

Data Source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System  
Table C-106

### Definition

Adult obesity is measured for persons aged 18 years and older having a body mass index of 30 kg/m<sup>2</sup> or more. Obesity is an important risk factor for chronic diseases and other health problems such as heart disease, cancers, high blood pressure, type 2 diabetes, stroke, and respiratory problems.<sup>29</sup>

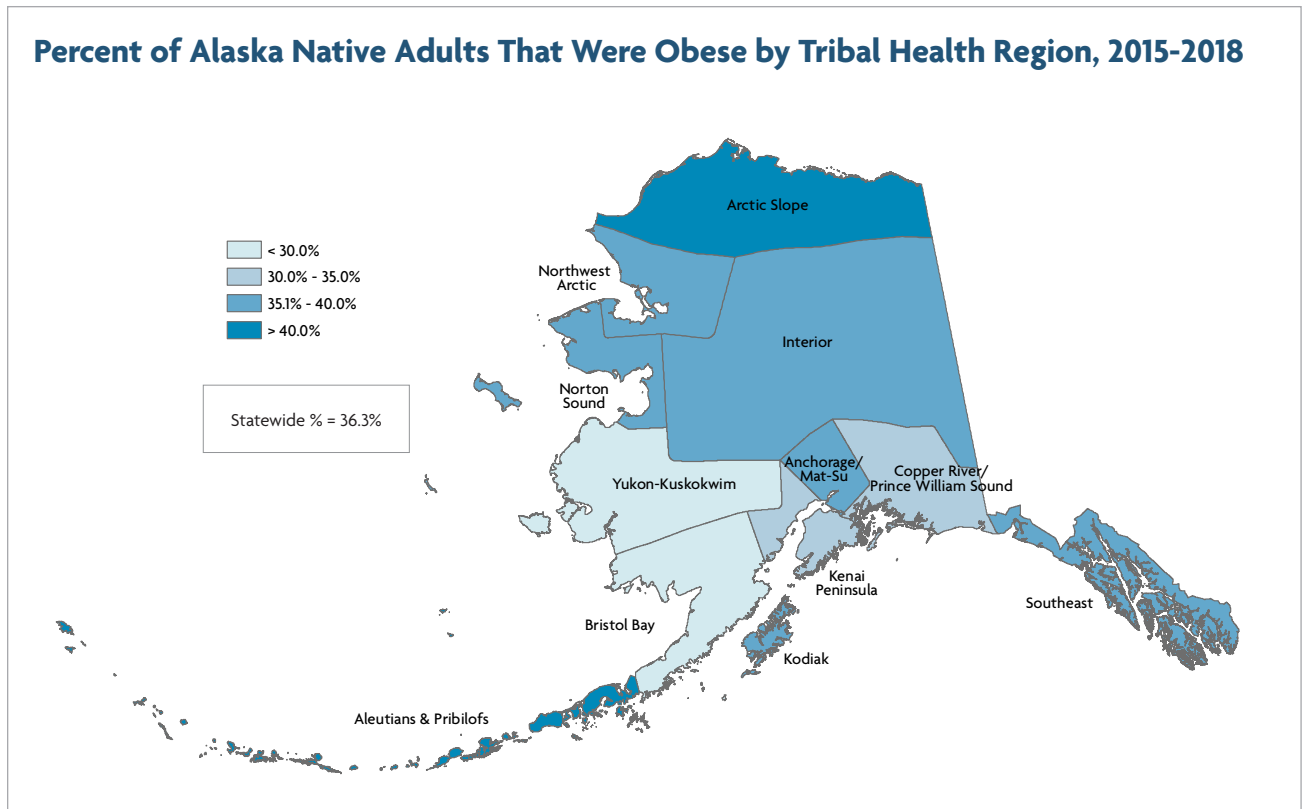
### Related Objectives

Reduce the proportion of adults with obesity to 36.0%. - *HEALTHY PEOPLE 2030, OBJECTIVE NWS-03*

### Summary

- » During 2015–2018, over one in three (36.3%) Alaska Native adults reported being obese according to their BMI. This was significantly higher than Alaska non-Native adults (31.1%).
- » The proportion of obese adults has significantly increased among both Alaska Native and Alaska non-Native adults since 2000-2004.
- » During 2015–2018, the percent of Alaska Native adults who were obese varied by Tribal health region, ranging from 28.5% to 55.3%.

# Obesity



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Table C-107

# Obesity

**Table C-106: Adult Obesity, 2000-2004 to 2015-2018**

	Alaska Native People Statewide		Alaska Non-Natives Statewide	
	%	95% Confidence Interval	%	95% Confidence Interval
2000-2004	28.5%	(26.0%-31.2%)	22.7%	(21.6%-23.8%)
2005-2009	34.0%	(32.1%-36.1%)	27.4%	(26.1%-28.6%)
2010-2014	35.2%	(33.2%-37.3%)	27.7%	(26.5%-29.0%)
2015-2018	36.3%	(33.3%-39.2%)	31.1%	(29.8%-32.5%)

**Table C-107: Percent of Alaska Native Adults That Were Obese by Tribal Health Region, 2015-2018**

	Alaska Native People	
	%	95% Confidence Interval
Bristol Bay	28.5%	(19.7%-37.3%)
Yukon-Kuskokwim	28.9%	(21.4%-36.3%)
Copper River/Prince William Sound	31.6%	(15.5%-47.6%)
Kenai Peninsula	33.0%	(20.4%-45.5%)
Interior	35.2%	(28.9%-41.4%)
Kodiak Area	36.2%	(20.0%-52.3%)
Southeast	36.5%	(29.6%-43.4%)
Northwest Arctic	36.6%	(24.6%-48.6%)
Anchorage/Mat-Su	37.6%	(31.2%-43.9%)
Norton Sound	39.2%	(27.2%-51.3%)
Arctic Slope	48.2%	(29.0%-67.5%)
Aleutians & Pribilofs	55.3%	(37.4%-73.2%)
<b>Statewide</b>	<b>36.3%</b>	<b>(33.3%-39.2%)</b>

Note: Data with wide confidence intervals are subject to higher relative standard error and should be used with caution.

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29 NHLBI Obesity Education Initiative Expert Panel on the Identification, Evaluation, and Treatment of Obesity in Adults. (1998). Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. Bethesda, MD: National Heart, Lung, and Blood Institute