

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: Obesity

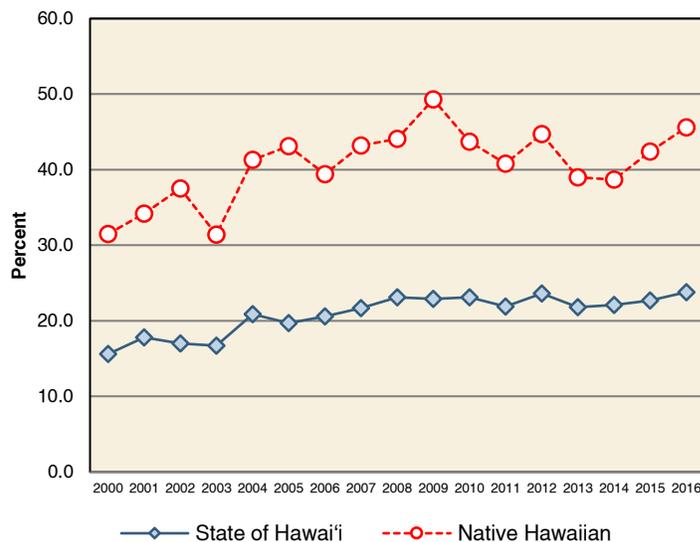
46 of 100

Native Hawaiian adults in Hawai'i were obese in 2016 (42,600 Native Hawaiians)

\$875,256

was funded by OHA through its Grants Program to assist obesity reduction activities, in 2017

Adult BMI Status-Obese (BMI \geq 30) in Hawai'i: 2011-2016



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: Diet and Exercise

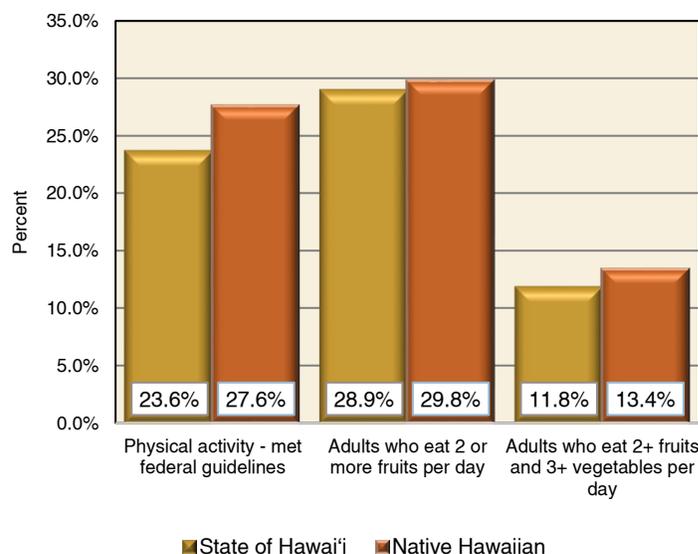
33.3%

of Native Hawaiian adults in Hawai'i have high blood pressure (hypertension), in 2015

31.8%

of Native Hawaiian adults in Hawai'i have high cholesterol, in 2015

Adult Diet and Exercise in Hawai'i: 2015



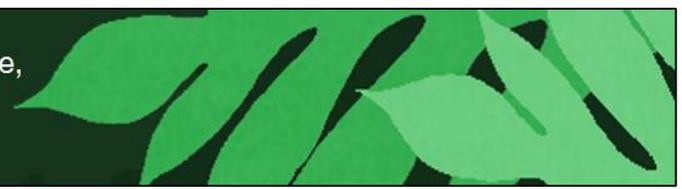
ABOUT THE DATA

Source: Behavioral Risk Factor Surveillance System (BRFSS)

The most common contributors of obesity are overeating and physical inactivity. Other factors are the results of genetics, metabolism, environment, behavior, and culture.

Health risks associated with obesity include: Insulin resistance, Type 2 (adult-onset) diabetes, High blood pressure (hypertension), High cholesterol, Stroke, Heart attack, Congestive heart failure, Cancer, Gallstones, and Osteoarthritis.

