

Obesity

Top Causes of Death - Snohomish County

In 2008 cancer (24%) and heart disease (23%) continued to account for almost one out of two deaths in Snohomish County. The two leading underlying causes, or major risk factors, for death were tobacco (18%) and poor diet and physical activity (15%). Alcohol (4%) was a distant third leading cause. All of these risk factors are preventable, and public health plays an important role in working to decrease unnecessary death and disease.

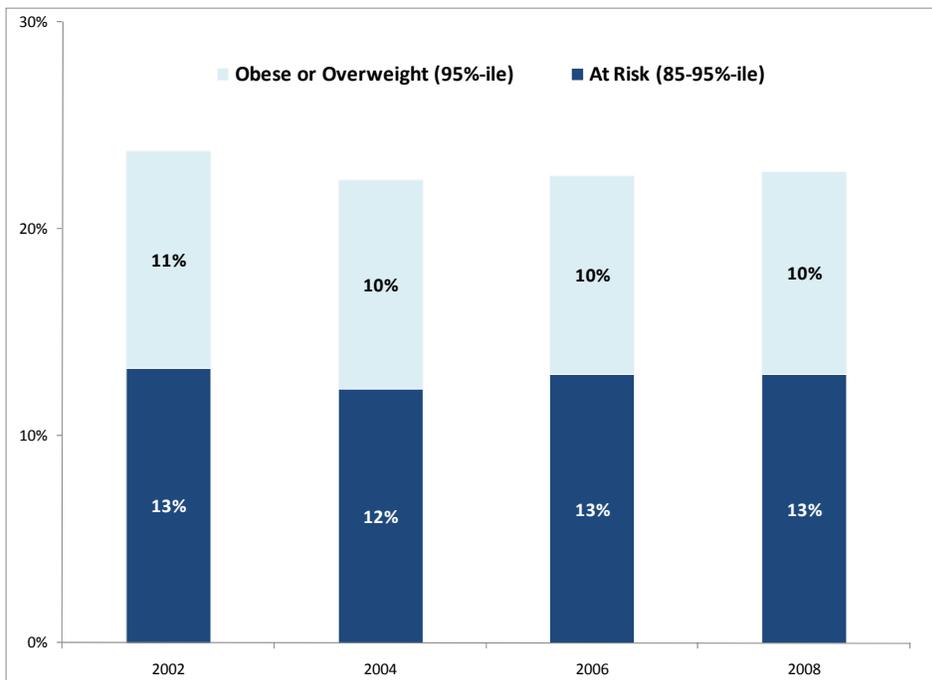
Obesity

Being obese substantially raises one's risk of illness from high blood pressure, high cholesterol, type 2 diabetes, heart disease and stroke, gallbladder disease, arthritis, sleep disturbances and problems breathing, and certain types of cancer. The high prevalence rates of obesity in youth and adults clearly show the magnitude of these risk factors and the need for prevention efforts.

Youth

Students who are obese or overweight report lower grades, lower expectations to go far in school, and more disabilities than students who are not obese or overweight.

**Percent of 10th Grade Students Who are Obese or Overweight
or At Risk of Becoming Obese or Overweight
Snohomish County, 2002 - 2008**



Data source: Washington State Healthy Youth Survey, 2002 - 2008



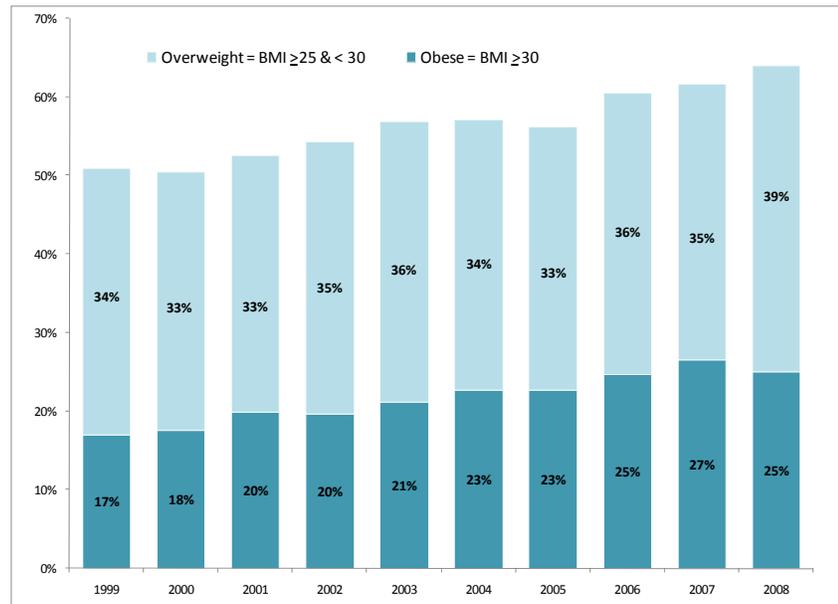
- Consistently 1 in 10 of Snohomish County 10th graders was obese or overweight. This is double the national goal of 5%.
- An additional 13% were considered to be at risk of becoming overweight or obese.

Obesity

Adults

- Obesity is an epidemic in our county. In 2008, 1 in 4 adults were obese. The county's obesity rate increased 37% from 1999 through 2008.
- Even though there was a small decrease in adults who were obese from 27% in 2007 to 25% in 2008, this was not a significant decrease. The county has a long way to go to meet the national goal of 15%.
- Almost 2 of every 3 adults (64%) were either obese or overweight.

Percent of Adults Who are Overweight or Obese
Snohomish County, 1999 - 2008



Data source: BRFSS 1999 - 2008

Prevalence Rates of Obesity by Health Planning Area (HPA)
Snohomish County, 2003 - 2007

Health Planning Areas	Zip Codes	Obesity %	95% Confidence Interval	Estimated # of Obese Adults
Arlington-Stanwood	98223,98292	25.9	(22.7, 29.3)	12,500
East County	98241,98251, 98252,98294	31.7*	(26.2, 37.8)	5,000
Marysville-Tulalip	98270,98271	31.8*	(28.4, 35.4)	15,400
Lake Stevens	98205,98258	24.1	(20.2, 28.6)	6,800
Monroe-Snohomish	98272,98290	24.3	(21.1, 27.9)	10,700
North Everett	98201,98203	27.0	(23.7, 30.5)	13,500
South Everett	98204,98208	27.9	(24.8, 31.1)	17,900
Edmonds-Mukilteo	98020,98026, 98275	19.0*	(16.7, 21.6)	11,000
Lynnwood-Mtlk Terrace-Brier	98036,98037, 98087,98043	26.6	(24.1, 29.4)	21,200
Mill Creek-Bothell	98012,98021,98072, 98077,98296	20.4*	(17.9, 23.0)	16,500
Total		25.2	(24.2, 26.2)	130,500

***Bold** = significant [p-value < 0.05]; Data source: BRFSS 2003-2007

- Obesity rates varied by geographical area with estimates ranging from 19% to 32%.
- Edmonds-Mukilteo and Mill Creek-Bothell HPAs had significantly lower obesity rates than the overall average. East County and Marysville-Tulalip had significantly higher rates than the average.
- Based on the population residing in each HPA, the estimated number of adults who were obese varied from 5,000 to more than 21,000.