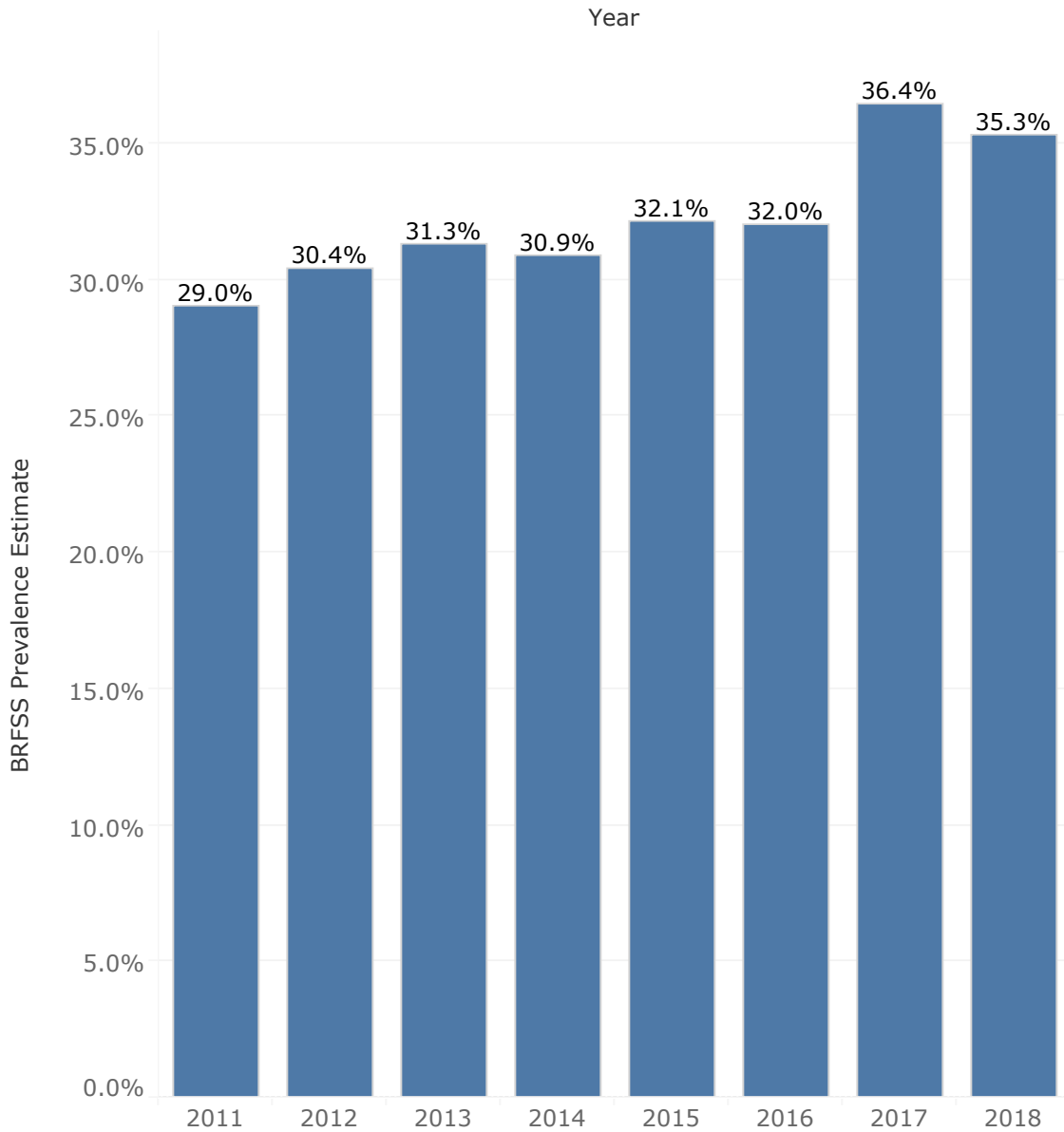


# Disaggregate It Activity Packet

## 2021 – 2022

### Adult Obesity

The percent of BRFSS respondents that answered with a BMI greater than or equal to 30.0; BMI is calculated from self-reported weight and height.

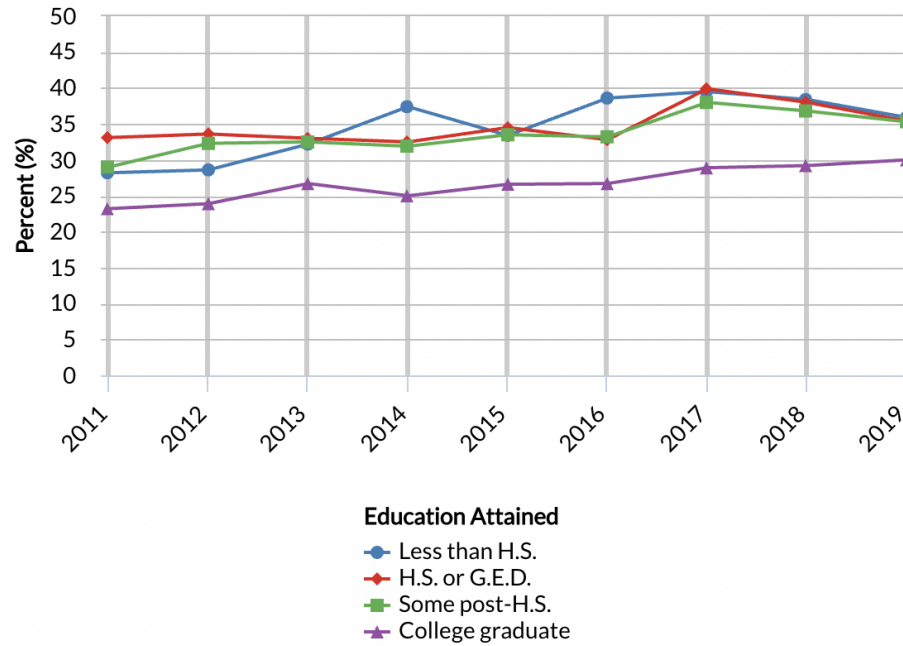


Data comes from the Iowa Public Health Tracking Portal, BRFSS (2011-2018)

