

OBESITY IN MARYLAND AND IN BALTIMORE COUNTY



OFFICE OF QUALITY IMPROVEMENT BALTIMORE
COUNTY HEALTH AND HUMAN SERVICES

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BACKGROUND

- In the United States, obesity has reached epidemic proportions.
 - From 2017 and 2018, an estimated 19% or 14 million youth and 40% of adults deemed as obese.
- Obesity contributes to 300,000 deaths per year associated with type 2 diabetes, cardiovascular disease, hypertension, stroke and certain types of cancer.
- Obese individuals are three times as likely to be hospitalized or die following COVID-19 diagnosis compared to individuals who were not obese.

BACKGROUND

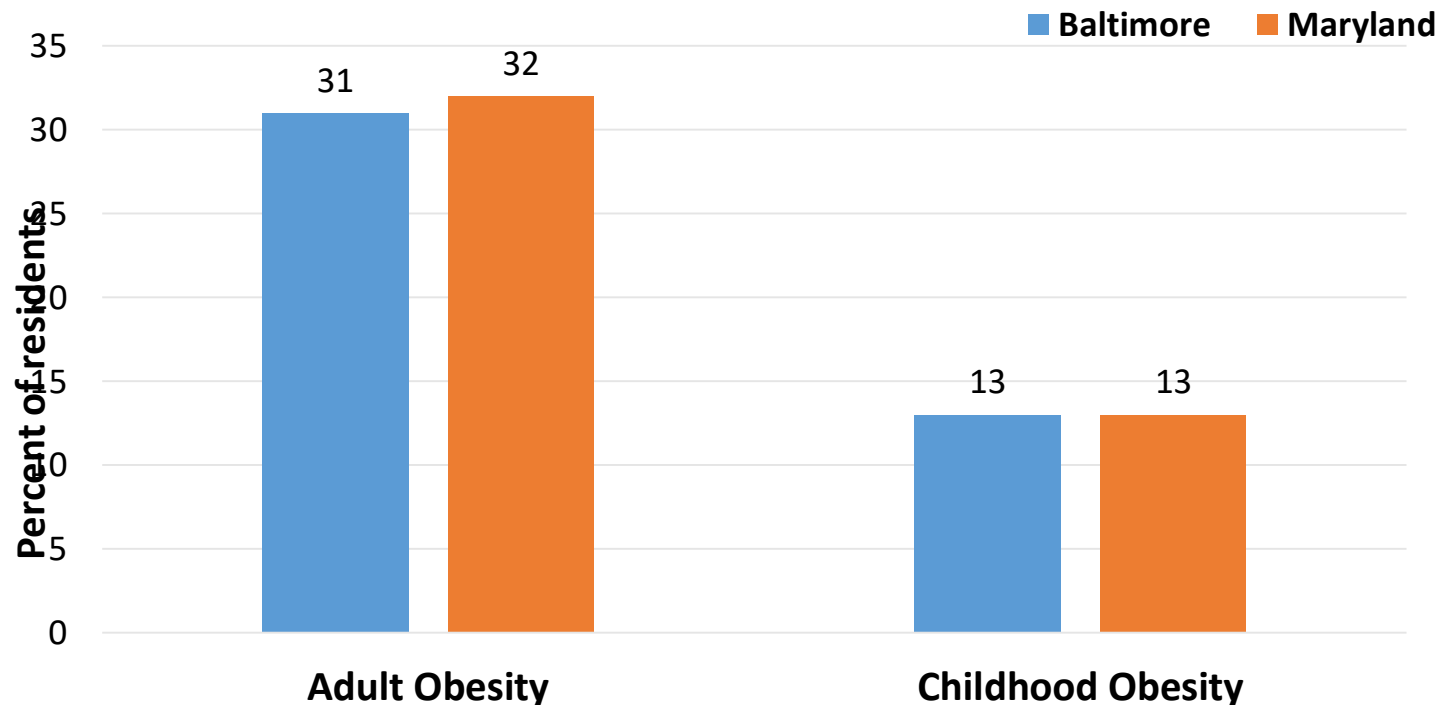
- Obesity occurs when dietary intake exceeds energy expenditure which is impacted by the built environment.
- The built environment dictates access to grocery stores or parks and trails which facilitates opportunities to purchase fresh fruits and vegetables and exercise, respectively.
- As a result, this report not only quantifies the prevalence of obesity but also reports on several behavioral indicators related to being physically active and healthy dietary practices in Maryland and Baltimore County (BC).

