

# Prevalence of Obesity in Newark Adults 18 Years and Older: Using State and National Data

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# Background: Obesity

- Obesity: pandemic
- Implications for health: increased risk of chronic conditions, including:
  - Heart Disease, Stroke, Type 2 diabetes, Hypertension, Cancer.
- Burden health care system
- Local experience obscured by larger scale data
- Lack of local funding opportunities

# Background: Newark, NJ

- Demographics
  - 51% Black, 33% Hispanic, 13% White;
  - 54% Female
- Poverty rate
  - 25% below poverty
- City walkability ranking
  - last among 100 most populous US cities

Demographics and poverty data from 2005 American Community Survey

American Podiatric Association for walkability ranking



# Objective

- To use existing data to describe rates of obesity in Newark's adults

# Methods

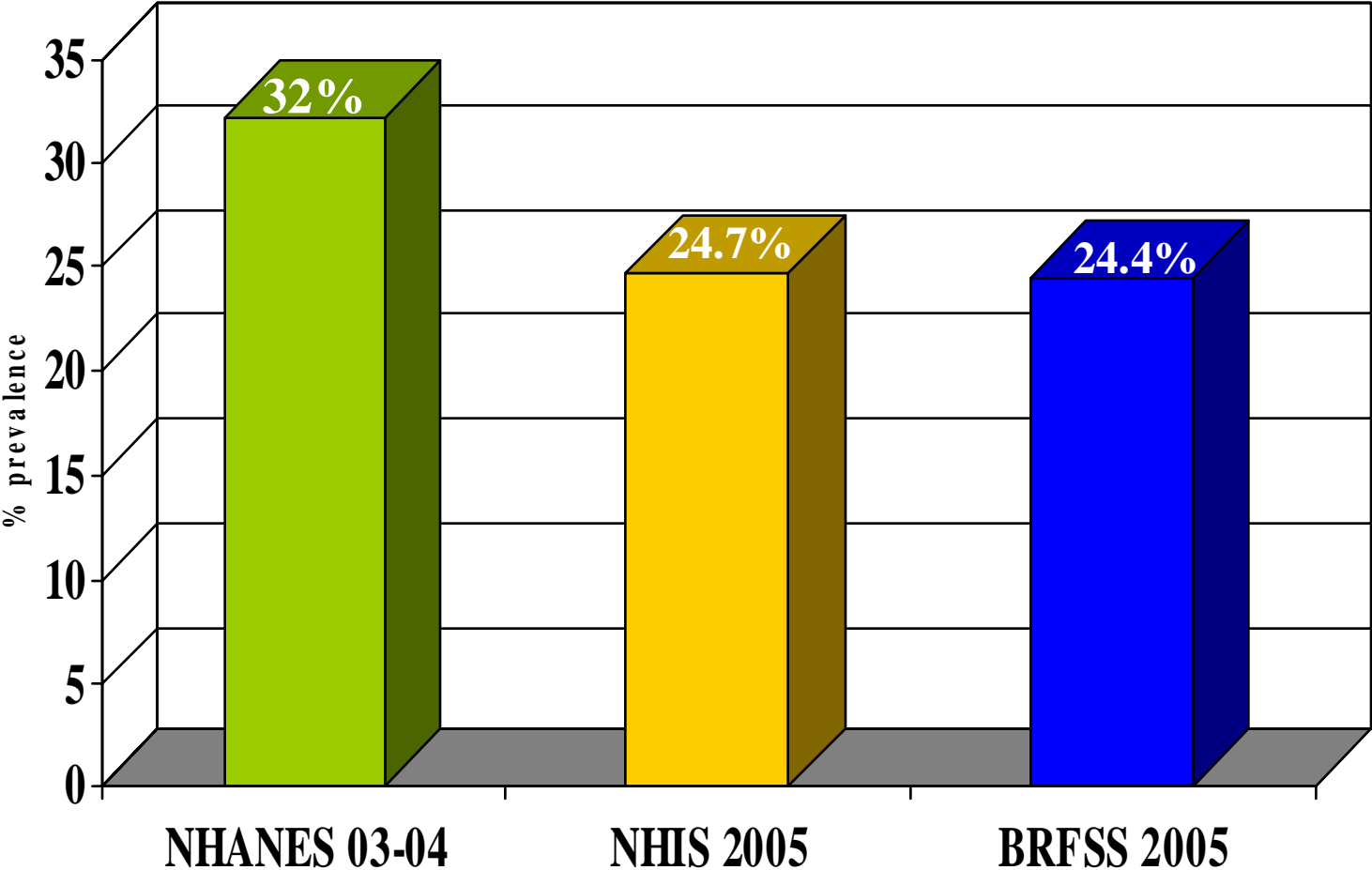
- Internet search for national, state and local obesity data
- Extract Newark data (2003-2005) from NJ Behavioral Risk Factor Survey (NJBRFSS)
- Compare Newark data to state and national data
- Obesity=Body Mass Index (BMI)  $\geq 30$