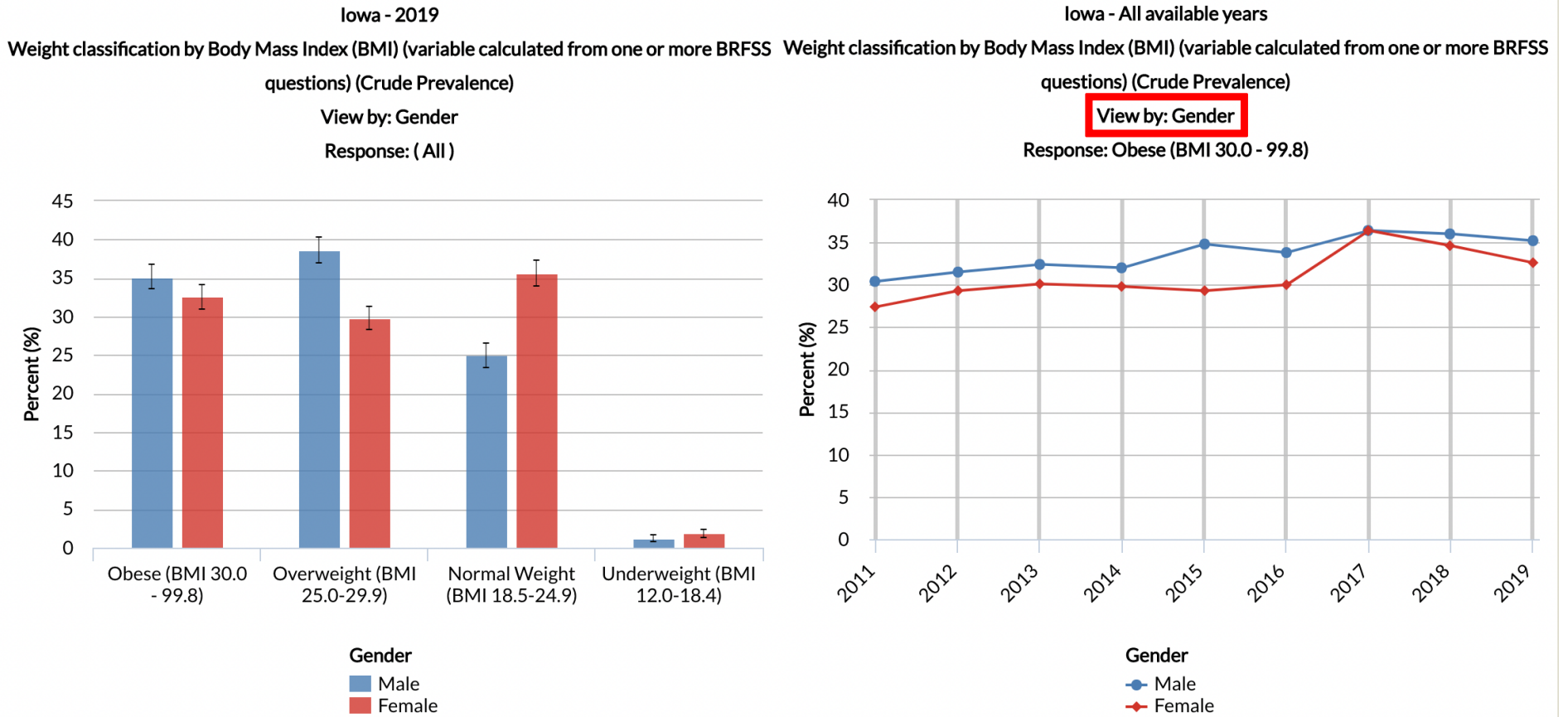
# Activity Packet: Quantifying the Issue

## Figure 1a. BMI stratified by education attained

Iowa - All available years  
Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions) (Crude Prevalence)  
**View by: Education Attained**  
Response: Obese (BMI 30.0 - 99.8)



**Figure 1c. BMI stratified by gender**



<https://nccd.cdc.gov/BRFSSPrevalence/>



Iowa

Topic: Fruit Consumption

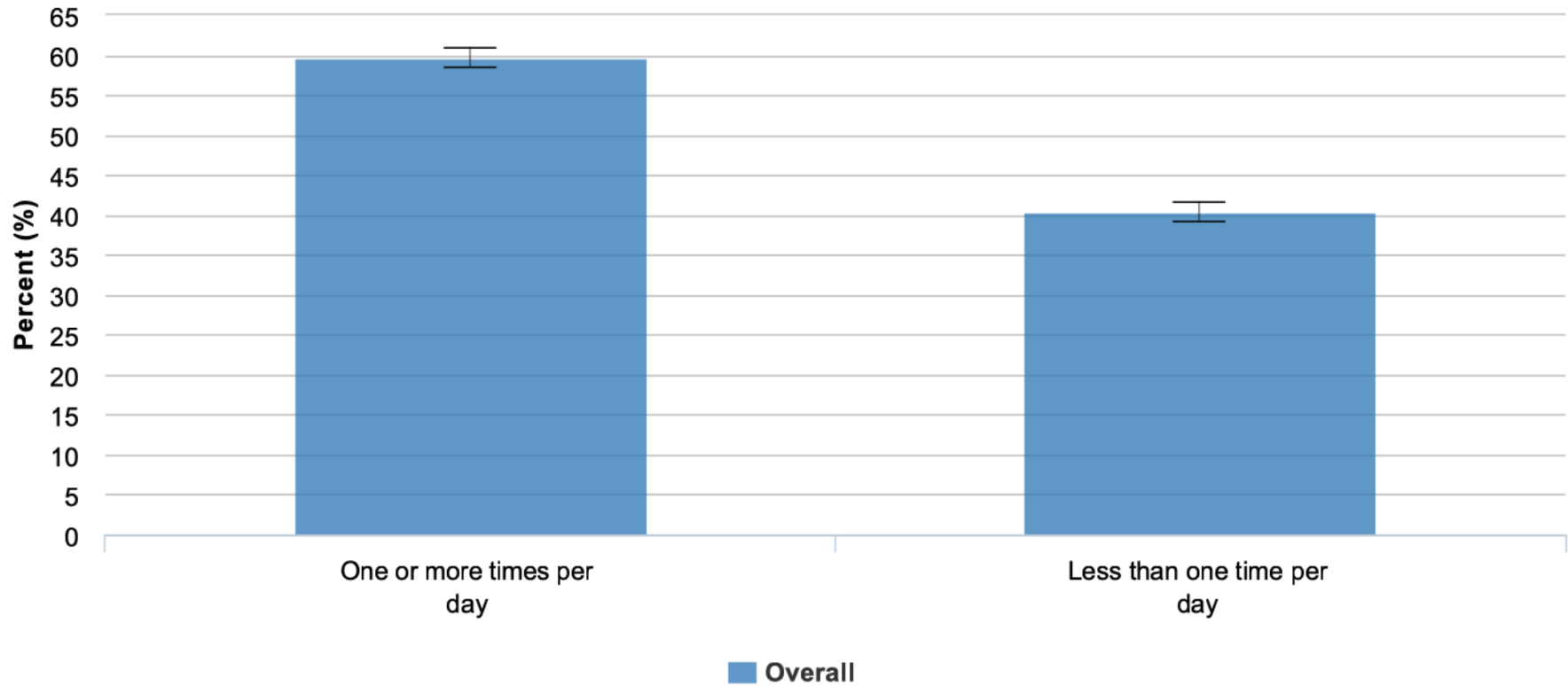
Consumed fruit less than one time per day (variable calculated from one or more BRFSS questions)