DATA SOURCES AND METRICS

- **2019 Maryland Behavioral Risk Factor Surveillance System**
 - *Adult obesity*: based on self-reported weight and height, and defined as a body mass index (BMI) over 29 kg/m²
 - *Physical activity*: participated in leisure-time physical activity in past 30 days
 - *Fruit and vegetable consumption*: consumed less than one serving of fruit or vegetable per day
- **2018 Maryland Youth Risk Behavior Survey**
 - *Childhood obesity*: BMI at or above the 95th percentile by age and sex
- **United States Department of Agriculture**
 - *Food insecurity*: lack of access to food needed for an active, healthy life and limited or uncertain availability of nutritionally adequate foods
 - *Limited access to healthy foods*: low-income and do not live close to a grocery store
- **United States Census Bureau**
 - *Access to exercise opportunities*: access to locations conducive for participating in physical activity

PREVALENCE OF OBESITY IN MARYLAND AND BALTIMORE COUNTY

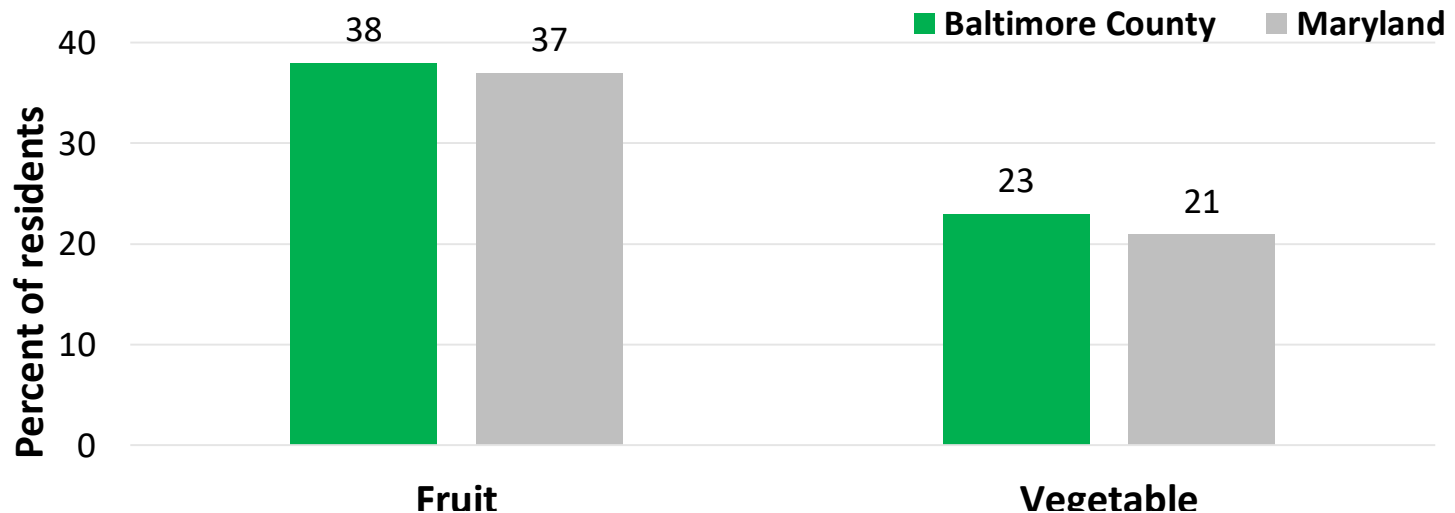
- Estimates of obesity were equivalent among residents of Maryland and Baltimore County.



FRUIT AND VEGETABLE CONSUMPTION IN MARYLAND AND BALTIMORE COUNTY

A higher proportion of residents reported consuming less than one serving of fruits compared to vegetables.

The majority of the population did consume at least one serving of fruits or vegetables per day.

