

Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System
Table C-106

Definition

Adult obesity is measured for persons aged 18 years and older having a body mass index of 30 kg/m² or more. Obesity is an important risk factor for chronic diseases and other health problems such as heart disease, cancers, high blood pressure, type 2 diabetes, stroke, and respiratory problems.²⁹

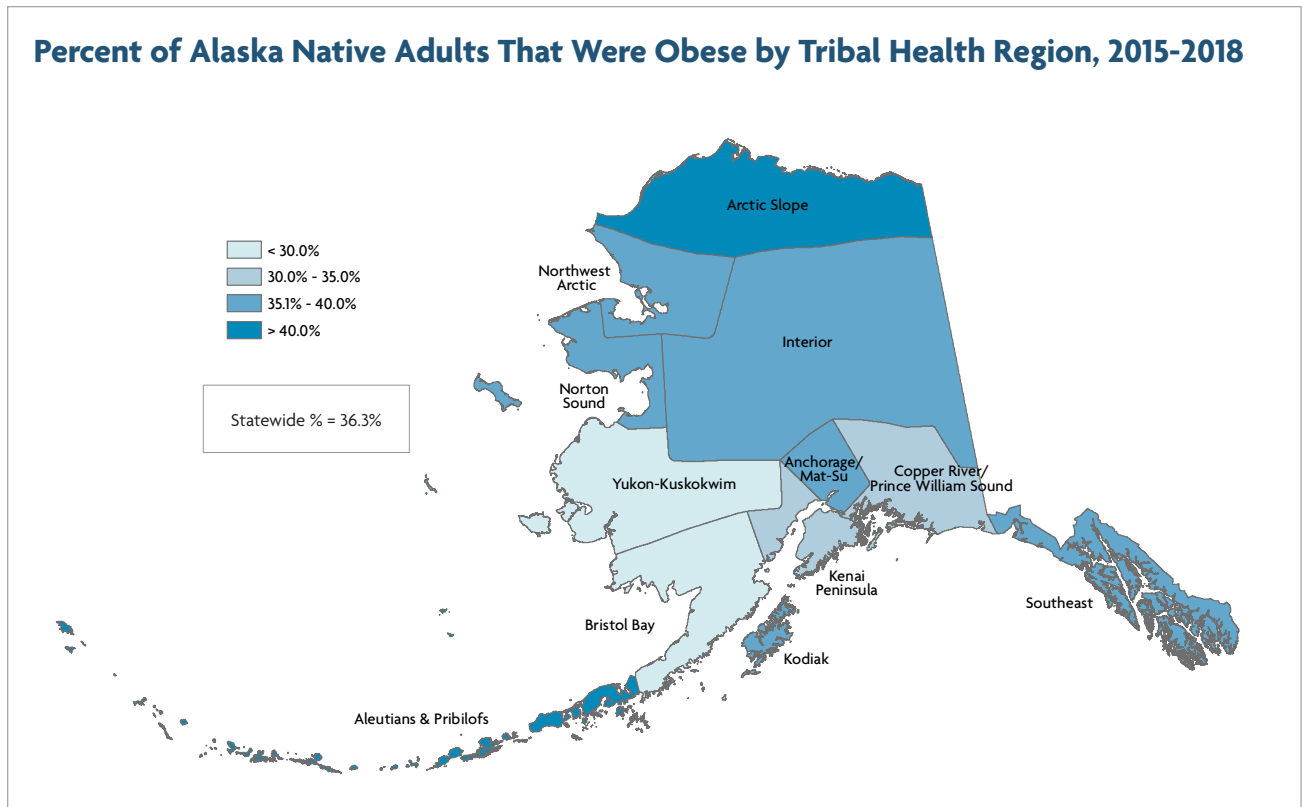
Related Objectives

Reduce the proportion of adults with obesity to 36.0%. - *HEALTHY PEOPLE 2030, OBJECTIVE NWS-03*

Summary

- » During 2015–2018, over one in three (36.3%) Alaska Native adults reported being obese according to their BMI. This was significantly higher than Alaska non-Native adults (31.1%).
- » The proportion of obese adults has significantly increased among both Alaska Native and Alaska non-Native adults since 2000-2004.
- » During 2015–2018, the percent of Alaska Native adults who were obese varied by Tribal health region, ranging from 28.5% to 55.3%.

Obesity



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Obesity

Table C-106: Adult Obesity, 2000-2004 to 2015-2018

| | Alaska Native People Statewide | | Alaska Non-Natives Statewide | |
|-----------|-----------------------------------|----------------------------|---------------------------------|----------------------------|
| | % | 95% Confidence Interval | % | 95% Confidence Interval |
| 2000-2004 | 28.5% | (26.0%-31.2%) | 22.7% | (21.6%-23.8%) |
| 2005-2009 | 34.0% | (32.1%-36.1%) | 27.4% | (26.1%-28.6%) |
| 2010-2014 | 35.2% | (33.2%-37.3%) | 27.7% | (26.5%-29.0%) |
| 2015-2018 | 36.3% | (33.3%-39.2%) | 31.1% | (29.8%-32.5%) |

Table C-107: Percent of Alaska Native Adults That Were Obese by Tribal Health Region, 2015-2018

| | Alaska Native People | |
|-----------------------------------|----------------------|----------------------------|
| | % | 95% Confidence Interval |
| Bristol Bay | 28.5% | (19.7%-37.3%) |
| Yukon-Kuskokwim | 28.9% | (21.4%-36.3%) |
| Copper River/Prince William Sound | 31.6% | (15.5%-47.6%) |
| Kenai Peninsula | 33.0% | (20.4%-45.5%) |
| Interior | 35.2% | (28.9%-41.4%) |
| Kodiak Area | 36.2% | (20.0%-52.3%) |
| Southeast | 36.5% | (29.6%-43.4%) |
| Northwest Arctic | 36.6% | (24.6%-48.6%) |
| Anchorage/Mat-Su | 37.6% | (31.2%-43.9%) |
| Norton Sound | 39.2% | (27.2%-51.3%) |
| Arctic Slope | 48.2% | (29.0%-67.5%) |
| Aleutians & Pribilofs | 55.3% | (37.4%-73.2%) |
| Statewide | 36.3% | (33.3%-39.2%) |

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution.

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29 NHLBI Obesity Education Initiative Expert Panel on the Identification, Evaluation, and Treatment of Obesity in Adults. (1998). Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. Bethesda, MD: National Heart, Lung, and Blood Institute