Iowa - 2019

Consumed fruit less than one time per day (variable calculated from one or more BRFSS questions) (Crude Prevalence)

View by: Overall

Response: ( All )



## Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

### Note

Use caution in interpreting cell sizes less than 50.

If you see that a question is not available for a particular year, it is because the question was dropped or changed. Check the category of interest for that year to find similar items.

Denominator includes all respondents except those with missing, don't know, and refused answers.

### Measure Definitions

% = Percent

CI = 95% Confidence Interval

n = "Sample Size". Translates to the number of adult respondents who answered this question, or were assigned to this category based on question responses for a calculated variable, or the number of states included for a median.

N/A = Translates to no data available for a record.

No Data = Translates to no data available for record.



Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Nov 08, 2021]. URL: <https://www.cdc.gov/brfss/brfssprevalence/>.



Iowa

Topic: Vegetable Consumption

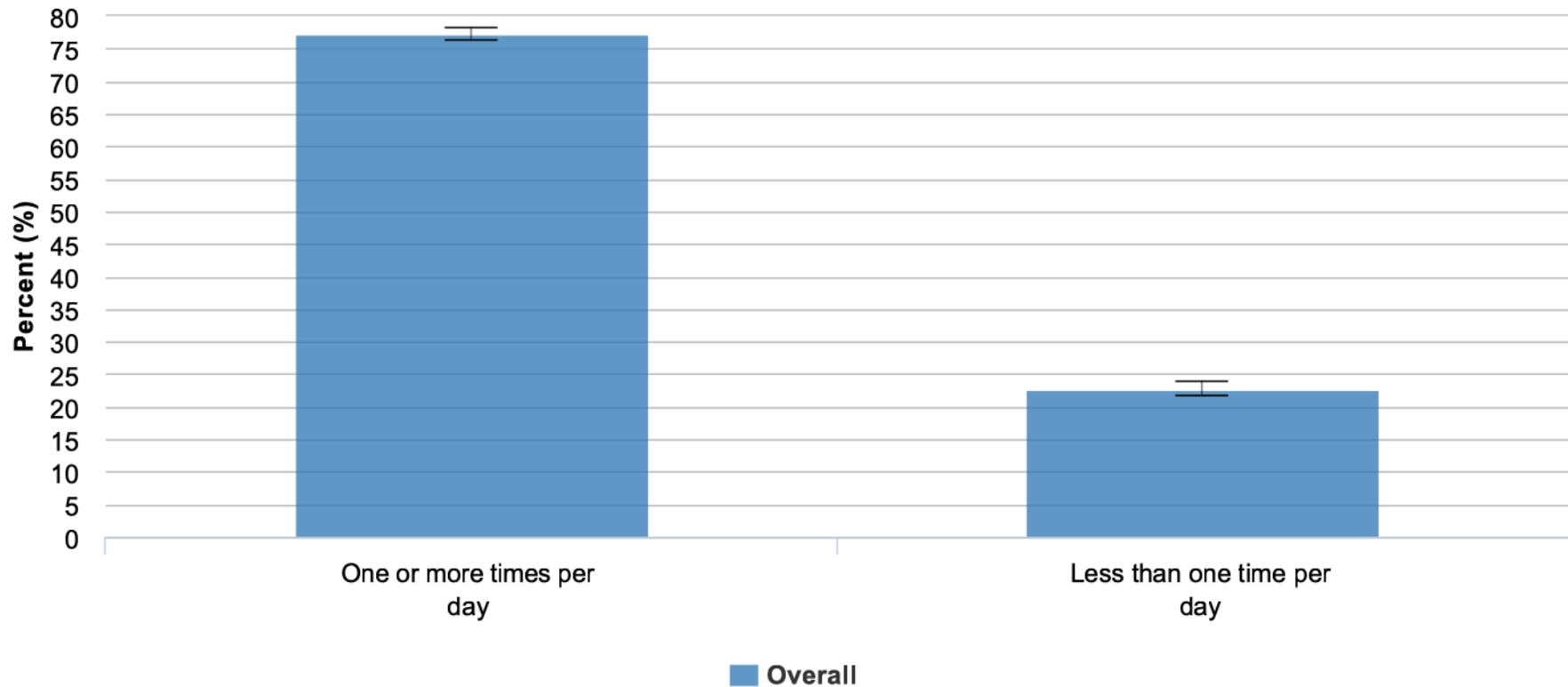
Consumed vegetables less than one time per day (variable calculated from one or more BRFSS questions)

Iowa - 2019

Consumed vegetables less than one time per day (variable calculated from one or more BRFSS questions) (Crude Prevalence)

View by: Overall

Response: ( All )



## Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

### Note

Use caution in interpreting cell sizes less than 50.

