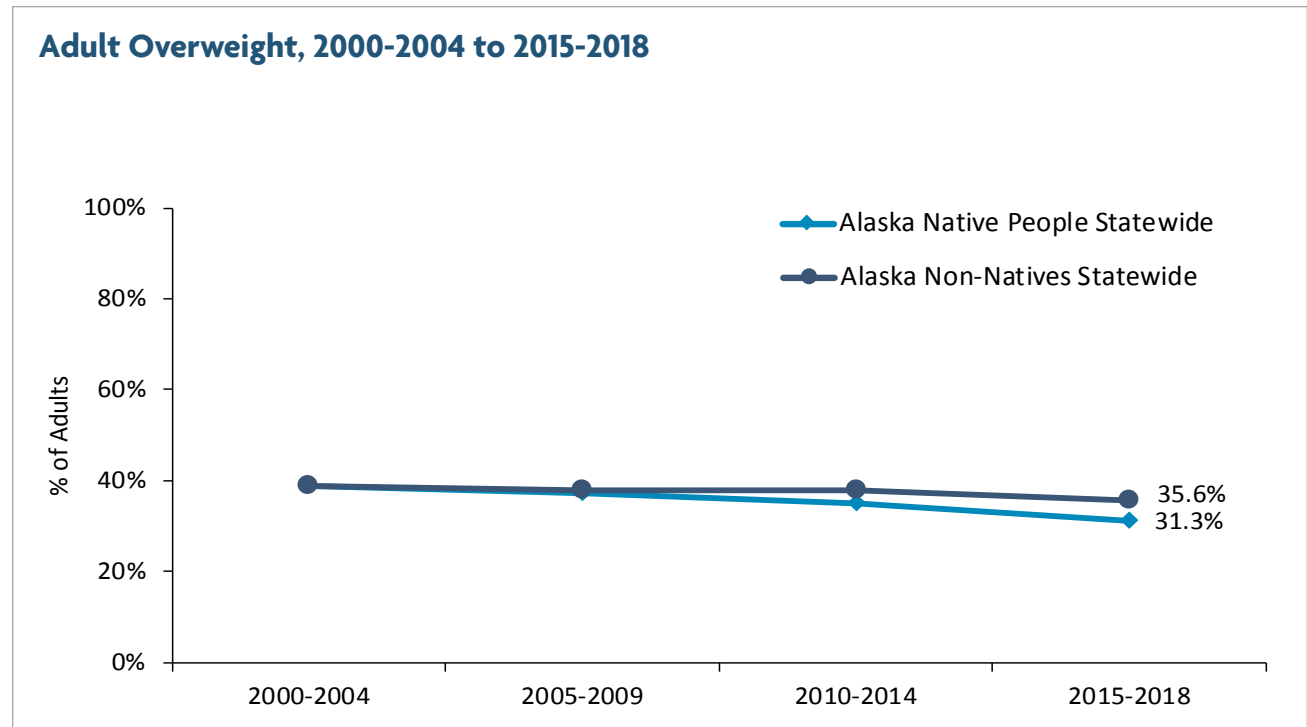


Overweight



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System
Table C-108

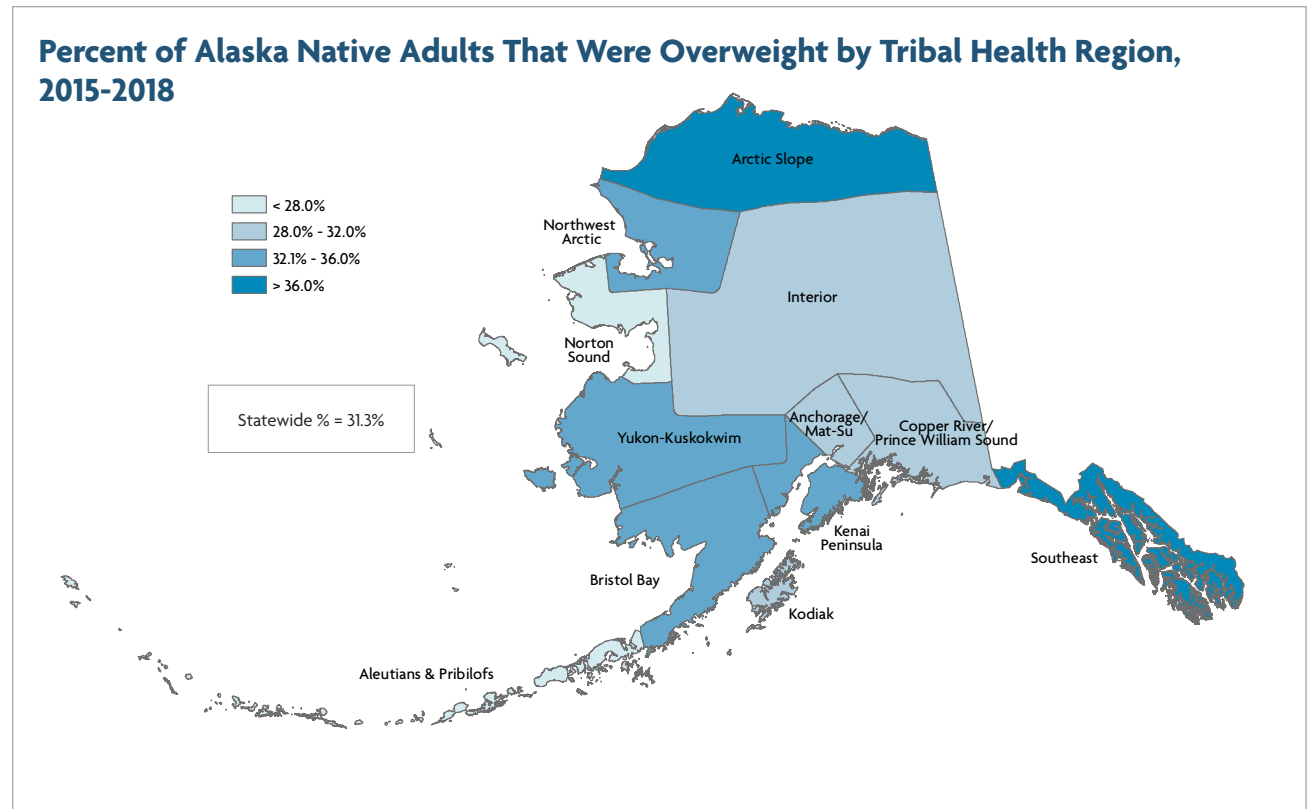
Definition

Adult overweight is measured for persons aged 18 years and older having a body mass index of 25.0 to 29.9 kg/m². Overweight status 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

Summary

- » During 2015–2018, nearly one in three (31.3%) Alaska Native adults reported being overweight according to their BMI. This was significantly lower than Alaska non-Native adults (35.6%).
- » The percent of overweight Alaska Native and Alaska non-Native adults has significantly decreased between 2000-2004 and 2015-2018.
- » During 2015–2018, the percent of Alaska Native adults that were overweight varied by Tribal health region, ranging from 16.4% to 37.2%.

Overweight



Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System
Table C-109

Overweight

Table C-108: Adult Overweight, 2000-2004 to 2015-2018

	Alaska Native People Statewide		Alaska Non-Natives Statewide	