# Available Data for US, NJ & Newark, NJ

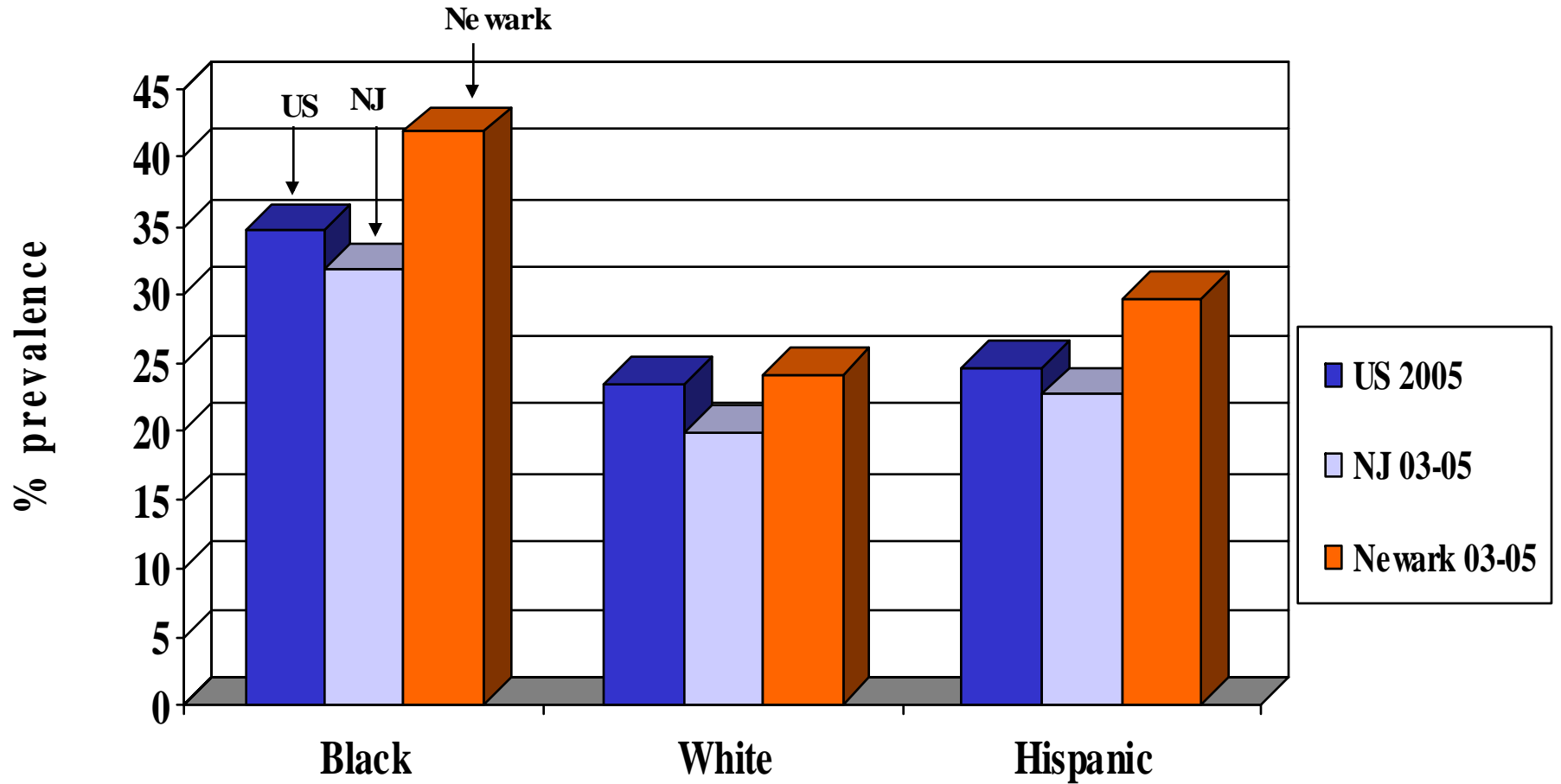
	Sample size	US-data available?	NJ-data available?	Newark-data available?
<b>NHANES</b> (National Health And Nutritional Examination Survey)	<b>12,761</b>	<b>Yes</b>	<b>No</b>	<b>No</b>
<b>NHIS</b> (National Health Interview Survey)	<b>106,000</b>	<b>Yes</b>	<b>No</b>	<b>No</b>
<b>BRFSS</b> (Behavioral Risk Factor Surveillance System)	<b>356,112</b>	<b>Yes</b>	<b>Yes</b>	<b>No</b>
<b>*NJBFRS</b> (New Jersey Behavioral Risk Factor Survey)	<b>36,939</b>	<b>NA</b>	<b>Yes</b>	<b>Yes</b>
<b>*NJBFRS-Newark</b>	<b>848</b>	<b>NA</b>	<b>NA</b>	<b>Yes</b>

