

Data Brief: Obesity in Cleveland, 2005-2006
Confidence Intervals for Reported Estimates

	Sample Size	%	95% Confidence Interval
Weight Classification of Clevelanders (Page 1)			
Neither Overweight/Obese 2005	359	32.5	28.9-36.1
Neither Overweight/Obese 2006	471	31.8	28.6-35.1
Overweight 2005	365	33.7	30.1-37.3
Overweight 2006	474	34.4	31.1-37.8
Obese 2005	375	33.8	30.2-37.4
Obese 2006	464	33.7	30.4-37.1
Weight Classification of Clevelanders, 2005-2006 (Page 1)			
Neither Overweight/Obese	830	32.2	29.7-34.6
Overweight	839	34.1	31.6-36.5
Obese	839	33.8	31.3-36.2
Local, State and National Trends in the Prevalence of Obesity (Page 1)			
Cleveland 2005	375	33.8	30.2-37.4
Cleveland 2006	464	33.7	30.4-37.1
Ohio 2005	1972	24.3	22.7-25.9
Ohio 2006	1676	28.4	26.0-30.8
USA 2005	50 States, D.C., 2 U.S. Territories	24.4 (Median)	NA
USA 2006	50 States, D.C., 2 U.S. Territories	25.1 (Median)	NA
Obesity by Gender, 2005-2006 (Page 2)			
Male	241	29.2	25.2-33.3
Female	598	38.0	35.1-40.9
Obesity by Race, 2005-2006 (Page 2)			
White	322	24.4	21.4-27.3
Black	426	42.0	38.0-46.0
Other	80	30.0	22.8-37.3
Obesity by Age, 2005-2006 (Page 2)			
18-34	141	30.8	25.5-36.0
35-54	343	36.9	33.1-40.7
55-64	166	38.5	33.0-44.0
65+	186	29.1	24.8-33.3
Obesity by Education, 2005-2006 (Page 2)			
< High School	164	32.7	26.9-38.5
High School	342	35.6	31.6-39.7
Some College	225	38.3	33.2-43.4
College +	107	23.2	18.6-27.8
Obesity by Income, 2005-2006 (Page 2)			
< 25 K	429	37.7	33.9-41.6
25-49 K	213	34.5	29.8-39.3
50+ K	101	25.3	20.0-30.7
Health Care Coverage by Obesity, 2005-2006 (Page 2)			
Obese	723	79.9	75.6-84.2
Not obese	1404	80.2	77.4-83.0

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Clevelanders with Health Care Coverage (See Text)	2254	80.1	77.9-82.4
Nutrition and Physical Activity in Cleveland by Obesity Status, 2005-2006 (Page 3)			
Adequate Fruit & Veggie Consumption - Total	576	20.6	18.6-22.5
Adequate Fruit & Veggie Consumption - Obese	192	20.5	18.0-23.0
Adequate Fruit & Veggie Consumption - Not Obese	384	20.5	17.1-24.1
Adequate Fruit & Veggie Consumption - Ohio 2005	1824	22.6	21.1-24.1
Adequate Fruit & Veggie Consumption - USA 2005	50 States, D.C., 2 U.S. Territories	23.2 (Median)	NA
Adequate Moderate or Vigorous Physical Activity - Total	1050	47.8	44.5-49.7
Adequate Moderate or Vigorous Physical Activity - Obese	285	40.1	35.5-44.7
Adequate Moderate or Vigorous Physical Activity - Not Obese	765	51.7	48.4-55.0
Adequate Moderate or Vigorous Physical Activity - Ohio 2005	3069	49.2	47.2-51.2
Adequate Moderate or Vigorous Physical Activity - USA 2005	50 States, D.C., 2 U.S. Territories	48.7 (Median)	NA
Adequate Vigorous Physical Activity - Total	530	26.7	23.8-28.6
Adequate Vigorous Physical Activity - Obese	126	20.6	16.4-24.8
Adequate Vigorous Physical Activity - Not Obese	404	29.9	26.7-33.0
Adequate Vigorous Physical Activity - Ohio 2005	1673	27.2	25.4-29.0
Adequate Vigorous Physical Activity - USA 2005	50 States, D.C., 2 U.S. Territories	27.4 (Median)	NA
3+ Hours of Daily Media Use (Computer, TV, Video Games), 2005-2006 (Page 3)			
Total	1559	62.6	60.2-65.1
Obese	562	67.9	63.6-72.1
Not Obese	997	59.8	56.6-63.0
% of Clevelanders Who Knew the Following Healthy Behavior Guidelines (2005-2006): (Page 3)			
At Least 5 Fruits & Veggies Per Day - Total	590	23.1	21.6-25.8
At Least 5 Fruits & Veggies Per Day - Obese	197	22.4	18.7-26.1
At Least 5 Fruits & Veggies Per Day - Not Obese	393	23.4	20.8-26.1
At Least 5 Days of Moderate Physical Activity Per Week - Total	1084	45.7	43.2-48.4
At Least 5 Days of Moderate Physical Activity Per Week - Obese	333	39.3	34.9-43.8
At Least 5 Days of Moderate Physical Activity Per Week - Not Obese	751	49.1	45.8-52.4
At Least 3 Days of Vigorous Physical Activity Per Week - Total	1341	63.0	60.0-65.0
At Least 3 Days of Vigorous Physical Activity Per Week - Obese	461	62.7	58.3-67.1
At Least 3 Days of Vigorous Physical Activity Per Week - Not Obese	880	63.2	60.0-66.4
Obesity and Other Medical Conditions, 2005-2006 (Page 4)			
Diabetes - Obese	198	17.1	14.3-19.9
Diabetes - Not Obese	139	6.7	5.2-8.1
Asthma - Obese	144	15.0	12.0-18.1

