

Nutrition, Physical Activity & Obesity:

Obesity

Obesity is a complex health issue that can have a wide range of negative health outcomes associated with it, including but not limited to coronary heart disease, cancers, hypertension and sleep apnea.¹⁴ The wide range of health consequences demonstrates the need to reach the Healthy People 2020 goal to reduce the proportion of adults who are obese.

In 2020, approximately 1 in 3 Kansas adults ages 18 years and older were obese. The percentage of Kansas adults who were obese was significantly **higher** among:

- Adults ages 45-64 years old compared with adults ages 18-24 years and adult ages 65 years and older
- Hispanics compared with non-Hispanic whites and non-Hispanic Other/Multi-Race (age-adjusted prevalence)
- Adults with a high school graduation or G.E.D or some college education compared with college graduates
- Adults living with a disability compared with adults living without a disability

The percentage Kansas adults ages 18 years and older who were obese did not differ significantly by gender, annual household income groups or insurance status.

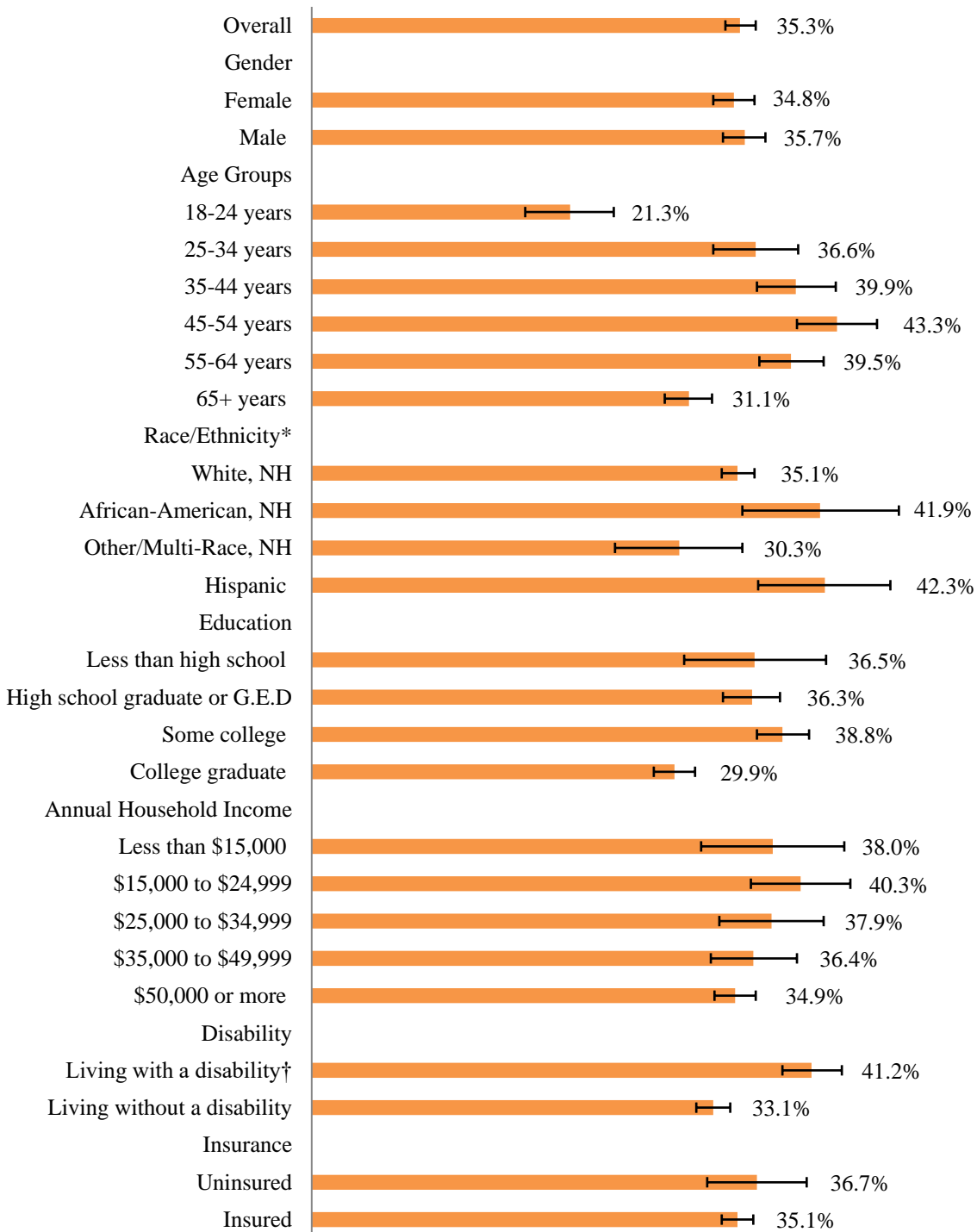
Percentage of Adults Ages 18 Years and Older Who Were Obese, KS BRFSS 2020