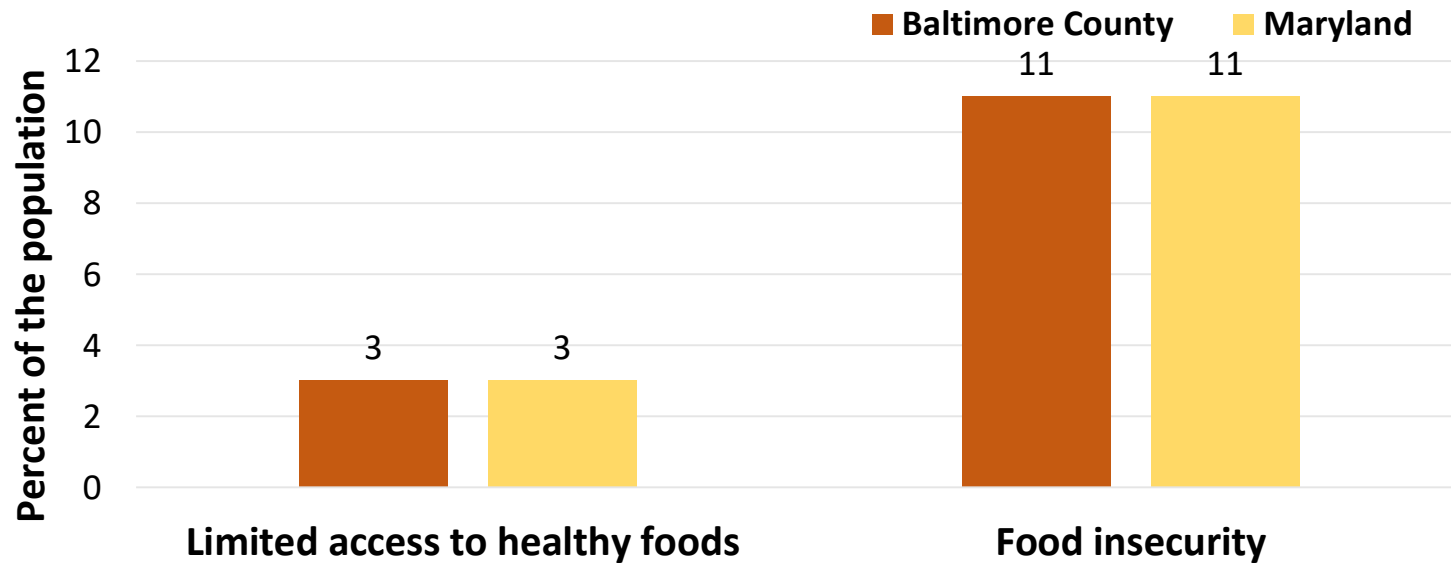


HEALTHY FOOD ACCESS

Access to healthy foods in Maryland and Baltimore County

A low proportion of residents reported limited access to healthy foods (3%) or food insecurity (11%).

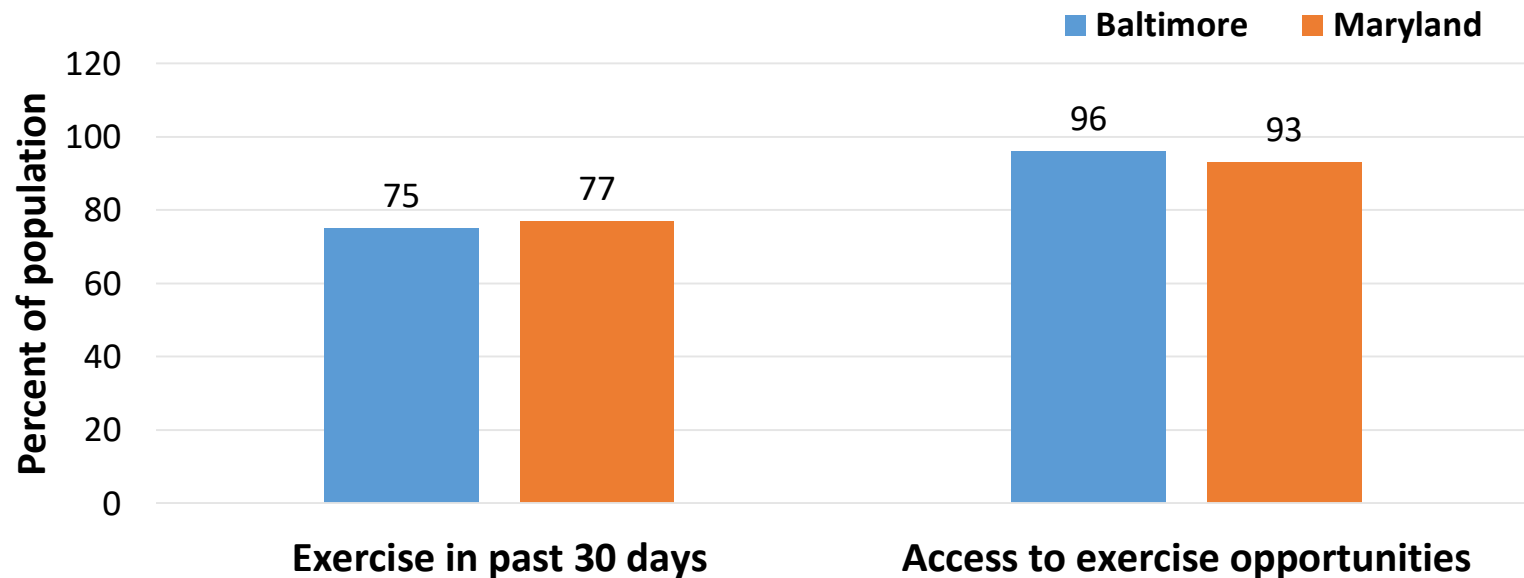
The majority of the population has access to healthy foods.