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Asthma - Not Obese	157	8.0	6.4-9.7
Hypertension - Obese	425	44.1	39.7-48.5
Hypertension - Not Obese	526	25.9	23.3-28.6
High Cholesterol - Obese	312	30.8	26.9-34.7
High Cholesterol - Not Obese	471	22.6	20.2-25.1
Heart Attack - Obese	75	6.7	4.9-8.6
Heart Attack - Not Obese	110	5.4	4.0-6.9
Stroke - Obese	48	4.1	2.7-5.4
Stroke - Not Obese	84	3.7	2.7-4.6
Diabetes - Sufficient Physical Activity (See Text)	102	6.9	5.1-8.7
Diabetes - Lack of Sufficient Physical Activity (See Text)	243	13.9	11.9-16.0
Hypertension - Sufficient Physical Activity (See Text)	310	24.4	21.1-27.6
Hypertension - Lack of Sufficient Physical Activity (See Text)	624	38.6	35.3-41.9
High Cholesterol - Sufficient Physical Activity (See Text)	260	19.7	16.8-22.6
High Cholesterol - Lack of Sufficient Physical Activity (See Text)	514	30.5	27.5-33.5
Heart Attack - Sufficient Physical Activity (See Text)	1032	3.6	2.4-4.7
Heart Attack - Lack of Sufficient Physical Activity (See Text)	1239	7.8	6.0-9.7
Adults Who Reported More Than 1 Week in the Past Month of (2005-2006): (Page 4)			
Poor Mental Health - Obese	163	17.6	14.5-20.8
Poor Mental Health - Not Obese	247	15.0	12.7-17.3
Poor Physical Health - Obese	207	22.2	18.7-25.7
Poor Physical Health - Not Obese	263	13.5	11.5-15.5
Inability to do Usual Activities - Obese	151	16.1	13.0-19.1
Inability to do Usual Activities - Not Obese	186	10.2	8.3-12.0
Self-Rated Health as "Fair" or "Poor" - Obese (See Text)	289	28.9	25.1-32.7
Self-Rated Health as "Fair" or "Poor" - Not Obese (See Text)	395	20.7	18.3-23.2
% of Clevelanders Who Strongly Agreed/Agreed There Are Resources in their Community to Help Them (2005-2006): (Page 5)			
Eat Healthy - Obese	450	55.9	51.2-60.7
Eat Healthy - Not Obese	951	61.2	57.8-64.6
Be Physically Active - Obese	572	69.8	65.4-74.2
Be Physically Active - Not Obese	1186	74.1	71.2-77.1
Lose Weight - Obese	509	61.8	57.1-66.5
Lose Weight - Not Obese	1109	69.7	66.5-72.9
% of Clevelanders Who Used the Following Local Resources in the Past Year, 2005-2006: (Page 5)			
City-Run Recreation Centers - Obese	220	29.8	25.4-34.1
City-Run Recreation Centers - Not Obese	440	32.6	29.5-35.8
Bike Paths or Walking Trails - Obese	298	37.7	33.4-42.1
Bike Paths or Walking Trails - Not Obese	803	51.7	48.5-54.9
Playgrounds or Parks - Obese	437	58.3	53.9-62.6
Playgrounds or Parks - Not Obese	971	65.7	62.6-68.5

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Nutrition Classes - Obese	142	16.4	13.2-19.7
Nutrition Classes - Not Obese	132	8.5	6.6-10.4
Organized Health Promotion Activities - Obese	181	19.8	16.4-23.2
Organized Health Promotion Activities - Not Obese	292	16.0	13.8-18.2
What are you trying to do about your weight? (2005-2006) (Page 5)			
Lose Weight - Obese	624	75.0	70.9-79.0
Lose Weight - Not Obese	570	32.3	29.4-35.2
Maintain Weight - Obese	147	18.2	14.5-22.0
Maintain Weight - Not Obese	692	41.5	38.3-44.7
Other - Obese	60	6.8	4.6-8.9
Other - Not Obese	397	26.2	23.3-29.1
Weight Loss and Maintenance Strategies, 2005-2006 (Page 5)			
Diet & Exercise - Total	1013	51.7	48.9-54.5
Diet & Exercise - Obese	411	55.8	51.2-60.5
Diet & Exercise - Not Obese	602	49.7	46.0-53.4
Diet Only - Total	564	23.4	21.7-26.1
Diet Only - Obese	261	28.9	25.0-32.8
Diet Only - Not Obese	303	19.9	17.2-22.6
Exercise Only - Total	223	12.5	10.5-14.5
Exercise Only - Obese	53	9.9	6.4-13.4
Exercise Only - Not Obese	170	14.9	12.3-17.5
None or Other - Total	232	11.9	10.0-13.8
None or Other - Obese	46	5.4	3.2-7.6
None or Other - Not Obese	186	15.5	12.7-18.3
Clevelanders who saw a doctor in the past 12 months (See Text)	2052	75.9	73.7-78.2
Clevelanders who received advice from a doctor about their weight - Not Obese (See Text)	216	16.1	13.6-18.7
Clevelanders who received advice from a doctor about their weight - Obese (See Text)	374	48.6	43.7-53.4
Clevelanders who received advice from a doctor to lose weight - Obese (See Text)	354	94.9	92.0-97.8