If you see that a question is not available for a particular year, it is because the question was dropped or changed. Check the category of interest for that year to find similar items.

Denominator includes all respondents except those with missing, don't know, and refused answers.

### Measure Definitions

% = Percent

CI = 95% Confidence Interval

n = "Sample Size". Translates to the number of adult respondents who answered this question, or were assigned to this category based on question responses for a calculated variable, or the number of states included for a median.

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Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Nov 08, 2021]. URL: <https://www.cdc.gov/brfss/brfssprevalence/>.



Iowa

Topic: Exercise

During the past month, did you participate in any physical activities? (variable calculated from one or more BRFSS questions)

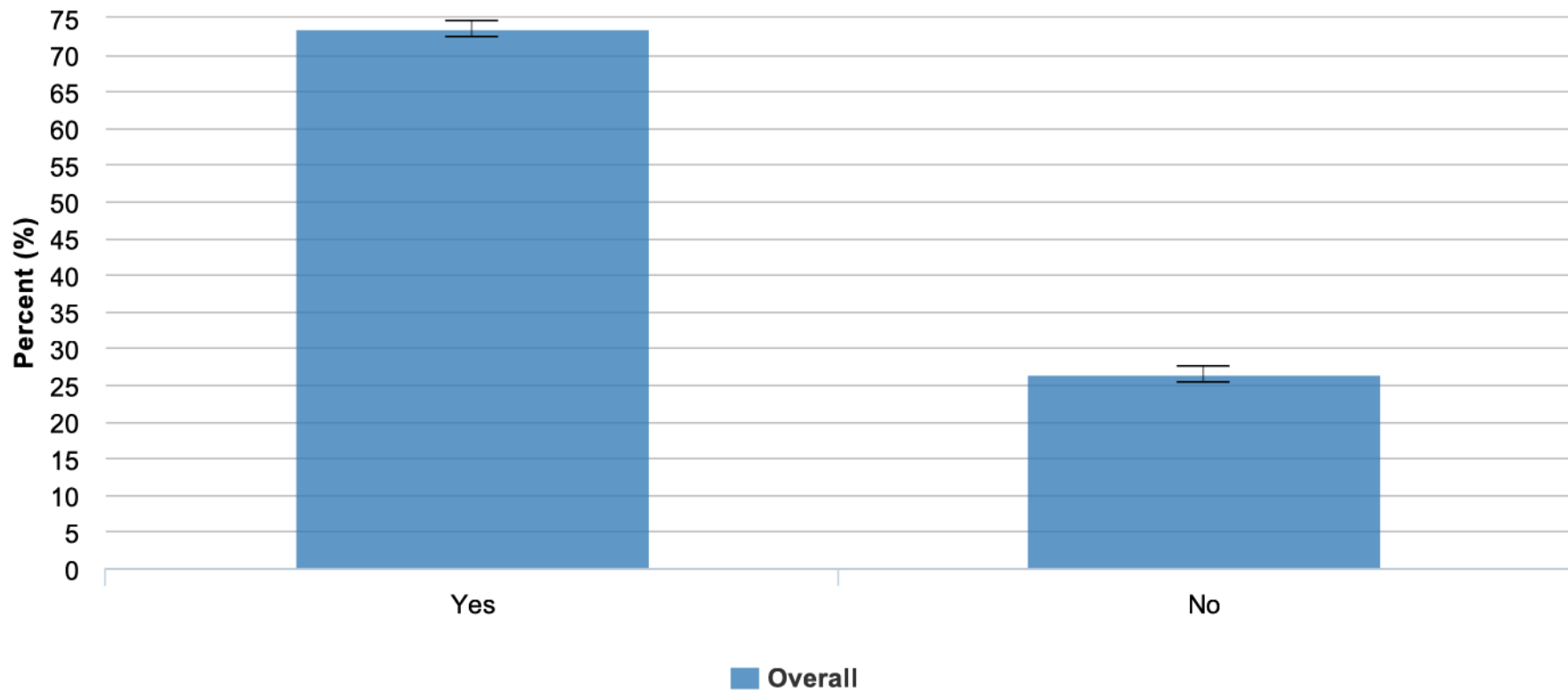
Iowa - 2019

During the past month, did you participate in any physical activities? (variable calculated from one or more BRFSS questions)

(Crude Prevalence)

View by: Overall

Response: ( All )





## Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

### Note

Use caution in interpreting cell sizes less than 50.

If you see that a question is not available for a particular year, it is because the question was dropped or changed. Check the category of interest for that year to find similar items.

Denominator includes all respondents except those with missing, don't know, and refused answers.

### Measure Definitions

% = Percent

CI = 95% Confidence Interval

n = "Sample Size". Translates to the number of adult respondents who answered this question, or were assigned to this category based on question responses for a calculated variable, or the number of states included for a median.

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Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Nov 08, 2021]. URL: <https://www.cdc.gov/brfss/brfssprevalence/>.



# Iowa

## Topic: BMI Categories

### Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions)

Iowa - 2019

### Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions) (Crude Prevalence)

View by: Overall

Response: ( All )

	Obese (BMI 30.0 - 99.8)	Overweight (BMI 25.0-29.9)	Normal Weight (BMI 18.5-24.9)	Underweight (BMI 12.0-18.4)
Percent (%)	33.9	34.4	30.1	1.6
95% CI	32.8 - 35.1	33.2 - 35.5	29.0 - 31.3	1.3 - 1.9
n	3146	3128	2528	136

Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

### Note

Use caution in interpreting cell sizes less than 50.

If you see that a question is not available for a particular year, it is because the question was dropped or changed. Check the category of interest for that year to find similar items.

Denominator includes all respondents except those with missing, don't know, and refused answers.

### Measure Definitions

% = Percent

CI = 95% Confidence Interval

n = "Sample Size". Translates to the number of adult respondents who answered this question, or were assigned to this category based on question responses for a calculated variable, or the number of states included for a median.

