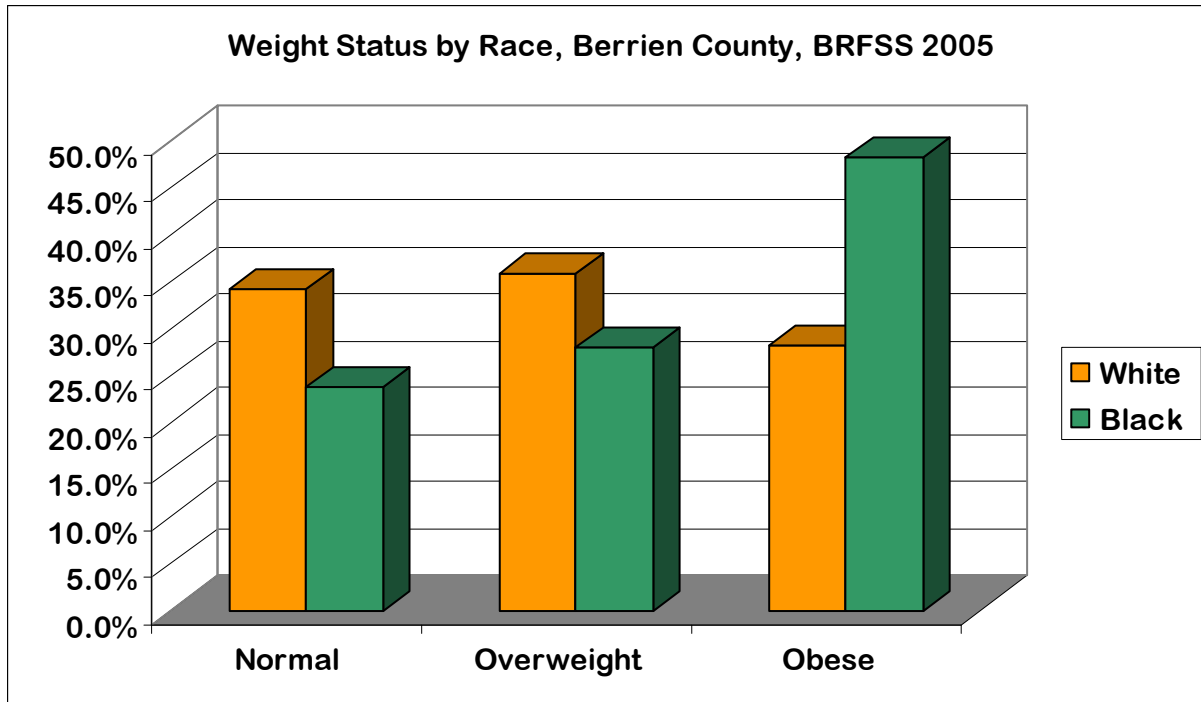


Obesity



According to the 2005 Behavioral Risk Factor Survey, 31.1% of Berrien County residents were obese which means they had a BMI (Body Mass Index) above 30.0. Residents more likely to be obese were blacks, females, those 55+ years, and those with less than a high school education. The percent of obese individuals in Berrien County increased from 21.1% to 31.1% from 2002 to 2005. Berrien County was higher than both Michigan (26.2%) and the nation (24.4%) in terms of percent of obese residents. Adult residents either

overweight or obese make up 65.2% of the population. The percentage of children who are overweight in the United States has been increasing since 1980. Unfortunately, data on childhood obesity is not available for Berrien County.



Last updated July 10, 2007.

For more information, please contact the Epidemiologist at 269-927-5639.