Demographic Characteristics	Weighted Percentage	95% CI
Overall	35.3	34.0-36.5
Gender		
Female	34.8	33.1-36.5
Male	35.7	34.0-37.5
Age Groups		
18-24 years	21.3	17.7-25.0
25-34 years	36.6	33.1-40.1
35-44 years	39.9	36.6-43.1
45-54 years	43.3	40.0-46.6
55-64 years	39.5	36.8-42.1
65+ years	31.1	29.2-33.1
Race/Ethnicity*		
White, NH	35.1	33.7-36.4
African-American, NH	41.9	35.4-48.3
Other/Multi-Race, NH	30.3	25.1-35.6
Hispanic	42.3	36.9-47.8
Education		
Less than high school	36.5	30.6-42.3
High school graduate or G.E.D	36.3	34.0-38.7
Some college	38.8	36.6-40.9
College graduate	29.9	28.2-31.6
Annual Household Income		
Less than \$15,000	38.0	32.1-43.9
\$15,000 to \$24,999	40.3	36.2-44.4
\$25,000 to \$34,999	37.9	33.6-42.2
\$35,000 to \$49,999	36.4	32.8-39.9
\$50,000 or more	34.9	33.2-36.6
Disability		
Living with a disability†	41.2	38.7-43.6
Living without a disability	33.1	31.7-34.5
Insurance		
Uninsured	36.7	32.6-40.8
Insured	35.1	33.8-36.4

*Prevalence estimates for race and ethnicity were age-adjusted to the U.S. 2000 standard population.

†Living with a disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

Percentage of Adults Ages 18 Years and Older Who Were Obese, KS BRFSS 2020



*Prevalence estimates for race and ethnicity were age-adjusted to the U.S. 2000 standard population.

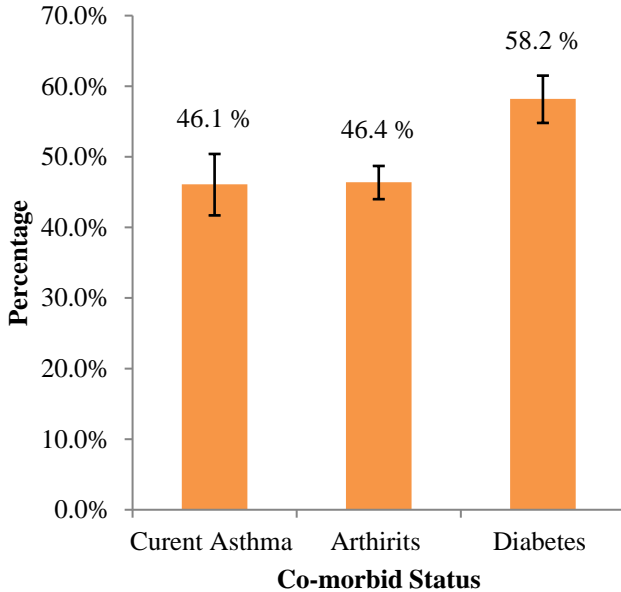
†Living with a disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

Due to changes in BRFSS survey methodology 2011- 2020 BRFSS estimates cannot be compared with estimates from previous years. Please refer to Technical Notes for more information about BRFSS survey methodology.

