

Healthy People 2010 Operational Definition

2-4. Increase the proportion of adults with doctor-diagnosed arthritis who receive health care provider counseling.

2-4a. For weight reduction among overweight and obese persons.

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| National Data Source | National Health Interview Survey (NHIS), CDC, NCHS. |
| State Data Source | Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP. |
| Healthy People 2000 Objective | 17.14 (Diabetes and Chronic Disabling Conditions). |
| Changes since the 2000 Publication | New subobjective (see Comments). |
| Measure | Percent (age adjusted—see Comments). |
| Baseline (Year) | 35 (2002) |
| Target | 46 |
| Target-Setting Method | Better than the best racial/ethnic subgroup. For a discussion of target-setting methods, see Part A, section 4. |
| Numerator | Number of persons aged 18 years and older with doctor-diagnosed arthritis and who are overweight and obese and received health care provider counseling for weight reduction. |
| Denominator | Number of persons aged 18 years with doctor-diagnosed arthritis and who are overweight and obese. |
| Population Targeted | U.S. civilian, noninstitutionalized population. |
| Questions Used To Obtain the National Baseline Data | From the 2002 National Health Interview Survey: [NUMERATOR:] ➤ <i>Has a doctor or other health professional ever suggested losing weight to help your arthritis or joint symptoms?</i> |

[DENOMINATOR:]

- *Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?*
- *How tall are you without shoes?*
- *How much do you weigh without shoes?*

Expected Periodicity Periodic.

Comments

Body Mass Index (BMI) is used to determine overweight and obesity. It is calculated by dividing weight in kilograms by the square of height in meters. Overweight is defined as a BMI of 25.0 or greater and obesity is defined as a BMI of 30.0 or greater.

BMI was calculated using the inhouse version of the height and weight variables, which contain the greater range of height and weight values than are available on the public use file. BMI values shown are theoretical, not actual ranges. $BMI = [Weight (kg) / [Height(m) squared]]$ rounded to 2 decimal places. Conversion factors: 1 kg = 2.205 pounds; 1 meter (m) = 39.37 inches.

Data are age adjusted to the 2000 standard population using age groups 18-44, 45-64, 65-74, and 75 years and over. Data by education status are age adjusted using the age groups 25-44, 45-64, 65-74, 75 and over. Age-adjusted percents are weighted sums of age-specific percents. For a discussion on age adjustment, see Part A, section 7.

Objective 2-4 moved from developmental to measurable during the Healthy People 2010 Midcourse Review. Two subobjectives were created: 2-4a addresses counseling related to weight reduction among overweight and obese persons with arthritis, while 2-4b addresses counseling related to physical activity or exercise.

Objective 2-4 was adapted from Healthy People 2000 objective 17.14, which focused on formal patient education for persons with chronic and disabling conditions. Objective 17.14 tracked the proportion of persons with diabetes and asthma who attended patient education classes. These data

were not age-adjusted.

For some objectives, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.¹

See Part C for a description of NHIS and Appendix A for focus area contact information.

References

1. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.