

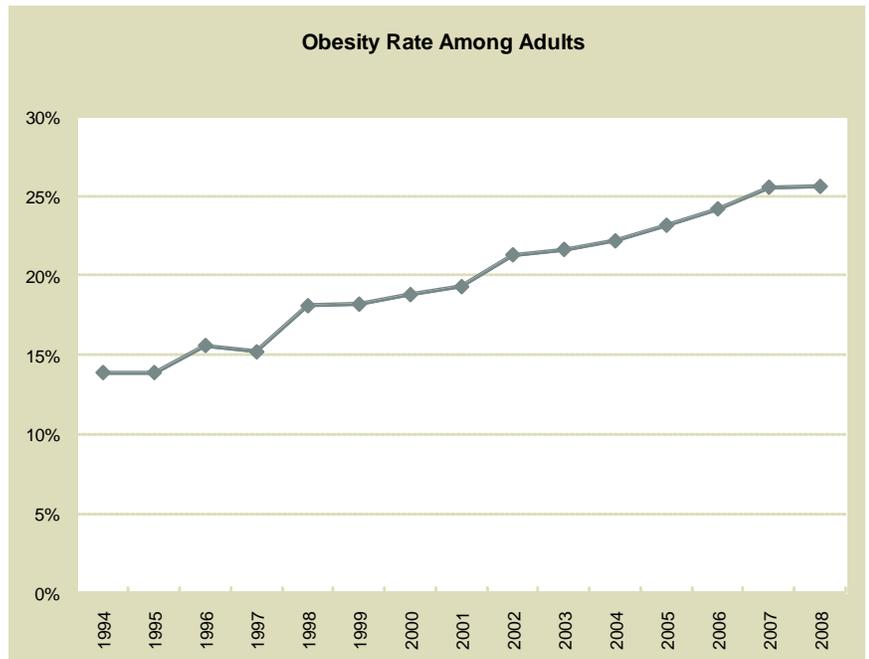
Improve the Health of Washingtonians

Indicator 1: Improve Healthy Behaviors

Measure c: Obesity Rates Among Adults

Description:

This indicator is based on a calculation of body mass index (BMI) from height and weight data collected on the Behavioral Risk Factor Surveillance System (BRFSS). Adults with a BMI greater than or equal to 30.0 are considered obese. The BRFSS is conducted annually by the Washington State Department of Health in conjunction with the Centers for Disease Control to gather data on factors affecting the health of Washington residents. The BRFSS was offered in Spanish for the first time in 2003.



Obesity Rate Among Adults	
1994	13.9%
1995	13.9%
1996	15.6%
1997	15.2%
1998	18.1%
1999	18.2%
2000	18.8%
2001	19.3%
2002	21.3%
2003	21.6%
2004	22.2%
2005	23.2%
2006	24.2%
2007	25.6%
2008	25.6%

Sources:

[Department of Health](#)

[U.S. Center for Disease Control](#)