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Obesity and Diabetes: Two Growing Epidemics in California

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PUBLICATION UPDATE: The Center recently made methodological changes in the way rounding is calculated for variables related to Body Mass Index (BMI). Although the change did not significantly affect the majority of the estimates in this publication, the over-

weight prevalence for 12 counties/county groups and the obesity prevalence for three counties in Exhibit 5 changed by more than one percentage point. This amended version of Exhibit 5 shows the correct percentages.

Exhibit 5

Prevalence of Overweight and Obesity by County or County Group, Adults Age 18 and Over, California, 2007

	Overweight Prevalence % (95% CI)	Estimated Number of Overweight Residents (95% CI)	Obesity Prevalence % (95% CI)	Estimated Number of Obese Residents (95% CI)
Northern and Sierra Counties	34.5 (32.3-36.7)	363,000 (337,000-389,000)	24.5 (22.6-26.5)	258,000 (236,000-280,000)
Butte	35.2 (28.7-41.8)	58,000 (45,000-71,000)	21.6 (16.9-26.3)	35,000 (28,000-43,000)
Shasta	36.1 (29.7-42.5)	49,000 (38,000-59,000)	23.1 (18.0-28.3)	31,000 (24,000-39,000)
Humboldt	32.9 (23.4-42.4)	33,000 (23,000-43,000)	25.1 (16.4-33.7)	25,000 (16,000-34,000)
Del Norte, Siskiyou, Lassen, Trinity, Modoc, Plumas, Sierra	31.5 (25.0-38.1)	36,000 (27,000-44,000)	25.5 (19.9-31.0)	29,000 (22,000-35,000)
Mendocino	37.8 (29.0-46.7)	26,000 (18,000-33,000)	24.8 (15.4-34.3)	17,000 (9,000-25,000)
Lake	35.6 (29.7-41.5)	18,000 (15,000-21,000)	28.8 (22.3-35.3)	14,000 (11,000-18,000)
Tehama, Glenn, Colusa	33.3 (26.8-39.8)	27,000 (21,000-33,000)	30.2 (24.1-36.3)	25,000 (19,000-30,000)
Sutter	38.3 (30.8-45.7)	24,000 (18,000-31,000)	28.0 (22.4-33.7)	18,000 (14,000-22,000)
Yuba	35.5 (30.1-40.9)	17,000 (14,000-20,000)	30.0 (24.9-35.2)	14,000 (12,000-17,000)
Nevada	36.3 (30.9-41.6)	29,000 (24,000-34,000)	14.1 (9.8-18.3)	11,000 (8,000-15,000)
Tuolumne, Calaveras, Amador, Inyo, Mariposa, Mono, Alpine	31.5 (26.1-36.9)	47,000 (39,000-55,000)	25.7 (19.8-31.5)	38,000 (28,000-48,000)
Greater Bay Area	33.2 (31.4-34.9)	1,791,000 (1,683,000-1,899,000)	18.7 (17.2-20.2)	1,008,000 (923,000-1,093,000)
Santa Clara	36.3 (32.4-40.2)	479,000 (415,000-544,000)	15.2 (12.6-17.9)	201,000 (165,000-238,000)
Alameda	30.7 (26.9-34.5)	348,000 (301,000-395,000)	22.1 (18.4-25.8)	250,000 (203,000-297,000)
Contra Costa	33.1 (28.6-37.6)	257,000 (218,000-295,000)	20.3 (15.7-24.9)	157,000 (117,000-197,000)
San Francisco	31.0 (26.0-36.1)	209,000 (169,000-249,000)	11.8 (8.4-15.2)	80,000 (56,000-104,000)
San Mateo	34.3 (28.1-40.4)	191,000 (150,000-233,000)	18.0 (13.4-22.6)	100,000 (73,000-128,000)
Sonoma	32.9 (27.0-38.7)	117,000 (94,000-139,000)	27.6 (21.5-33.7)	98,000 (72,000-123,000)
Solano	36.2 (29.9-42.5)	108,000 (87,000-128,000)	23.0 (17.4-28.6)	69,000 (51,000-87,000)
Marin	27.7 (21.6-33.9)	53,000 (40,000-65,000)	13.6 (8.7-18.4)	26,000 (16,000-35,000)
Napa	31.4 (25.7-37.1)	30,000 (25,000-36,000)	28.5 (21.8-35.2)	27,000 (20,000-35,000)
Sacramento Area	34.2 (31.5-36.9)	519,000 (475,000-563,000)	24.3 (21.7-26.8)	368,000 (326,000-411,000)
Sacramento	34.2 (30.6-37.9)	343,000 (303,000-383,000)	26.9 (23.4-30.4)	269,000 (230,000-309,000)
Placer	35.9 (29.9-41.9)	86,000 (69,000-102,000)	17.9 (13.5-22.3)	43,000 (32,000-53,000)
Yolo	31.8 (25.5-38.1)	44,000 (35,000-53,000)	24.5 (17.3-31.6)	34,000 (22,000-46,000)
El Dorado	33.5 (28.3-38.8)	46,000 (38,000-54,000)	16.2 (12.0-20.5)	22,000 (16,000-29,000)

