Healthy Weight</b>	<b>% Overweight</b>	<b>% Obese</b>	<b>% Underweight</b>	<b># Responding</b>
<b>2006</b>	44.7	32.3	20.3	2.2	1890
<b>2010</b>	41.8	34.3	21.2	2.6	1380

More than 50% of adults in Sarasota County were either overweight or obese in 2006 and 2010.

## A Closer Look at Sarasota County BMI Trends: 2010

		% Healthy Weight	% Overweight	% Obese	% Underweight	# Responding
<b>Overall</b>	Sarasota County	41.8	34.3	21.2	2.6	1310
<b>Gender ***</b>	Female	47.3	28.0	21.0	3.8	856
	Male	31.2	46.3	22.1	0.5	425
<b>Age Category</b>	18-34	42.2	24.9	27.2	5.7	90
	35-49	41.4	31.8	22.7	4.1	103
	50-64	42.8	30.0	26.2	1.0	242
	65+	39.2	36.2	22.3	2.4	320
<b>Race ***</b>	White	42.4	34.0	20.7	2.9	1463
	African American	14.4	27.9	56.7	1.0	104
	Other	55.8	26.9	15.4	1.9	52
<b>Education *</b>	11th grade or less	37.8	28.1	31.5	2.6	50
	High School Grad	46.1	34.7	16.6	2.6	441
	College Grad	39.7	34.0	23.4	2.9	770
<b>Household Income</b>	<\$30K	37.0	39.5	21.8	1.7	194
	\$30K - \$75K	42.2	36.1	19.2	2.5	406
	>\$75K	46.4	30.1	21.7	1.8	322
<b>Insurance Status</b>	Insured	42.8	31.6	23.4	2.2	549
	Uninsured	34.3	34.4	28.1	3.3	153
<b>City **</b> includes unincorporated areas	Sarasota	39.7	32.5	24.4	3.5	887
	Venice	45.8	35.7	16.1	2.4	249
	North Port	34.9	36.4	27.2	1.5	195
	Englewood	38.7	35.3	24.4	1.7	238

Significance at 95% confidence level: \* $p < .1$ , \*\* $p < .05$ , \*\*\* $p < .01$

- In Sarasota County, men are significantly more likely to be overweight (46.3%) than women (28.0%), although the likelihood of being obese does not differ much across **gender**.
- When compared to other **age** groups, those aged 65+ are more likely to be overweight (36.2%) but less likely to be obese (22.3%).
- BMI is significantly associated with **race**. Consistent with State and national trends, African-Americans in Sarasota County are at a greater risk of obesity (56.7%) than whites (20.7%) and those of other races (15.4%).
- Lower **education** is associated with great risk for obesity. Those who have not completed high school are more likely to be obese (31.5%) compared to high school graduates (16.6%) and college graduates (23.4%).
- Residents with an annual household **income** of less than \$30,000 are more likely to be obese or overweight (61.3%) than those with household incomes between \$30,000-\$75,000 (55.3%) and greater than \$75,000 (51.8%)
- Those without **health insurance** are more likely to be overweight or obese (62.5%) than those with insurance coverage (55.0%).

## Health Behaviors & Habits

Residents were asked the following questions about their behaviors and habits.

### How often do you eat fruits and vegetables?

	%	# <i>Responding</i>
One per week	3.0	43
2-4 times per week	34.7	503
2-4 times per day	47.0	681
5 or more times per day	9.8	142
Don't know	1.5	22
Other	4.0	58

A majority of respondents (47.0%) reported that they eat fruits and vegetables 2-4 times a day.

### What would you say is the main reason that prevents you from eating healthy foods?

	%	# <i>Responding</i>
Usually eat healthy foods	72.2	1017
Healthy food is too expensive	12.4	175
Healthy food takes longer to prepare	4.7	67
Not sure what foods are considered healthy	3.5	49
Health food does not taste good	2.9	41
Have a hard time eating certain healthy foods	2.2	30
Usually eat at restaurants that don't offer healthy options	1.9	27
Healthy food is not available in my neighborhood	0.1	1

Most respondents (72.2%) reported that they do usually eat healthy foods. "Healthy food is too expensive" was the most common reason preventing some from eating healthy foods.

**Which of the following would be most helpful for you to have a healthier lifestyle?**

	<b>%</b>	<b># Responding</b>
Grocers or farmers markets that offer affordable fresh fruits and vegetables	24.5	376
Healthier menu choices at local restaurants and fast food venues	20.5	314
Sidewalks that are available and well maintained	17.1	262
Access to Trails and parks	10.4	159
Stores, restaurants, and other facilities that are located in my neighborhood	3.8	59

When asked what would be most helpful for fostering a healthy lifestyle, 24.5% of respondents cited grocers or farmers markets that offer affordable fresh fruits and vegetables.

**During the past 30 days, other than at your regular job, did you participate in any physical activities such as running, biking, swimming, golf gardening or walking for exercise?**

	<b>%</b>	<b># Responding</b>
Yes	73.4	1121
No	26.6	406

Most respondents (73.2%) reported that have participated in physical activities during the past 30 days.