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# Iowa

## Topic: BMI Categories

### Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions)

Iowa - 2019

### Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions) (Crude Prevalence)

View by: Age Group

Response: ( All )

	18-24	25-34	35-44	45-54	55-64	65+
<b>Obese (BMI 30.0 - 99.8)</b>						
Percent (%)	17.7	31.7	38.9	41.4	39.1	33.3
95% CI	14.5 - 20.8	28.5 - 34.8	35.9 - 42.0	38.4 - 44.3	36.5 - 41.6	31.4 - 35.2
n	120	317	459	532	676	1042
<b>Overweight (BMI 25.0-29.9)</b>						
Percent (%)	25.0	34.5	36.2	35.1	35.6	37.2
95% CI	21.4 - 28.5	31.3 - 37.8	33.2 - 39.3	32.2 - 37.9	33.1 - 38.1	35.2 - 39.2
n	173	333	402	452	631	1137
<b>Normal Weight (BMI 18.5-24.9)</b>						
Percent (%)	53.8	31.6	24.1	22.9	23.9	28.4
95% CI	49.7 - 57.9	28.4 - 34.8	21.4 - 26.8	20.4 - 25.4	21.7 - 26.1	26.5 - 30.3
n	343	311	273	291	424	886
<b>Underweight (BMI 12.0-18.4)</b>						
Percent (%)	3.6	2.2	*	*	1.5	1.1
95% CI	2.0 - 5.2	1.2 - 3.1			0.8 - 2.2	0.7 - 1.5

n	25	24			24	43
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### Footnote

\* Prevalence estimate not available if the unweighted sample size for the denominator was < 50 or the Relative Standard Error (RSE) is > 0.3 or if the state did not collect data for that calendar year.

**Data Source:** Behavioral Risk Factor Surveillance System (BRFSS)

### Note

Use caution in interpreting cell sizes less than 50.

If you see that a question is not available for a particular year, it is because the question was dropped or changed. Check the category of interest for that year to find similar items.

Denominator includes all respondents except those with missing, don't know, and refused answers.

### Measure Definitions

% = Percent

CI = 95% Confidence Interval

n = "Sample Size". Translates to the number of adult respondents who answered this question, or were assigned to this category based on question responses for a calculated variable, or the number of states included for a median.

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# Iowa

## Topic: BMI Categories

### Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions)

Iowa - 2019

### Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions) (Crude Prevalence)

View by: Race/Ethnicity

Response: ( All )

	White, non-Hispanic	Black, non-Hispanic	American Indian or Alaskan Native, non-Hispanic	Asian, non-Hispanic	Native Hawaiian or other Pacific Islander, non-Hispanic	Other, non-Hispanic	Multiracial, non-Hispanic	Hispanic
<b>Obese (BMI 30.0 - 99.8)</b>								
Percent (%)	34.2	40.6	*	*	*	*	33.7	35.7
95% CI	33.0 - 35.4	32.2 - 49.0					21.7 - 45.6	30.2 - 41.2
n	2896	65					34	126
<b>Overweight (BMI 25.0-29.9)</b>								
Percent (%)	34.5	34.3	*	31.8	*	*	25.6	36.7
95% CI	33.3 - 35.7	26.0 - 42.5		20.3 - 43.2			14.9 - 36.4	31.1 - 42.3
n	2878	51		22			22	138
<b>Normal Weight (BMI 18.5-24.9)</b>								
Percent	30.0	23.7	*	53.4	**	*	38.4	25.3

(%)								
95% CI	28.8 - 31.1	16.3 - 31.1		41.2 - 65.6			25.7 - 51.1	20.2 - 30.4
n	2323	36		40			30	85
<b>Underweight (BMI 12.0-18.4)</b>								
Percent (%)	1.4	*	*	*	**	**	*	*
95% CI	1.1 - 1.7							
n	116							

### Footnote

\* Prevalence estimate not available if the unweighted sample size for the denominator was < 50 or the Relative Standard Error (RSE) is > 0.3 or if the state did not collect data for that calendar year.

\*\* No responses for this data cell

**Data Source:** Behavioral Risk Factor Surveillance System (BRFSS)

### Note

Use caution in interpreting cell sizes less than 50.

If you see that a question is not available for a particular year, it is because the question was dropped or changed. Check the category of interest for that year to find similar items.

Denominator includes all respondents except those with missing, don't know, and refused answers.

### Measure Definitions

% = Percent

CI = 95% Confidence Interval

n = "Sample Size". Translates to the number of adult respondents who answered this question, or were assigned to this category based on question responses for a calculated variable, or the number of states included for a median.

**N/A** = Translates to no data available for a record.

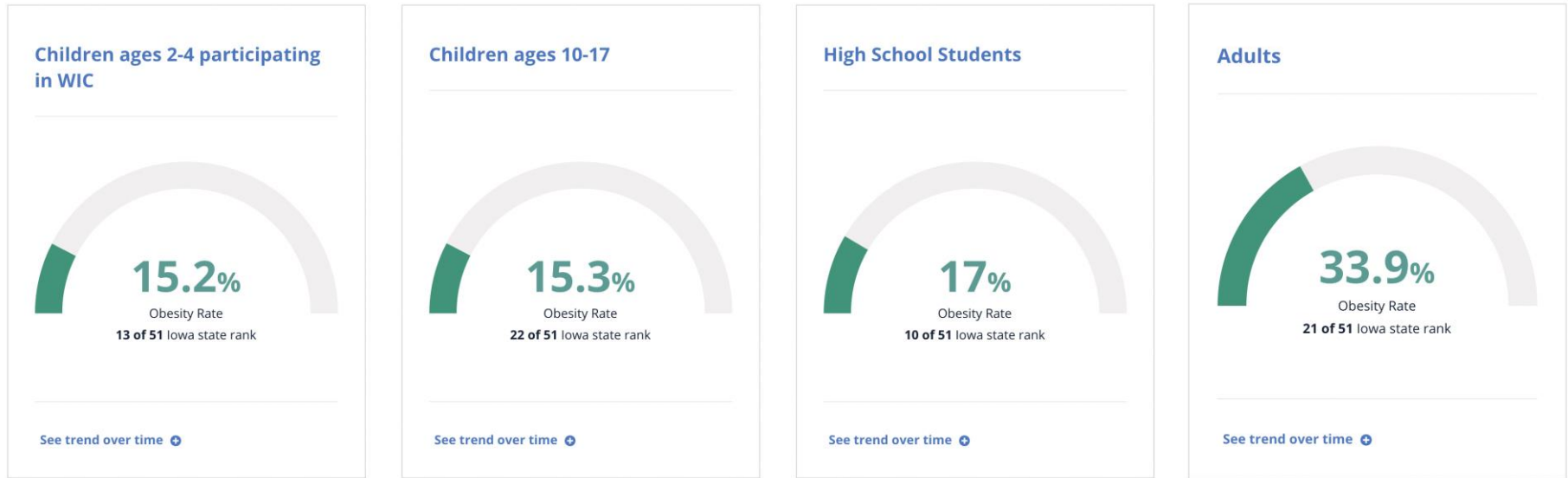
**No Data** = Translates to no data available for record.