	%	95% Confidence Interval	%	95% Confidence Interval
2000-2004	38.8%	(35.9%-41.7%)	38.8%	(37.5%-40.1%)
2005-2009	37.3%	(35.2%-39.5%)	37.9%	(36.5%-39.3%)
2010-2014	34.9%	(32.9%-37.0%)	38.0%	(36.7%-39.4%)
2015-2018	31.3%	(28.5%-34.2%)	35.6%	(34.3%-37.0%)

Table C-109: Percent of Alaska Native Adults That Were Overweight by Tribal Health Region, 2015-2018

	Alaska Native People	
	%	95% Confidence Interval
Norton Sound	16.4%	(9.9%-22.8%)
Aleutians & Pribilofs	25.0%	(11.4%-38.6%)
Kodiak Area	29.1%	(8.5%-49.6%)
Anchorage/Mat-Su	30.8%	(25.0%-36.6%)
Interior	31.4%	(25.4%-37.4%)
Copper River/Prince William Sound	31.6%	(16.3%-46.9%)
Yukon-Kuskokwim	32.1%	(24.9%-39.3%)
Kenai Peninsula	32.9%	(18.2%-47.5%)
Northwest Arctic	34.2%	(21.8%-46.6%)
Bristol Bay	35.6%	(23.0%-48.3%)
Arctic Slope	36.7%	(17.4%-56.0%)
Southeast	37.2%	(30.0%-44.5%)
Statewide	31.3%	(28.5%-34.2%)

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

Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System

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