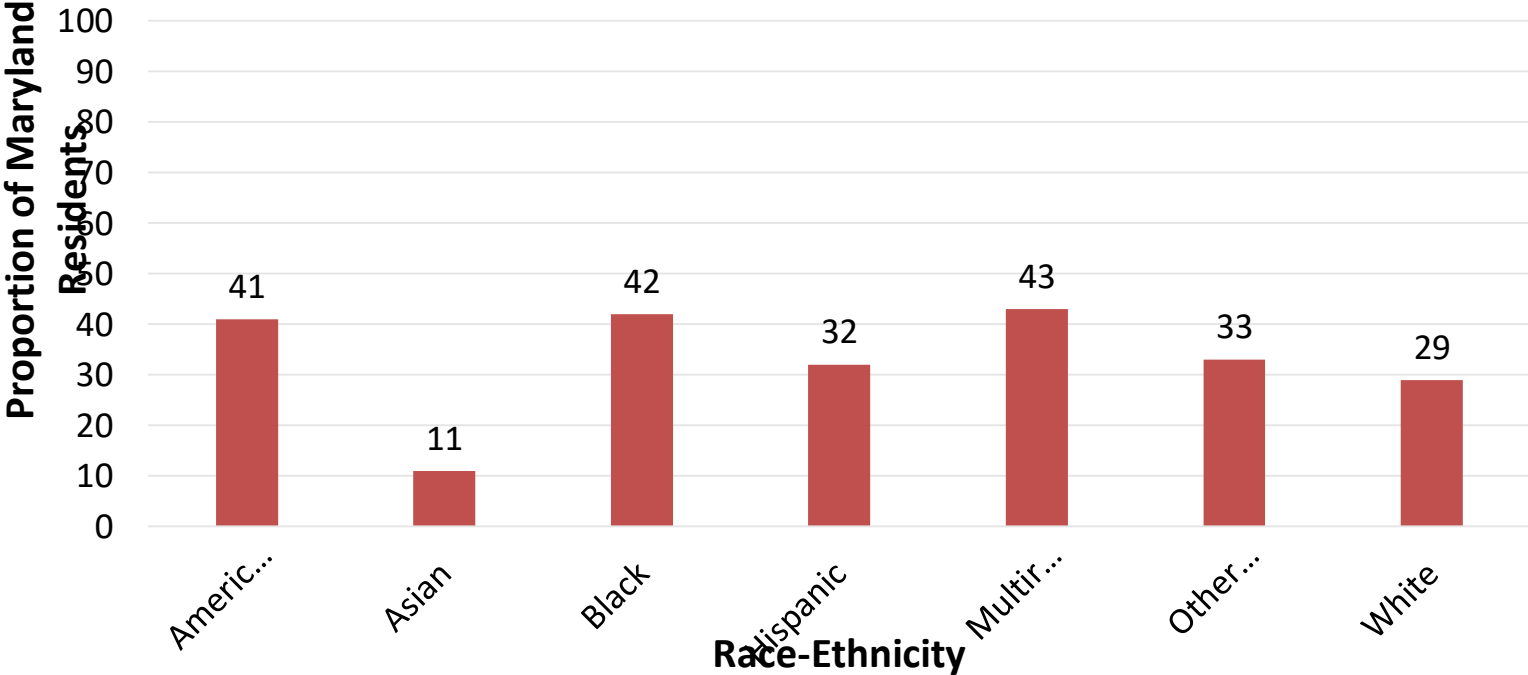
PHYSICAL ACTIVITY

Physical activity in Maryland and Baltimore County

Most residents reported participating in exercise activities within the past 30 days which coincides with the majority of BC and Maryland residents reporting access to exercise opportunities.



Prevalence of Adult Obesity by Race-Ethnicity in Maryland



CONCLUSION

- Across all indicators, estimates were equivalent between Baltimore County and Maryland residents.
- The prevalence of obesity for Maryland and BC residents are lower than national estimates.
- The environment may be conducive for practicing healthy habits as the majority of the population reported consuming at least one serving of fruits or vegetables per day, exercising within the past 30 days.
- The prevalence of adult obesity was relatively high.
 - The frequency, duration, and intensity of exercise reported within the last 30 days was not collected.
 - Proportion who met national guidelines for adequate fruit and vegetable consumption
 - Stratify by social or economic factors