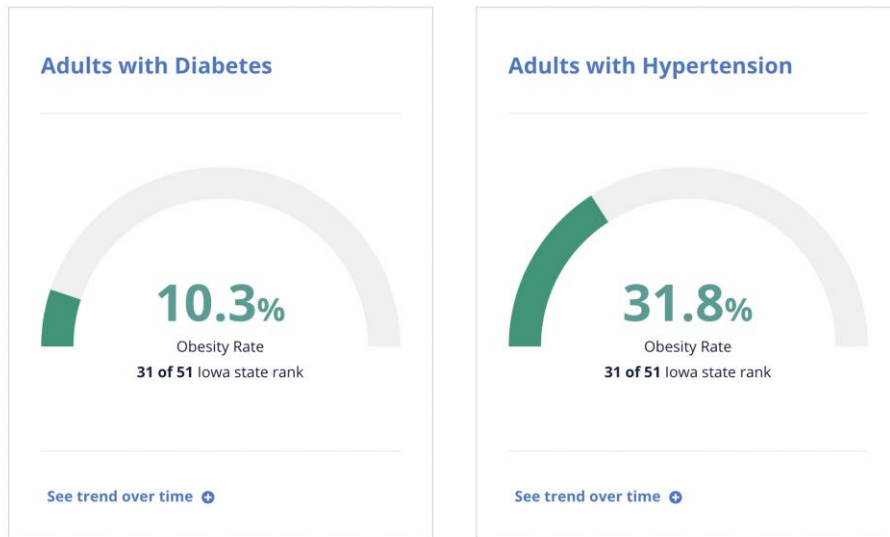
Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Nov 08, 2021]. URL: <https://www.cdc.gov/brfss/brfssprevalence/>.



**Figure 2a. Obesity rate and state rank, age groups, 2019**



**Figure 2b. Obesity rate and state rank among adults with diabetes and hypertension, 2019**



<https://stateofchildhoodobesity.org/states/ia/>

**Figure 3a. Iowa High School Youth Obesity, Overweight, and Weight Control**

Iowa, High School Youth Risk Behavior Survey, 2019									
Question	Race	Total	AI/AN <sup>†</sup>	Asian <sup>‡</sup>	Black <sup>‡</sup>	Hispanic	NHOPI <sup>§</sup>	White <sup>‡</sup>	Multiple race <sup>‡</sup>
<b>Obesity, Overweight, and Weight Control</b>									
<b>Had obesity</b> (students who were ≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)		17.0 (14.1–20.4) 1,500 <sup>  </sup>	N/A 10	N/A 39	N/A 67	26.9 (16.8–40.1) 169	N/A 1	16.6 (14.2–19.3) 1,130	N/A 49
<b>Were overweight</b> (students who were ≥ 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)		15.9 (14.7–17.2) 1,500	N/A 10	N/A 39	N/A 67	15.5 (9.7–23.7) 169	N/A 1	16.7 (14.7–19.0) 1,130	N/A 49
<b>Described themselves as slightly or very overweight</b>		35.1 (32.1–38.2) 1,550	N/A 10	N/A 40	N/A 68	41.7 (32.8–51.1) 180	N/A 1	35.1 (31.9–38.4) 1,158	N/A 53
<b>Were not trying to lose weight</b>		52.0 (49.0–55.0) 1,562	N/A 10	N/A 42	N/A 69	47.3 (34.9–60.1) 179	N/A 1	53.1 (49.6–56.6) 1,167	N/A 52

**Footnotes**

†	AI/AN = American Indian or Alaskan Native (non-Hispanic)
‡	Non-Hispanic
§	NHOPI = Native Hawaiian or Other Pacific Islander (non-Hispanic)
	Percentage, confidence interval, cell size
N/A	< 100 respondents for the subgroup

**Figure 3b. Iowa High School Youth Physical Activity**

Iowa, High School Youth Risk Behavior Survey, 2019									
Question	Race	Total	AI/AN <sup>†</sup>	Asian <sup>‡</sup>	Black <sup>‡</sup>	Hispanic	NHOPI <sup>§</sup>	White <sup>‡</sup>	Multiple race <sup>‡</sup>
<b>Physical Activity</b>									
<b>Did not participate in at least 60 minutes of physical activity on at least 1 day</b> (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time, during the 7 days before the survey)		13.3 (10.4–16.9) 1,547 <sup>  </sup>	N/A 10	N/A 42	N/A 64	19.5 (13.4–27.4) 178	N/A 1	11.4 (8.8–14.7) 1,160	N/A 50
<b>Were not physically active at least 60 minutes per day on 5 or more days</b> (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time, during the 7 days before the survey)		51.6 (45.0–58.1) 1,547	N/A 10	N/A 42	N/A 64	64.3 (55.2–72.5) 178	N/A 1	47.8 (41.9–53.8) 1,160	N/A 50
<b>Were not physically active at least 60 minutes per day on all 7 days</b> (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time, during the 7 days before the survey)		74.3 (68.9–79.0) 1,547	N/A 10	N/A 42	N/A 64	82.9 (75.2–88.7) 178	N/A 1	72.1 (67.1–76.5) 1,160	N/A 50
<b>Did not do exercises to strengthen or tone muscles on three or more days</b> (such as push-ups, sit-ups, or weight-lifting, during the 7 days before the survey)		—	—	—	—	—	—	—	—