Prevalence of Overweight and Obesity by County or County Group, Adults Age 18 and Over, California, 2007 (Continued)

Exhibit 5

	Overweight Prevalence % (95% CI)	Estimated Number of Overweight Residents (95% CI)		Obesity Prevalence % (95% CI)	Estimated Number of Obese Residents (95% CI)	
San Joaquin Valley	33.3 (31.0-35.6)	866,000	(802,000-931,000)	30.3 (27.9-32.6)	788,000	(721,000-854,000)
Fresno	33.8 (28.3-39.2)	212,000	(173,000-251,000)	29.8 (24.7-35.0)	188,000	(152,000-223,000)
Kern	29.6 (24.6-34.6)	158,000	(130,000-185,000)	29.3 (23.7-34.9)	156,000	(123,000-190,000)
San Joaquin	35.3 (29.0-41.6)	156,000	(123,000-189,000)	29.3 (23.5-35.1)	130,000	(102,000-158,000)
Stanislaus	30.6 (24.9-36.3)	106,000	(85,000-127,000)	31.7 (25.3-38.1)	110,000	(84,000-136,000)
Tulare	37.7 (31.9-43.5)	108,000	(92,000-125,000)	30.8 (24.4-37.2)	89,000	(66,000-111,000)
Merced	32.9 (26.4-39.4)	56,000	(46,000-67,000)	34.1 (25.6-42.5)	58,000	(39,000-78,000)
Kings	34.7 (29.1-40.3)	32,000	(26,000-38,000)	29.8 (24.6-35.0)	27,000	(22,000-32,000)
Madera	37.8 (30.8-44.7)	37,000	(29,000-45,000)	30.0 (22.8-37.2)	29,000	(21,000-38,000)
Central Coast	33.2 (30.4-36.0)	538,000	(489,000-586,000)	21.7 (19.3-24.1)	351,000	(309,000-392,000)
Ventura	33.2 (27.9-38.5)	198,000	(163,000-233,000)	20.5 (16.1-24.9)	122,000	(94,000-150,000)
Santa Barbara	29.9 (23.7-36.1)	90,000	(69,000-111,000)	23.3 (17.7-28.9)	70,000	(52,000-88,000)
Santa Cruz	34.2 (26.8-41.6)	67,000	(49,000-86,000)	17.6 (12.5-22.7)	35,000	(24,000-45,000)
San Luis Obispo	30.3 (23.8-36.8)	58,000	(45,000-72,000)	18.8 (13.7-23.9)	36,000	(26,000-46,000)
Monterey	35.7 (29.4-42.0)	104,000	(83,000-125,000)	26.6 (20.5-32.8)	77,000	(57,000-98,000)
San Benito	49.1 (38.4-59.8)	20,000	(13,000-27,000)	24.6 (14.9-34.3)	10,000	(5,000-15,000)
Los Angeles	34.2 (32.6-35.7)	2,502,000	(2,370,000-2,635,000)	22.6 (21.3-23.9)	1,656,000	(1,551,000-1,761,000)
Los Angeles	34.2 (32.6-35.7)	2,502,000	(2,370,000-2,635,000)	22.6 (21.3-23.9)	1,656,000	(1,551,000-1,761,000)
Other Southern California	34.3 (32.8-35.8)	2,521,000	(2,399,000-2,643,000)	22.5 (21.1-23.8)	1,652,000	(1,545,000-1,759,000)
Orange	33.8 (30.7-36.8)	761,000	(682,000-840,000)	18.5 (15.9-21.1)	418,000	(354,000-483,000)
San Diego	32.4 (30.2-34.7)	713,000	(659,000-767,000)	21.7 (19.5-23.9)	476,000	(422,000-530,000)
San Bernardino	36.6 (33.1-40.1)	506,000	(450,000-562,000)	26.2 (23.1-29.3)	362,000	(316,000-408,000)
Riverside	35.6 (31.9-39.4)	500,000	(439,000-561,000)	24.8 (21.5-28.1)	348,000	(298,000-398,000)
Imperial	34.2 (27.1-41.3)	41,000	(32,000-49,000)	39.5 (30.8-48.2)	47,000	(32,000-62,000)
California	33.9 (33.1-34.6)	9,100,000	(8,862,000-9,338,000)	22.6 (22.0-23.3)	6,080,000	(5,882,000-6,279,000)

Source: 2007 California Health Interview Survey