

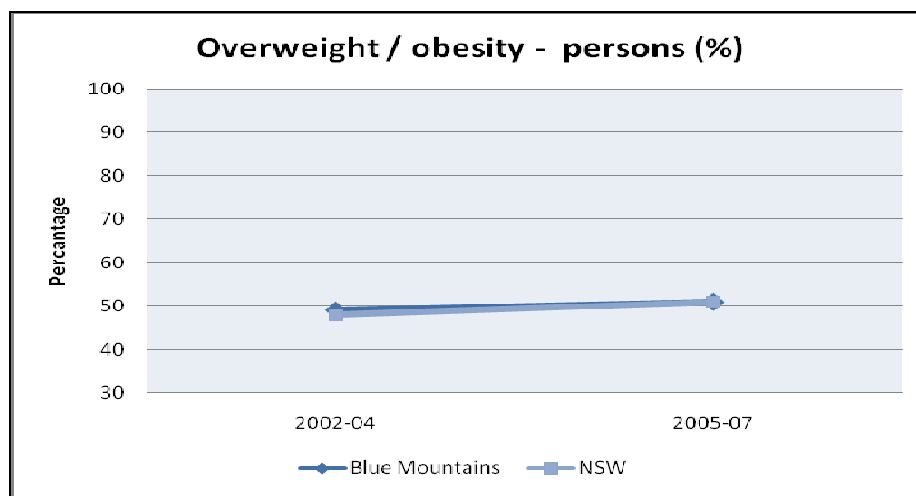
Population – health status

What are we monitoring?

Percentage of residents assessed as obese

What is the trend?

The percentage of Blue Mountains residents diagnosed as obese has increased from 49% in 2004 to 51% in 2007. The rate of overweight/obesity has remained fairly constant with NSW levels of obesity.



OVERWEIGHT/OBESITY RATES						
Year	BLUE MOUNTAINS			NSW		
	Male %	Female %	Persons %	Male %	Female %	Persons %
2002-04	51	47	49	55	40	48
2005-07	59	43	51	58	43	51

This data includes those who are overweight or obese: that is with a Body Mass Index (BMI) of 25 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes?

Why is monitoring this trend important?

Being overweight or obese increases a person's risks of a range of health problems including diabetes and cardiovascular disease.

Source: NSW Health (2009). New South Wales Population Health Survey. 2005-2007 Report on adult health. Blue Mountains Division of General Practice.