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: Obese Mothers

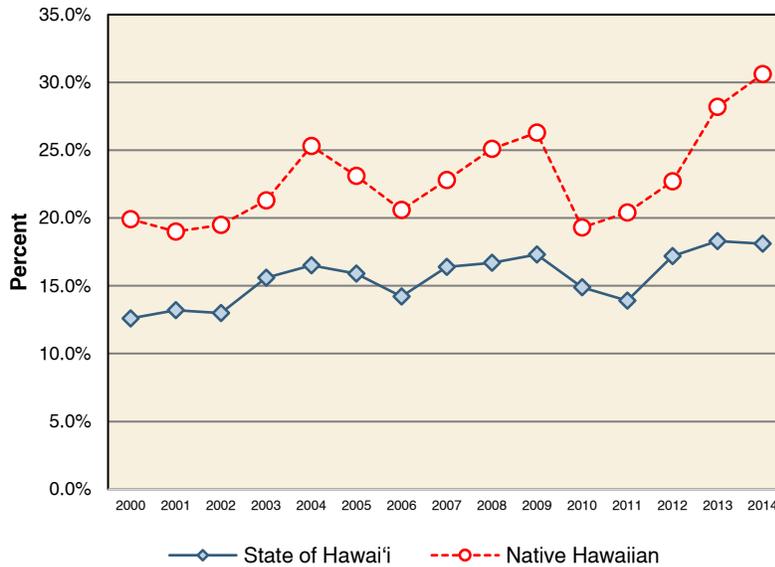
9.0%

of Native Hawaiian mothers had gestational diabetes, in 2014

10.5%

of Native Hawaiian infants were born prematurely, in 2014

BMI Status-Obese (BMI ≥ 30) of Mothers at Birth in Hawai'i: 2000-2014



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 and state health departments.

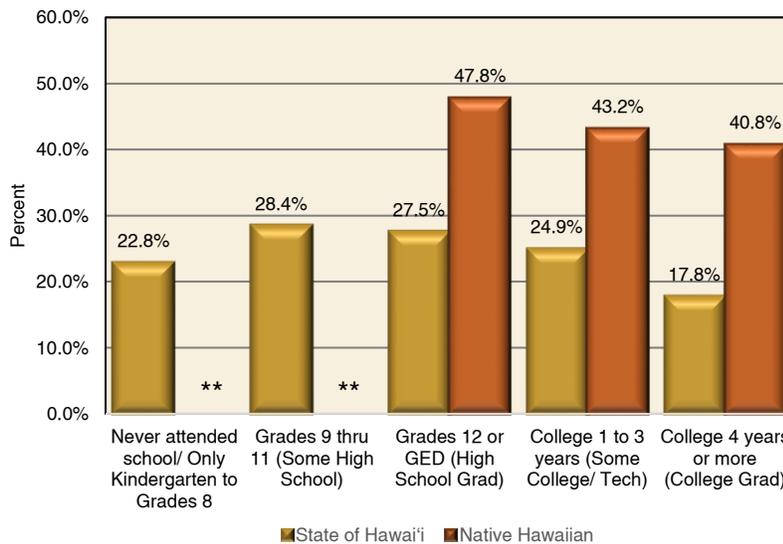
Notes: Maternal obesity can result in negative outcomes for both women and fetuses. The maternal risks during pregnancy include gestational diabetes and high blood pressure. The fetus is at risk for stillbirth, birth defects, or born prematurely.

SOCIAL DETERMINANTS: Education

40.8%

of Native Hawaiian Adults with 4 years of college or more were obese, in 2016

Adult BMI Status-Obese (BMI ≥ 30) and Education Levels in Hawai'i: 2016



ABOUT THE DATA

Source: Behavioral Risk Factor Surveillance System (BRFSS):

Notes: Generally, education is considered a protective factor against negative health outcomes. But, it is not universally true.

** The data have been suppressed because the total number of responses to the question is less than 50 or the relative standard error is greater than 0.30.

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For additional information visit the Native Hawaiian Data Book at:

www.ohadatabook.com

For additional research reports see:

www.oha.org/research