Percentage of Adults Ages 18 Years and Older Who Were Obese by Co-Morbid Conditions, KS BRFSS 2020

Co-Morbid Conditions		Weighted Percentage	95% CI
Current Asthma			
	Yes	46.1	41.8-50.5
	No	34.0	32.7-35.3
Arthritis			
	Yes	46.4	44.1-48.8
	No	31.5	30.1-33.0
Diabetes			
	Yes	58.2	54.9-61.6
	No	32.4	31.1-33.7

Percentage of Adults Ages 18 Years and Older Who Were Obese by Co-Morbid Conditions, KS BRFSS 2020



The percentage of Kansas adults ages 18 years and older who were obese was significantly **higher** among:

- Adults with current asthma compared with those without current asthma
- Adults with arthritis compared with those without arthritis
- Adults with diabetes compared with those without diabetes

SUMMARY

Approximately 35.3 percent of Kansas adults ages 18 years and older were obese. In addition, higher percentages of adults who were obese were seen among: middle aged adults, Hispanics, adults with a high school graduation or G.E.D or some college education, adults living with a disability, adults with co-morbid conditions (current asthma, diabetes or arthritis) and adults living with a disability.

The Healthy People 2020 goal is to reduce the proportion of adults who are obese to 30.5 percent. The goal is not met in Kansas and overall prevalence is high and there are disparities in population subgroups that have not met the HP 2020 target. Therefore, further public health efforts are needed to address overall prevalence and disparities in population subgroups in Kansas.

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Nutrition, Physical Activity and Obesity:

Leisure-Time Physical Activity

Physical activity can help to improve health outcomes. People who are physically active can live longer and have a lower risk of chronic health conditions including but not limited to heart disease, depression and some cancers.¹⁵ Thus, inactive adults have a higher risk of living unhealthy lives. The Healthy People 2020 goal is to reduce the proportion of adults who engage in no leisure-time physical activity.

In 2020, approximately 1 in 5 Kansas adults ages 18 years and older did not participate in leisure-time physical activity in the past 30 days. The percentage of Kansas adults ages 18 years and older who did not participate in leisure-time physical activity in the past 30 days was significantly **higher** among:

- Older adults compared with adults in younger age groups
- Hispanics compared with non-Hispanic whites (age-adjusted prevalence)
- Adults with lower education compared with adults in higher education groups
- Adults with lower annual household income compared with adults with higher annual household income
- Adults living with a disability compared with adults living without a disability
- Adults with no insurance compared with adults with insurance

The percentage of Kansas adults who did not participate in leisure-time physical activity in the past 30 days did not differ significantly between males and females.

Percentage of Adults Ages 18 Years and Older Not Participating in Leisure-Time Physical Activity in the Past 30 Days, KS BRFSS 2020

