

Healthy People 2010 Operational Definition

19-1. Increase the proportion of adults who are at a healthy weight.

National Data Source	National Health and Nutrition Examination Survey (NHANES), CDC, NCHS.
State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP (see Comments).
Healthy People 2000 Objective	Not applicable.
Changes since the 2000 Publication	None.
Measure	Percent (age adjusted-see Comments).
Baseline (Year)	42 (1988-94)
Target	60
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 20 years and older with a BMI equal to or greater than 18.5 and less than 25.0.
Denominator	Number of persons aged 20 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used To Obtain the National Baseline Data	Not applicable.
Expected Periodicity	Periodic.
Comments	<p>The NHANES obtains measured weights and heights without shoes. BMI is calculated by dividing weight in kilograms by the square of height in meters.</p> <p>The selection of a BMI cut-point to establish the healthy weight range is based on the relationship of overweight or obesity to disease or death. A BMI of less than 25 has been accepted by numerous</p>

groups as the upper limit of the healthy weight range, because more disease occurs in most populations at or above this cut-point.^{1, 2, 3, 4} The lower cut-point for the healthy weight range (BMI of 18.5) was selected to be consistent with national and international recommendations.^{1, 3, 4}

Pregnant women are excluded from the numerator and denominator.

Data (except those for people with chronic conditions) are age adjusted to the 2000 standard population using the age groups 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80 years and over. Data for those with chronic conditions, e.g., arthritis, diabetes and high blood pressure are age-adjusted using the age groups 20-49, 50-59, 60-69 70-79 and 80 years and over. Age-adjusted rates are weighted sums of age-specific rates. For a discussion of age adjustment, see Part A, section 7.

State-level data on self-reported heights and weights are collected annually in BRFSS for adults aged 18 years and older. This data source enables States to estimate the proportion of the population that reports heights and weights in the healthy range and to track trends, although the method of measurement (through telephone interview) differs from the national measures. Body weight prevalence estimates derived from self-reported heights and weights tend to be lower than those derived from measured height and weight.

For some measures, 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*.⁵

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

References

1. National Institutes of Health. Clinical guideline on the identification, evaluation and treatment of overweight and obesity in adults - The Evidence Report. NIH. *Obesity Research* 6 (Suppl. 2):51S-209S, 1998.
2. World Health Organization (WHO) Expert Committee. *Physical Status: The Use and Interpretation of Anthropometry. Report of a WHO Expert Committee*. WHO Technical Report Series: 854, 1992. Geneva, Switzerland: World Health Organization, 1995.
3. U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS). *Dietary Guidelines for Americans*. 5th ed. USDA Home and Garden Bulletin No. 232, 2000.
4. Dietary Guidelines Advisory Committee. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000. Washington DC: USDA.
5. 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.

State Operational Definition

19-1. Increase the proportion of adults who are at a healthy weight.

State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP (see Comments).
National Data Source	National Health and Nutrition Examination Survey (NHANES), CDC, NCHS.
Measure	Percent (age adjusted-see Comments).
Numerator	Number of persons aged 20 years and older with a BMI equal to or greater than 18.5 and less than 25.0.
Denominator	Number of persons aged 20 years and older.
Population Targeted	State-specific civilian, non-institutionalized adult population residing in households with telephones

(see Comments).

Questions Used To Obtain the State Baseline Data

From the 1998 Behavioral Risk Factor Surveillance System:

[NUMERATOR:]

- *About how much do you weigh without shoes?*
- *About how tall are you without shoes?*

Expected Periodicity

Annual.

Comments

Data for this objective are collected using the core component of the BRFSS. Thus the data are available for all 50 states and the District of Columbia.

National data from the NHANES and state data from the BRFSS may not be comparable for a number of reasons, including mode of question administration, context of questions, question wording, and survey sampling frame.

BRFSS obtains self-reported weights and heights without shoes. BMI is calculated by dividing weight in kilograms by the square of height in meters. The selection of a BMI cut point to establish the healthy weight range is based on the relationship of overweight or obesity to disease or death. A BMI of less than 25 has been accepted by numerous groups as the upper limit of the healthy weight range because more disease occurs in most populations at or above the cut-point. The lower cut point for the healthy weight range (BMI of 18.5) was selected to be consistent with national and international recommendations. In addition, Body weight prevalence estimates from self-reported heights and weights tend to be lower than those derived from measured height and weight.

Pregnant women are excluded from the numerator and denominator.

Data (except those by education status) are age adjusted to the 2000 standard population using the age groups 20-39, 40-59, and 60 years and over. Data by education status are age adjusted using the age groups 25-39, 40-59, and 60 and over. Age-adjusted percents are weighted sums of age-

specific percents. For a discussion of age adjustment, see Part A, section 7.

For some measures, 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 www.cdc.gov/brfss for a description of BRFSS 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.