

Washtenaw County HIP Data – 2000
Adult Overweight and Obesity

HIP 2005 Objective: Increase the proportion of adults at a healthy weight to 55%.

**Healthy People 2010: Increase the proportion of adults at a healthy weight to 60%.
 Decrease the obesity rate in adults to 15%.**

BMI = Body Mass Index

Risk Group	Underweight BMI <18.5	Healthy weight BMI 18.5-24.9	Overweight BMI 25-29	Obese BMI ≥ 30
Total County	2.6%	50.9%	30.3%	16.2%
• Male	1.6%	42.4%	38.1%	17.9%
• Female	3.6%	59.1%	22.8%	14.5%
Age group				
18-29 years	4.9%	62.8%	22.6%	9.7%
• Male	3.0%	53.0%	31.5%	12.5%
• Female	6.9%	72.7%	13.5%	6.9%
30-49 years	1.4%	44.5%	35.1%	19.0%
• Male	0.8%	35.1%	43.3%	20.9%
• Female	2.1%	54.3%	26.6%	17.0%
50+ years	1.1%	42.7%	35.2%	21.0%
• Male	0.5%	37.4%	40.3%	21.8%
• Female	1.6%	47.0%	31.1%	20.3%
Race				
White (n=1587)	2.7%	50.5%	30.4%	16.4%
• Male	1.6%	40.4%	38.5%	19.6%
• Female	3.8%	59.8%	23.0%	13.5%
Black (n=315)	1.9%	43.2%	29.0%	25.9%
• Male	0.7%	42.1%	30.9%	26.3%
• Female	3.0%	44.2%	27.3%	25.5%
Other (n=177)	2.8%	59.9%	31.6%	5.6%
• Male	2.5%	53.3%	39.2%	5.0%
• Female	3.5%	73.7%	15.8%	7.0%
Education level				
• Less than HS	1.5%	43.9%	25.8%	28.8%
• HS grad	3.0%	47.0%	31.9%	18.1%
• Some college	2.1%	52.2%	27.5%	18.3%
• College grad	2.9%	52.1%	31.8%	13.2%
Area				
• Ann Arbor	4.5%	58.2%	26.2%	11.1%
• Ypsilanti	0.9%	44.2%	32.2%	22.7%
• CMD	0.6%	37.3%	42.4%	19.8%
• Out County	0.7%	41.5%	37.7%	20.0%

Comparison data:

Michigan (2000) = 38.6% overweight and 22.5% obese

U.S. (2000) = 36.7% overweight and 20.1% obese