

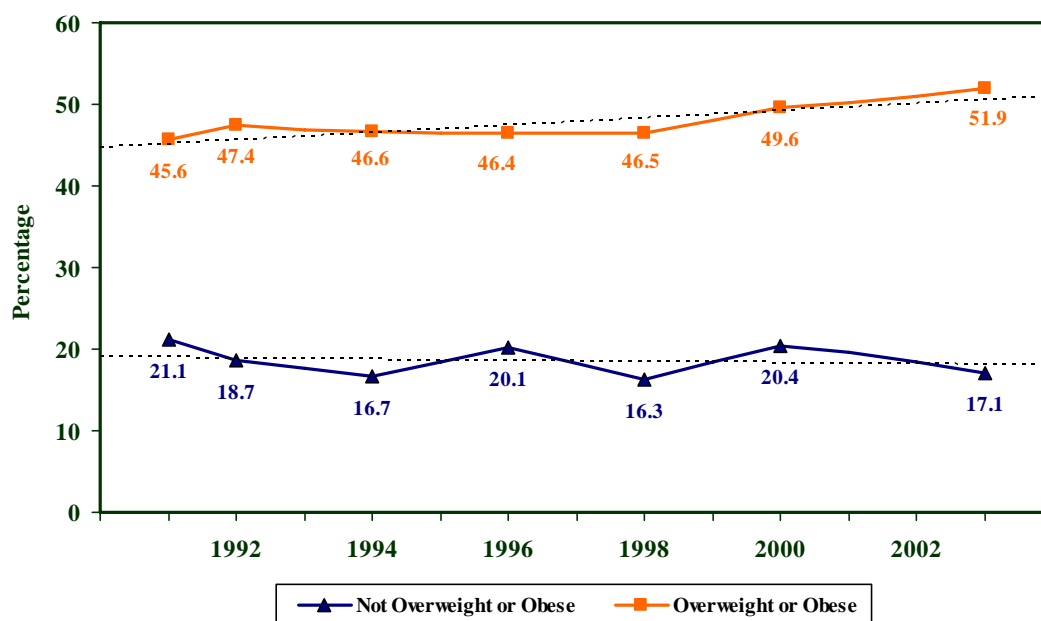
## CHAPTER 5: WEIGHT CONTROL

### Trying to Lose Weight: Are currently trying to lose weight.

<b>State Prevalence</b>	<b>38.9%</b> (95% CI: 30.7-40.8); 33 <sup>rd</sup> among 54 BRFSS participants. National prevalence: 40.0% (95% CI: 39.7-40.4).
<b>Time Trends</b>	The prevalence of attempting weight loss has remained fairly stable since 1987. However, there is an increasing trend to try to lose weight among overweight and obese adults. Between 2000 and 2003, the percentage of non-overweight/obese adults trying to lose weight decreased from 20.4 to 17.1 percent.
<b>Gender</b>	<b>Men 32.7%</b> (95% CI: 29.8-35.5); <b>Women 44.7%</b> (95% CI: 42.2-47.1). Women were significantly more likely to be trying to lose weight than men.
<b>Age</b>	The percentage of adults trying to lose weight increased until age 65. Adults aged 45 to 54 and 55 to 64 had a significantly higher prevalence than those aged 18 to 24 (45.1%, 46.5%, and 33.3%, respectively). The elderly were significantly less likely to be attempting weight loss than adults in all other age groups. At most ages, women had a significantly higher rate of trying to lose weight than men.
<b>Education</b>	The prevalence of trying to lose weight increased as educational attainment increased, although the trend was not significant. Nearly 42% of college graduates were trying to lose weight, compared with approximately 35% of adults without a high school diploma/GED. Again, women were significantly more likely to be trying to lose weight than men at most levels of education.
<b>Household Income</b>	Among the total population and men, attempting weight loss increased until household income reached \$50,000, although the trend was not significant. Among women, the rate increased at every level of income. Women with incomes of \$75,000 or more were significantly more likely to be trying to lose weight than those in the poorest households (53.3% versus 37.6%). In addition, women had a significantly higher rate than men at three levels of income (\$25,000-34,999; \$50,000-74,999; \$75,000+).
<b>Quick Stats</b>	<ul style="list-style-type: none"><li>• Among respondents who were trying to lose weight, 82.4% were eating fewer calories or less fat, and 70.7% were using physical activity or exercise to help them lose weight.</li><li>• Trying to lose weight significantly increased at each higher weight category (normal weight, overweight, obese) for both men and women. However, women were significantly more likely than men to be trying to lose weight at each weight level (see Figure 5.2).</li></ul>