†	AI/AN = American Indian or Alaskan Native (non-Hispanic)
‡	Non-Hispanic
§	NHOPI = Native Hawaiian or Other Pacific Islander (non-Hispanic)
	Percentage, confidence interval, cell size
N/A	< 100 respondents for the subgroup
—	Data not available

**Figure 3c. Iowa High School Youth Dietary Behaviors**

Iowa, High School Youth Risk Behavior Survey, 2019									
Question	Race	Total	AI/AN <sup>†</sup>	Asian <sup>‡</sup>	Black <sup>‡</sup>	Hispanic	NHOPI <sup>§</sup>	White <sup>‡</sup>	Multiple race <sup>‡</sup>
<b>Dietary Behaviors</b>									
<b>Did not eat fruit or drink 100% fruit juices</b> (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, during the 7 days before the survey)		7.1 (5.4–9.4) 1,550 <sup>  </sup>	N/A 10	N/A 42	N/A 67	4.3 (1.4–12.3) 177	N/A 1	7.4 (5.5–9.9) 1,160	N/A 5 <sup>2</sup>
<b>Did not eat vegetables</b> (green salad, potatoes (not counting French fries, fried potatoes, or potato chips), carrots, or other vegetables, during the 7 days before the survey)		8.0 (6.2–10.1) 1,529	N/A 10	N/A 42	N/A 64	11.4 (6.2–20.1) 173	N/A 1	7.0 (5.3–9.0) 1,146	N/A 5 <sup>0</sup>
<b>Did not drink milk</b> (counting milk in a glass or cup, from a carton, or with cereal and the half pint of milk served at school as equal to one glass, during the 7 days before the survey)		23.2 (20.3–26.4) 1,517	N/A 10	N/A 42	N/A 61	16.5 (8.3–30.0) 175	N/A 1	22.4 (19.1–26.0) 1,138	N/A 5 <sup>0</sup>
<b>Drank soda or pop</b> (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)		72.0 (69.8–74.1) 1,553	N/A 10	N/A 42	N/A 69	70.6 (60.7–78.9) 178	N/A 1	72.6 (70.7–74.3) 1,161	N/A 5 <sup>1</sup>
<b>Drank a can, bottle, or glass of soda or pop one or more times per day</b> (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)		17.6 (15.2–20.2) 1,553	N/A 10	N/A 42	N/A 69	17.6 (12.4–24.5) 178	N/A 1	16.7 (14.4–19.3) 1,161	N/A 5 <sup>1</sup>

**Footnotes**

†	AI/AN = American Indian or Alaskan Native (non-Hispanic)
‡	Non-Hispanic
§	NHOPI = Native Hawaiian or Other Pacific Islander (non-Hispanic)
	Percentage, confidence interval, cell size
N/A	< 100 respondents for the subgroup
–	Data not available

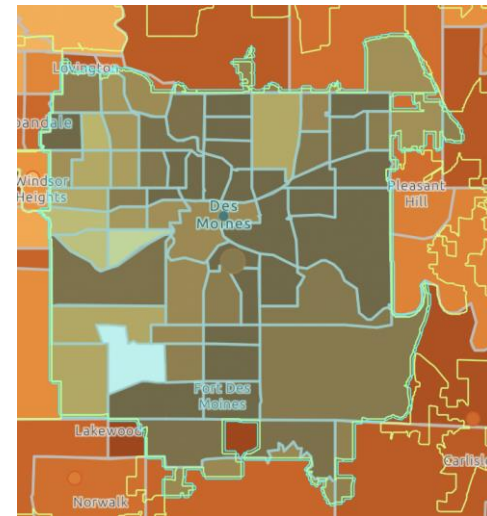
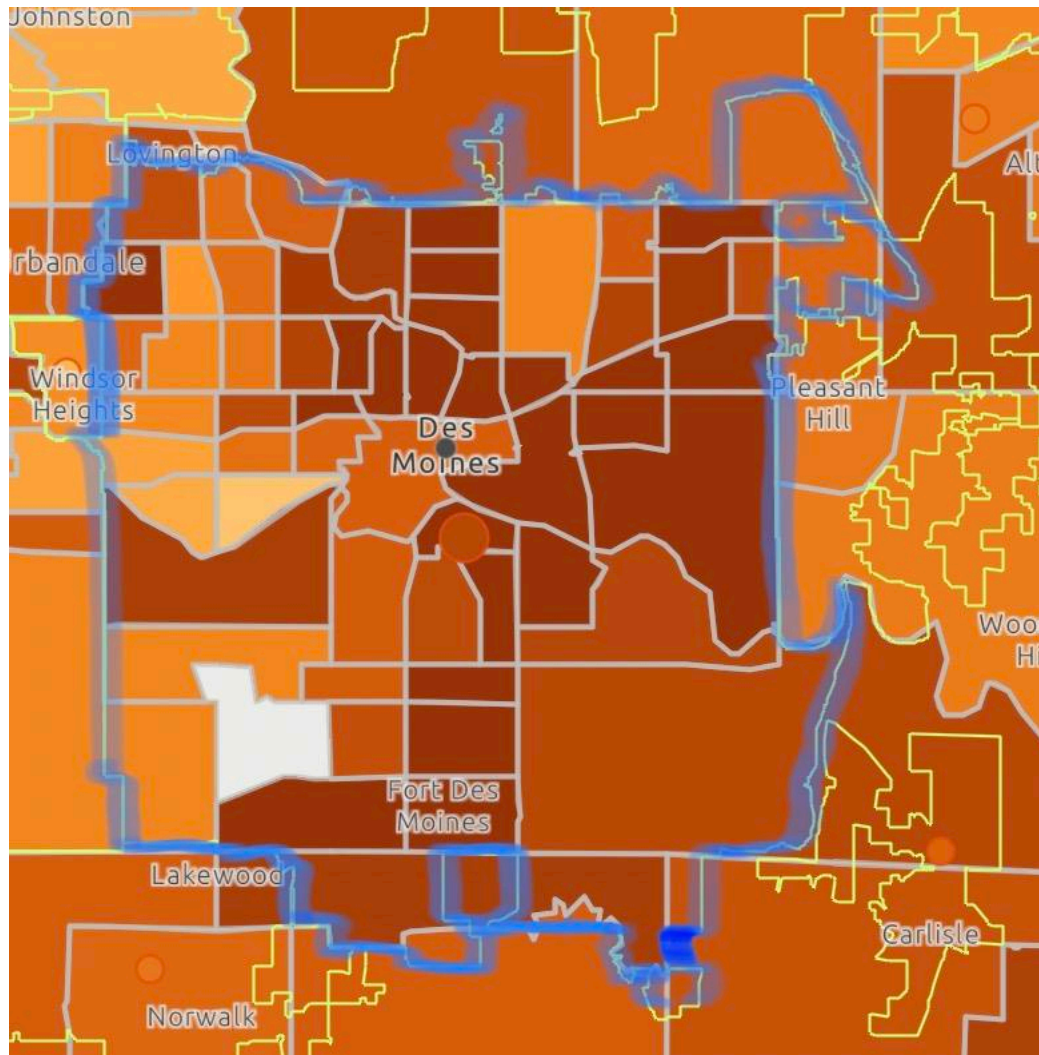
<https://nccd.cdc.gov/Youthonline/App/Default.as>



