

# Health-Maui Ola

Mana is our Legacy, Maui Ola is our destiny

## NATIVE HAWAIIAN ADULT OBESITY

### Areas of Health

Chronic Conditions

Risk Behaviors

Births and Deaths

Social Determinants

### CHRONIC CONDITIONS

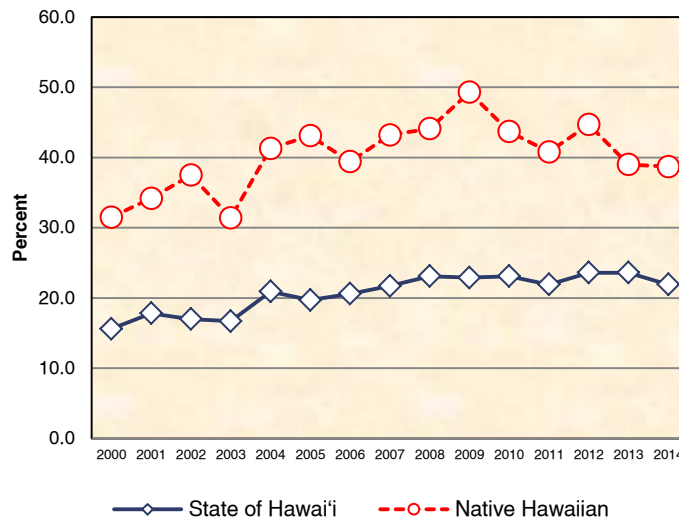
# 39 of 100

Native Hawaiian adults in Hawai'i were obese in 2014

# \$483,000

Was funded by OHA through its Grants Program to assist obesity reduction activities, in 2015

Adult BMI Status-Obese (BMI $\geq$ 30) in Hawai'i: 2000-2014



### ABOUT THE DATA

**Source:** Behavioral Risk Factor Surveillance System (BRFSS): The BRFSS is an ongoing telephone survey of adults (18 years and over). The BRFSS in Hawai'i is conducted by the Hawai'i State Department of Health and coordinated by the Centers for Disease Control and Prevention. (CDC)

**Notes:** Body Mass Index (BMI): Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high body fatness. BMI can be used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual. (CDC)

**Weight Status:**  
 Obese: BMI of 30.0 and Above  
 Overweight: BMI of 25.0-29.9  
 Normal Weight: BMI of 18.5-24.9  
 Underweight: BMI Below 18.5

### RISK BEHAVIORS

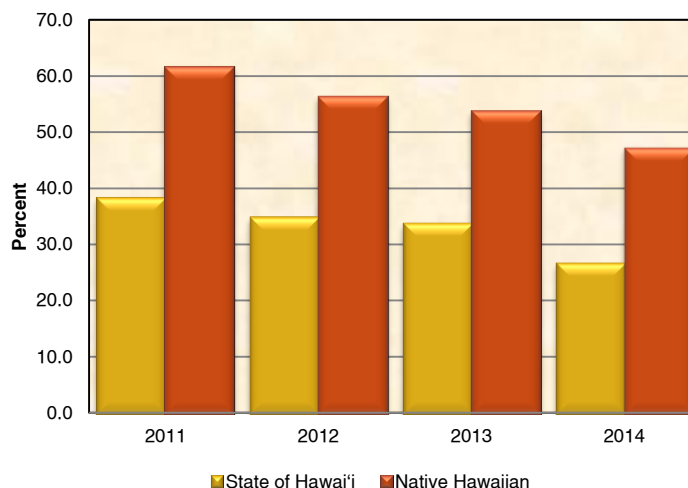
# 47.1%

of obese Native Hawaiian adults with diabetes were trying to lose weight, in 2014

# 5<sup>th</sup>

leading cause of death for Native Hawaiians, During the period 2011-2013

Adult Obese BMI for Diabetes High Risk, Trying to Lose in Hawai'i: 2011-2014



### ABOUT THE DATA

**Source:** Behavioral Risk Factor Surveillance System (BRFSS)

**Notes:** Diabetes (Diabetes mellitus) is a group of diseases characterized by high blood sugar. When a person has diabetes, the body either does not make enough insulin or is unable to use its own insulin well.

Obesity is one of several risk factors linked to type 2 diabetes. An unhealthy diet, lack of physical activity, and socioeconomic factors contribute to both obesity and type 2 diabetes. Obesity in people with type 2 diabetes is also associated with poor control of blood sugar, blood pressure, and cholesterol levels. Many of the health complications of diabetes become more severe when they are compounded by overweight or obesity. (CDC)

**Mauli Ola (Health):** To improve the quality and longevity of life, Native Hawaiians will enjoy healthy lifestyles and experience reduced onset of chronic diseases.