**Table 5.1: Prevalence of trying to lose weight: WVBRFSS, 2003**

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>TOTAL</b>	1,321	<b>32.7</b>	(29.8-35.5)	2,025	<b>44.7</b>	(42.2-47.1)	3,346	<b>38.9</b>	(37.0-40.8)
<b>Age</b>									
18-24	92	<b>31.9</b>	(20.6-43.2)	111	<b>34.7</b>	(24.6-44.8)	203	<b>33.3</b>	(25.7-40.8)
25-34	187	<b>28.2</b>	(21.4-34.9)	267	<b>51.7</b>	(45.4-58.1)	454	<b>39.9</b>	(35.1-44.8)
35-44	235	<b>33.5</b>	(27.1-39.9)	322	<b>55.1</b>	(49.1-61.0)	557	<b>44.5</b>	(40.0-49.0)
45-54	284	<b>34.7</b>	(28.8-40.6)	388	<b>55.4</b>	(50.1-60.8)	672	<b>45.1</b>	(41.0-49.2)
55-64	250	<b>40.3</b>	(33.7-46.9)	397	<b>52.5</b>	(47.2-57.8)	647	<b>46.5</b>	(42.3-50.8)
65+	272	<b>27.6</b>	(22.0-33.2)	529	<b>24.6</b>	(20.7-28.5)	801	<b>25.8</b>	(22.6-29.1)
<b>Education</b>									
Less than H.S.	244	<b>31.8</b>	(24.2-39.3)	391	<b>37.7</b>	(32.3-43.1)	635	<b>34.8</b>	(30.2-39.4)
H.S. or G.E.D.	528	<b>30.8</b>	(26.5-35.0)	791	<b>45.8</b>	(41.9-49.8)	1,319	<b>38.6</b>	(35.7-41.5)
Some Post-H.S.	265	<b>34.0</b>	(27.7-40.3)	476	<b>45.6</b>	(40.4-50.8)	741	<b>40.6</b>	(36.5-44.6)
College Graduate	281	<b>35.9</b>	(29.8-42.1)	366	<b>48.3</b>	(42.6-54.0)	647	<b>41.9</b>	(37.7-46.1)
<b>Income</b>									
Less than \$15,000	170	<b>30.7</b>	(22.8-38.6)	355	<b>37.6</b>	(31.8-43.3)	525	<b>34.7</b>	(29.9-39.4)
\$15,000- 24,999	262	<b>31.9</b>	(25.6-38.1)	461	<b>43.0</b>	(38.0-48.1)	723	<b>38.2</b>	(34.2-42.1)
\$25,000- 34,999	194	<b>32.2</b>	(25.1-39.3)	268	<b>47.6</b>	(41.1-54.2)	462	<b>40.3</b>	(35.4-45.2)
\$35,000- 49,999	211	<b>39.2</b>	(32.0-46.4)	267	<b>48.4</b>	(41.8-55.0)	478	<b>43.5</b>	(38.6-48.5)
\$50,000- 74,999	168	<b>32.7</b>	(25.0-40.3)	225	<b>50.5</b>	(43.3-57.7)	393	<b>41.6</b>	(36.2-46.9)
\$75,000+	183	<b>33.6</b>	(26.0-41.2)	146	<b>53.3</b>	(44.5-62.1)	329	<b>40.6</b>	(34.6-46.5)

**Figure 5.1: Trying to lose weight by overweight/obese status and year: WVBRFSS, 1991-2003**

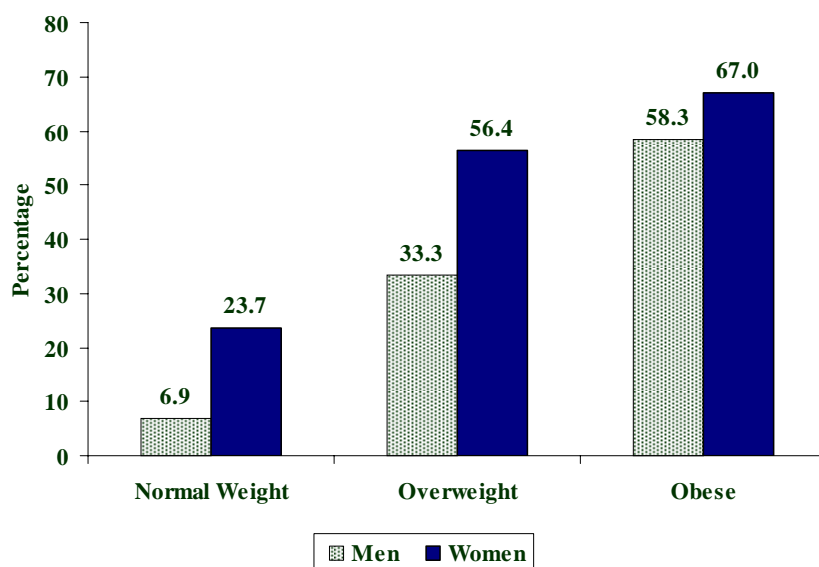
----- Trend Lines

NOTE: Data not available for the years 1993, 1995, 1997, 1999, and 2001-02.

**Table 5.2: Advice from health professional on losing weight; trying to lose weight among overweight or obese adults: WVBRFSS, 2003**

Overweight or obese adults who...	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
In the past year, have been advised by a doctor, nurse, or other health professional to lose weight	923	18.6	(15.7-21.5)	1,072	23.5	(20.7-26.3)	1,995	20.8	(18.7-22.8)
Are currently trying to lose weight	921	44.3	(40.7-47.9)	1,072	61.3	(58.0-64.6)	1,993	51.9	(49.4-54.4)
Are eating fewer calories or less fat to lose weight <sup>a</sup>	407	79.4	(74.5-84.4)	656	85.5	(82.6-88.5)	1,063	82.7	(79.8-85.5)
Are using physical activity or exercise to lose weight <sup>a</sup>	411	71.3	(66.6-75.9)	661	66.0	(62.0-69.9)	1,072	68.5	(65.4-71.5)

a. Among overweight or obese adults who are trying to lose weight.

**Figure 5.2: Trying to lose weight by weight status and gender: WVBRFSS 2003**

Note: Weight status determined by body mass index (BMI). See page 21 for definitions of overweight and obese.