

Obesity Fact Sheet

What is obesity?

Obesity is the presence of extra weight on the body and is defined as a **body mass index (BMI) of 30 or more***. BMI is calculated by dividing weight (kg) by height (m²).¹

BMI scores can be separated into 5 categories: underweight, healthy, overweight, obesity, and severe obesity.

Underweight < 18.5	Healthy 18.5-24.9	Overweight 25-29.9	Obesity 30-39.9	Severe Obesity > 40
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Visit the CDC's website to calculate your own BMI score:

https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

In the U.S., the adult populations most likely to be living with obesity are ages 45-64, non-Hispanic Black adults, adults living in rural areas, and individuals with disabilities. Additionally, there is a clear trend of higher obesity rates among adults with less education and lower income.²

In the U.S. and Nebraska, obesity rates have been slowly increasing since 1990. In 2022, **33.6%** of U.S. adults had obesity, or **1 in 3**.²



Obesity in Nebraska

In Nebraska, the adult populations most likely to be living with obesity are ages 45-64, American Indian/Alaska Native adults, Hispanic adults, adults with a high school or some post-high school education, adults living in rural areas, and adults with disabilities.²

- In 2022, **35.3% of Nebraska adults had obesity**.¹ 35.3% of Nebraska adults would sell out UNL's Memorial Stadium more than **8x!**
- Between 2020-2021, **28.7%** of Nebraska **children ages 10-17** were overweight or had obesity.²

**BMI does not measure the fat percentage or distribution in the body, which can affect your risk for chronic disease. It is only a tool to determine an average person's healthy weight range according to their height. However, BMI may not be appropriate for all individuals or body types.*

¹Centers for Disease Control and Prevention, (2022). Adult Obesity Prevalence Maps.

²United Health Foundation, (2024). Summary of Nebraska.

Obesity Risk Factors³

Obesity can happen because of too much:

- Unhealthy eating - calories, added sugar, saturated fat
- Unmanaged stress

Too little:

- Physical activity
- Quality sleep

And/or:

- Genetics - your DNA
- Health conditions
- Medications
- Your environment - where you live, work, or go to school



Obesity increases a person's risk for high blood pressure, type 2 diabetes, stroke, mental illness, certain cancers, and others.

All of these factors, as well as a person's knowledge, skills, and behaviors, can contribute to weight gain.

What To Do Next

Talk with your doctor today to discuss your options for a happier and healthier life! Also, check out the resources below to learn about healthy eating, physical activity, and sleep, all of which contribute to maintaining a healthy weight.

Healthy Eating

- <https://www.myplate.gov>
- <https://www.heart.org/en/healthy-living/healthy-eating>

Physical Activity

- <https://www.heart.org/en/healthy-living/fitness>
- <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

Sleep

- <https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep>
- <https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

More Information

For more information about obesity, visit CDC's website at:
<https://www.cdc.gov/obesity/php/data-research/index.html>

*This fact sheet was produced in partnership with The National Cardiovascular Program, CDC.