## BIRTHS AND DEATHS

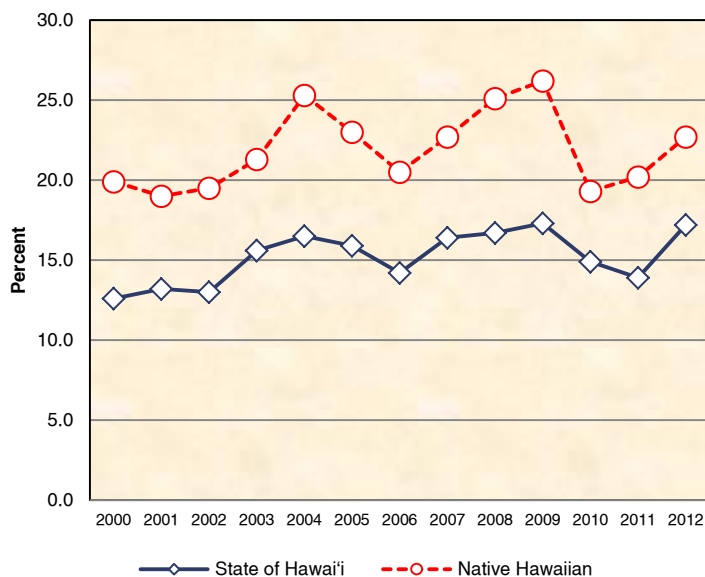
**9.3%**

of Native Hawaiian mothers had gestational diabetes, in 2012

**6.8%**

of Native Hawaiian infants were born prematurely, in 2012

**BMI Status-Obese (BMI $\geq$ 30) of Mothers in Hawai'i: 2000-2012**



### ABOUT THE DATA

**Source:** Pregnancy Risk Assessment Monitoring System (PRAMS): The Pregnancy Risk Assessment Monitoring System (PRAMS) is a questionnaire survey on maternal attitudes and experiences before, during, and shortly after pregnancy to improve the health of mothers and infants by reducing adverse outcomes. It is a surveillance project of the Centers for Disease Control and Prevention (CDC) and state health departments.

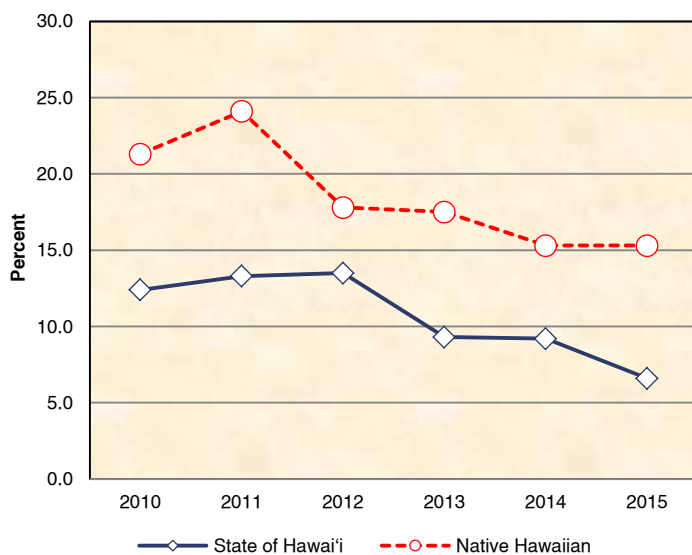
**Notes:** Maternal obesity can result in negative outcomes for both women and fetuses. The maternal risks during pregnancy include gestational diabetes and high blood pressure. The fetus is at risk for stillbirth, birth defects or born prematurely.

## SOCIAL DETERMINANTS

**23.3%**

of children under 5 years in poverty lived in a family with a female head of household, in 2015

**Poverty Rates for Families with Related Children Under 5 years in Hawai'i: 2010-2015**



### ABOUT THE DATA

**Source:** American Community Survey (ACS) is an ongoing statistical survey conducted by the US Census Bureau. It regularly gathers information previously contained only in the long form of the decennial census, thus filling a vital data gap. The data collected is based on a random sample and is subject to sampling variability.

**Notes:** Low income children and adolescents are more likely to be obese than their higher income counterparts, but the relationship is not consistent across race and ethnicity groups.

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For additional information see the Native Hawaiian Data Book at:

[www.ohadatabook.com](http://www.ohadatabook.com)

For additional research reports see:

[www.oha.org/research](http://www.oha.org/research)



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