\* Data for years 2003-2005

# Obesity Prevalence in the United States: Comparing 3 National Surveys

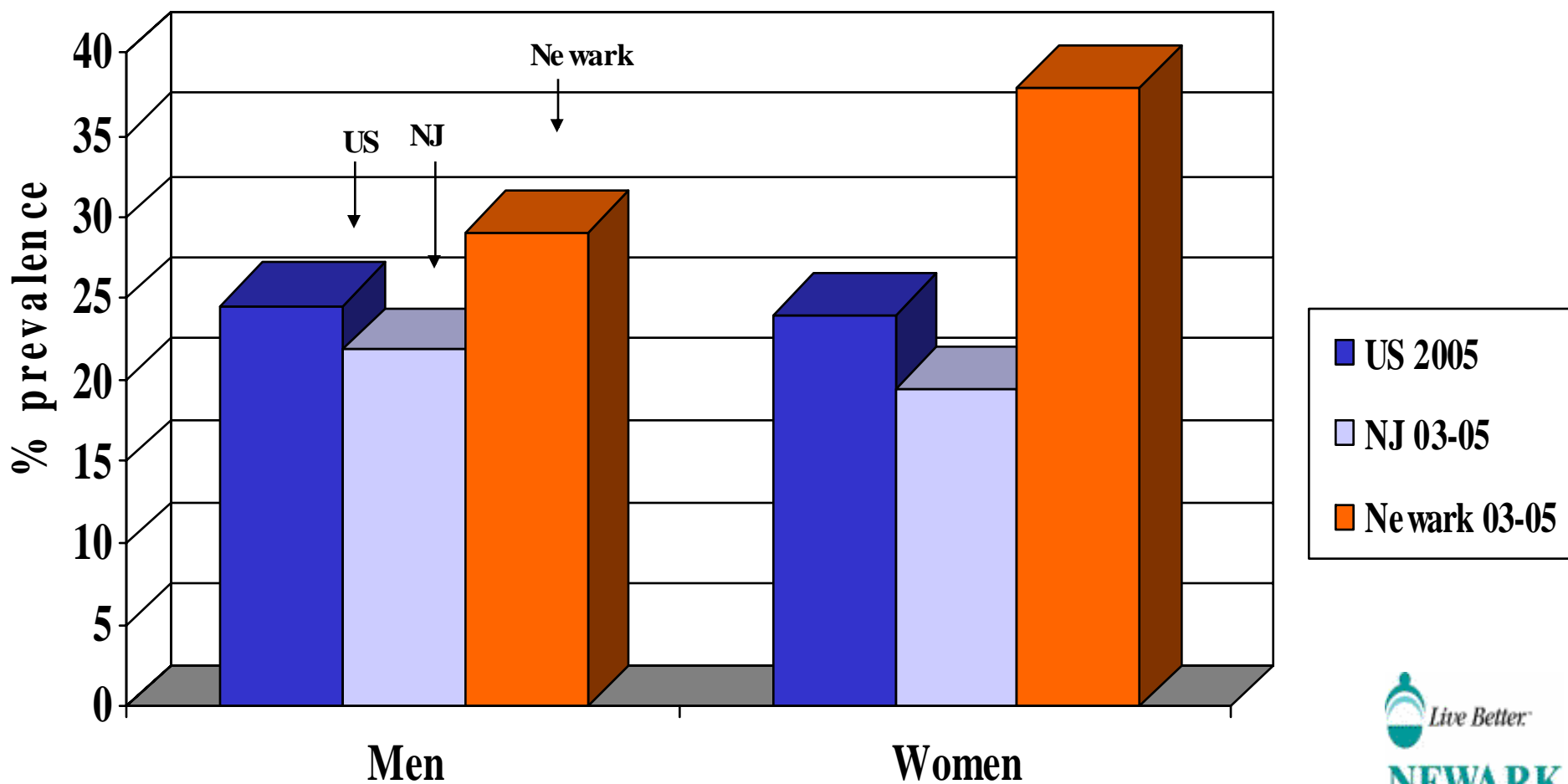


# US, NJ and Newark Obesity prevalence by Race/Ethnicity, BRFSS

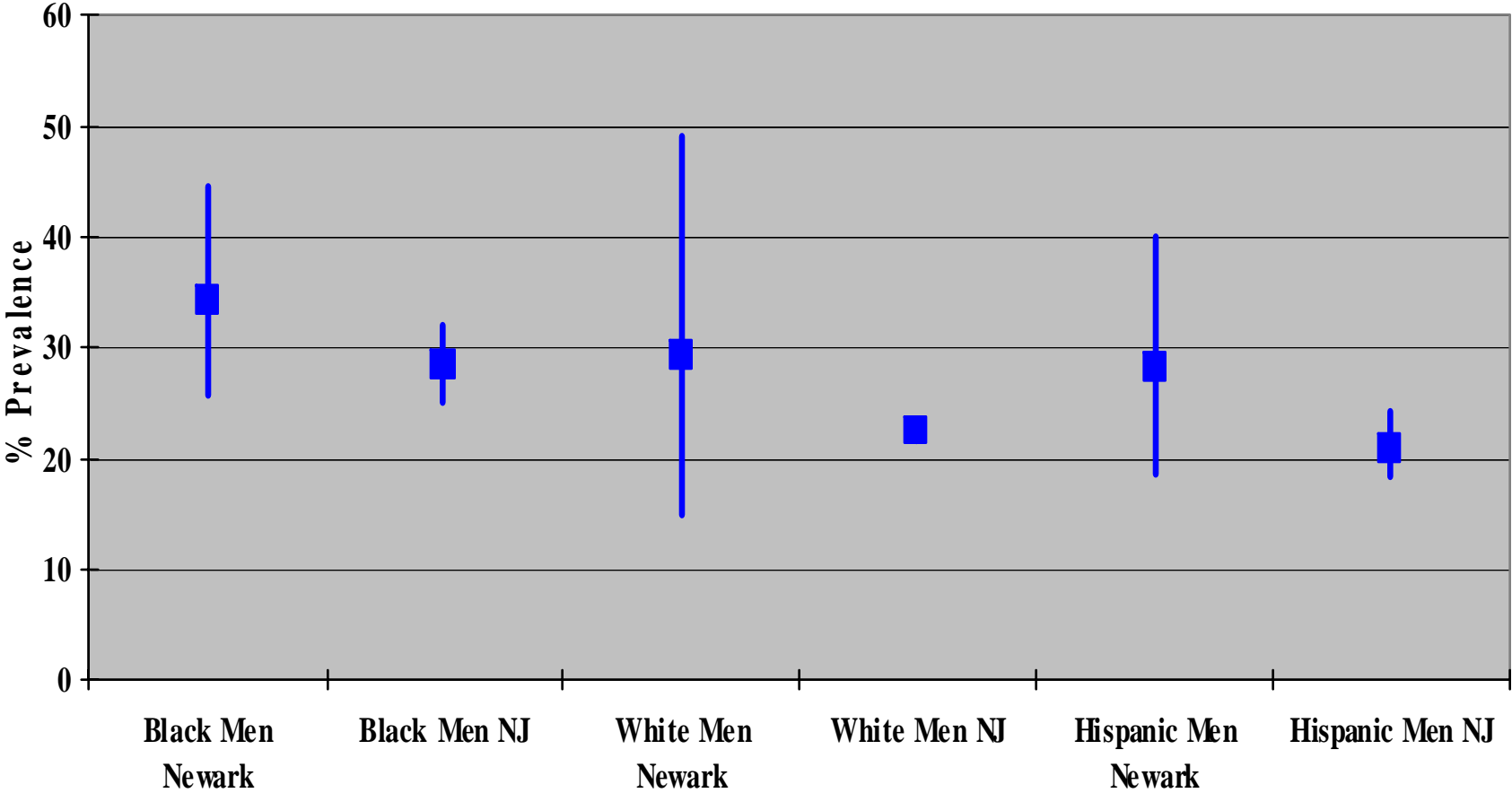




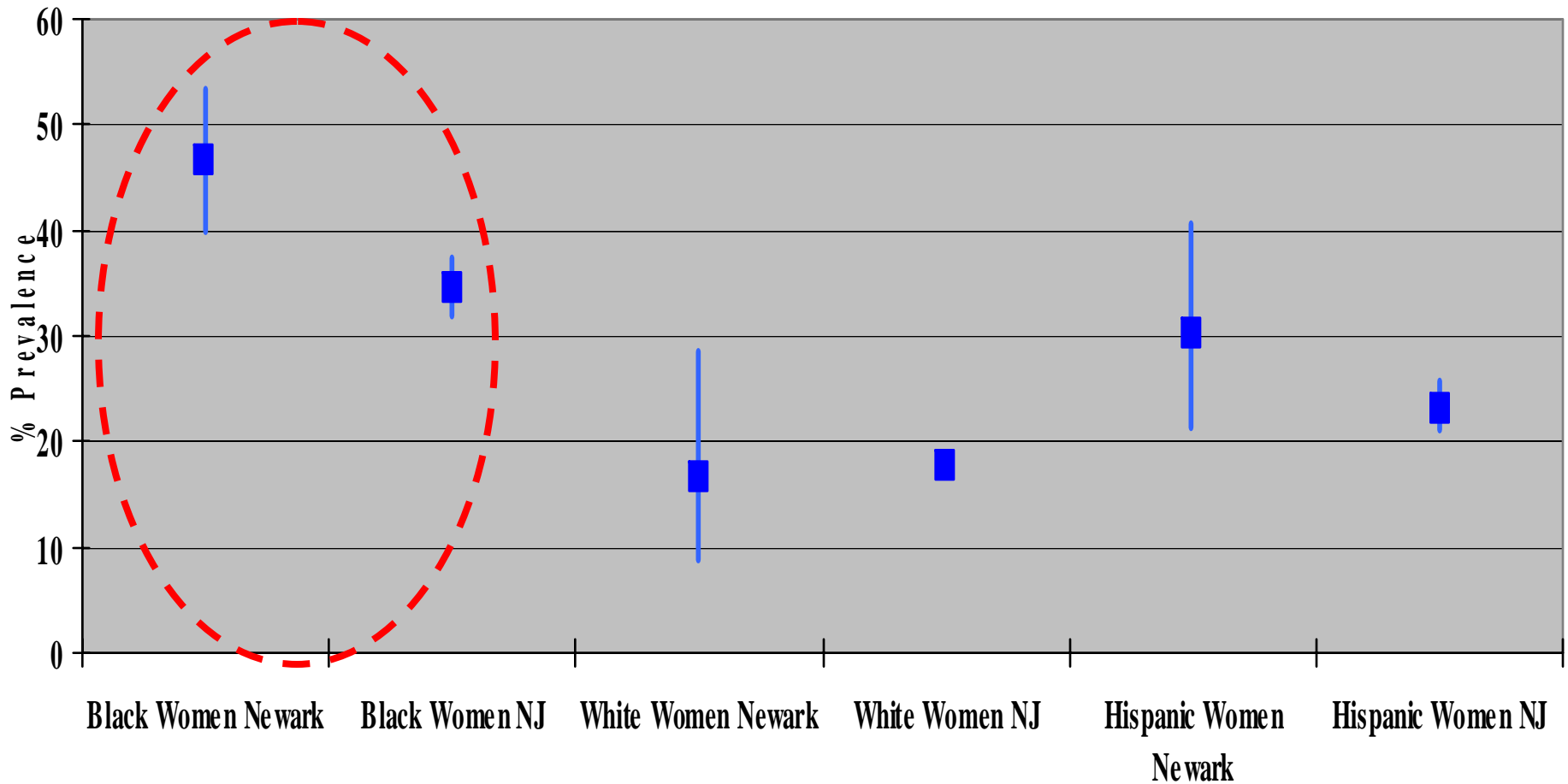
# US, NJ and Newark Obesity prevalence by Gender, BRFSS



# Prevalence of Obesity Among Men, with 95% CI: Newark and NJ, BRFSS



# Prevalence of Obesity Among Women, with 95% CI: Newark and NJ, BRFSS



# Conclusions

In Newark City, NJ:

- Higher proportion of adults are obese:
  - US = 24%
  - NJ = 21%
  - Newark = 34%
- Women have a higher rate of obesity than men:
  - US = 24% v 25%
  - NJ = 20% v 22%
  - Newark = 38% v 29%
- Black women have a significantly higher rate than black women in the rest of NJ:
  - NJ = 35%
  - Newark = 47%



# Data Limitations for Newark:

- Small sample size gives an imprecise estimate
- Sample size not sufficient to evaluate obesity by age, ward, specific ethnic groups, or other population subgroups
- Tracking trends requires ongoing data collection in Newark
  - 2006 was last year NJ oversampled our city.



# Recommendations

- Implement local interventions
- Invest in collection of Newark-specific data to evaluate success of interventions.



# Thank You!



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# Plans for addressing obesity

- Restaurants/schools to offer healthy choices
- Low cost/free Cooking/exercise classes to community
- Culture-specific nutrition programs
- Education on benefits of physical activity & good nutrition
- Create/sustain environments conducive to physical activity
- Available transportation to exercise facilities
- Ordinance on location of fast-food restaurants
- Safe routes to school
- Mile markers in parks and downtown area