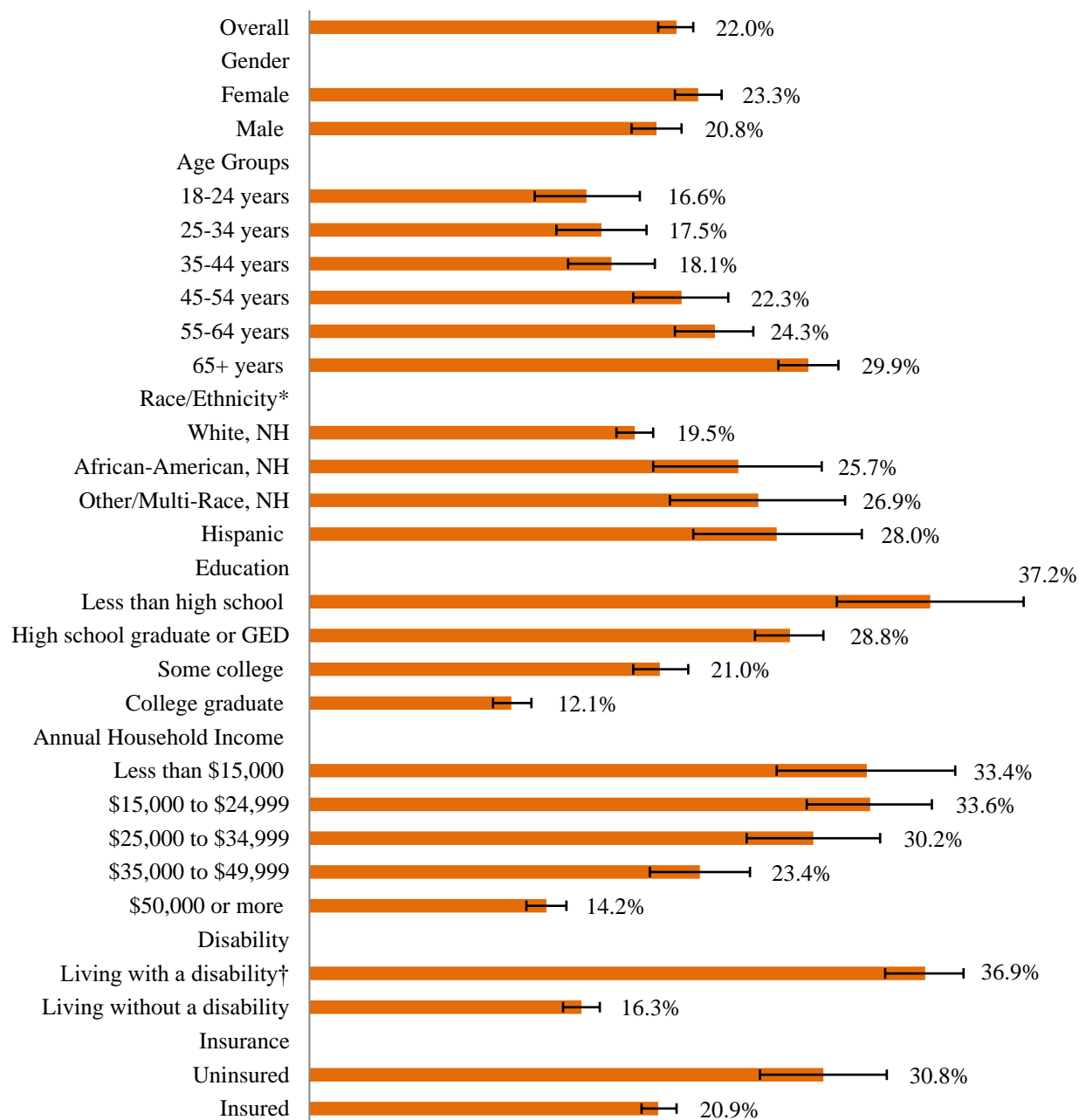
Demographic Characteristics	Weighted Percentage	95% CI
Overall	22.0	21.0-23.1
Gender		
Female	23.3	21.9-24.7
Male	20.8	19.3-22.3
Age Groups		
18-24 years	16.6	13.4-19.7
25-34 years	17.5	14.8-20.2
35-44 years	18.1	15.5-20.7
45-54 years	22.3	19.5-25.2
55-64 years	24.3	22.0-26.7
65+ years	29.9	28.1-31.7
Race/Ethnicity*		
White, NH	19.5	18.4-20.6
African-American, NH	25.7	20.7-30.8
Other/Multi-Race, NH	26.9	21.7-32.2
Hispanic	28.0	22.9-33.0
Education		
Less than high school	37.2	31.6-42.8
High school graduate or GED	28.8	26.8-30.9
Some college	21.0	19.3-22.6
College graduate	12.1	10.9-13.2
Annual Household Income		
Less than \$15,000	33.4	28.1-38.8
\$15,000 to \$24,999	33.6	29.9-37.4
\$25,000 to \$34,999	30.2	26.2-34.2
\$35,000 to \$49,999	23.4	20.4-26.4
\$50,000 or more	14.2	13.0-15.4
Disability		
Living with a disability†	36.9	34.6-39.3
Living without a disability	16.3	15.2-17.4
Insurance		
Uninsured	30.8	27.0-34.6
Insured	20.9	19.8-21.9

*Prevalence estimates for race and ethnicity were age-adjusted to the U.S. 2000 standard population.

†Living with a disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

Due to changes in BRFSS survey methodology 2011- 2020 BRFSS estimates cannot be compared with estimates from previous years. Please refer to Technical Notes for more information about BRFSS survey methodology.

Percentage of Adults Ages 18 Years and Older Not Participating in Any Physical Activity Other Than Their Regular Job in the Past 30 Days, KS BRFSS 2020



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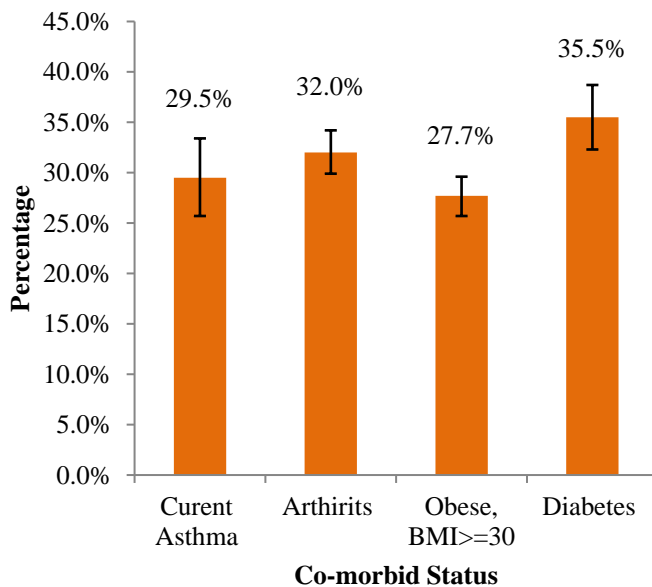
†Living with a disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

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Percentage of Adults Ages 18 Years and Older Not Participating In Leisure-Time Physical Activity in the Past 30 Days by Co-Morbid Conditions, KS BRFSS 2020

Co-Morbid Conditions	Weighted Percentage	95% CI
Current Asthma		
Yes	29.5	25.6-33.3
No	21.0	20.0-22.1
Arthritis		
Yes	32.0	29.8-34.1
No	18.7	17.5-19.9
Weight		
Normal or Underweight, BMI<25	17.6	15.8-19.5
Overweight, 25<= BMI<30	19.0	17.3-20.7
Obese, BMI>=30	27.7	25.8-29.7
Diabetes		
Yes	35.5	32.3-38.7
No	20.3	19.3-21.4

Percentage of Adults Ages 18 Years and Older Not Participating In Leisure-Time Physical Activity in the Past 30 Days by Co-Morbid Conditions, KS BRFSS 2020



The percentage of Kansas adults ages 18 years and older who did not participate in leisure-time physical activity in the past 30 days was significantly **higher** among:

- Adults with current asthma compared with those without current asthma
- Adults with arthritis compared with those without arthritis
- Adults who were obese compared with those who were overweight, normal weight or underweight
- Adults with diabetes compared with those without diabetes

The percentage of Kansas adults who did not participate in leisure-time physical activity in the past 30 days did not differ significantly by current asthma status.

SUMMARY

Approximately 22.0 percent of Kansas adults ages 18 years and older did not participate in leisure-time physical activity in the past 30 days. In addition, higher percentages of adults who did not participate in leisure-time physical activity in the past 30 days were seen among: older adults, Hispanics, uninsured adults, adults with lower annual household income, adults with lower education, adults with no health insurance, adults with co-morbid conditions (asthma, arthritis, diabetes or obesity), and adults living with disabilities.

The Healthy People 2020 goal is to reduce the proportion of adults who do not participate in leisure-time physical activity to 32.6 percent. While the Healthy People 2020 objective is being met, in Kansas the overall prevalence is still high and there are disparities in population subgroups that have not met the HP 2020 target. Therefore, further public health efforts are needed to address overall prevalence and disparities in population subgroups in Kansas.

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