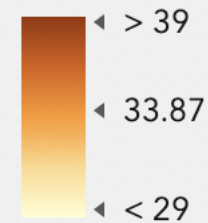
Figure 4. CDC's 500 Cities Report – City of Des Moines – level Data

[https://nccd.cdc.gov/500\\_Cities/rdPage.aspx?rdReport=DPH\\_500\\_Cities.InteractiveMap](https://nccd.cdc.gov/500_Cities/rdPage.aspx?rdReport=DPH_500_Cities.InteractiveMap)

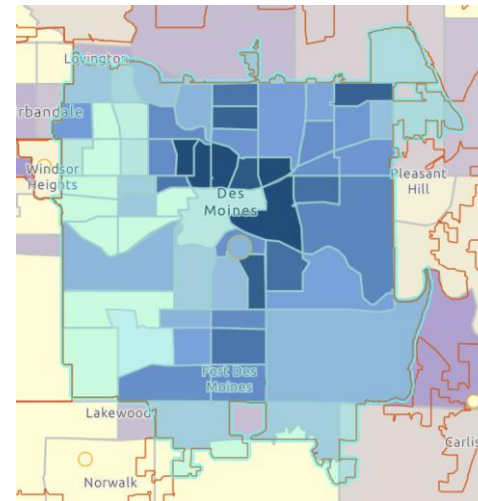
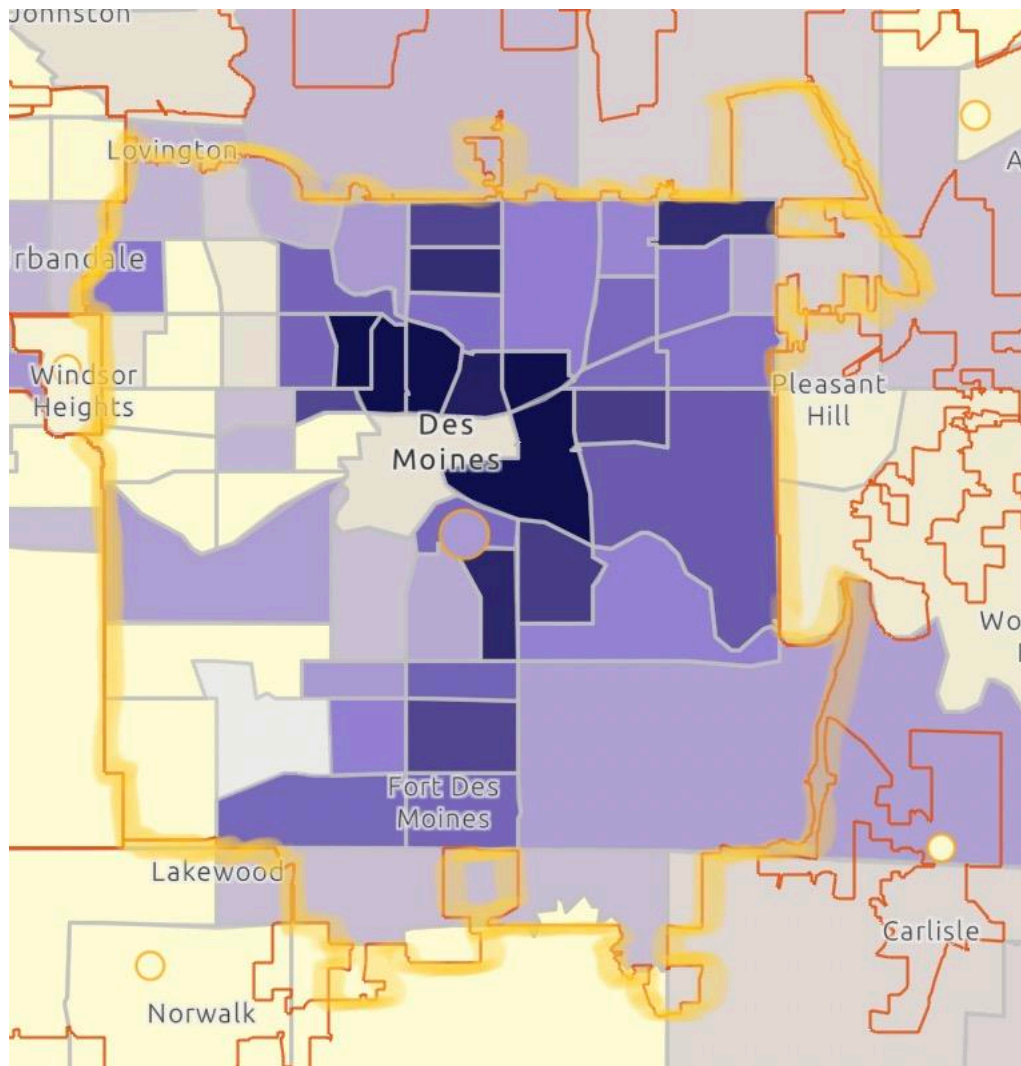
Obesity among adults aged 18 years and older by census tract, Des Moines, IA, 2018



Obesity crude prevalence (%)



Physical Inactivity among adults aged 18 years and older by census tract, Des Moines, IA, 2018

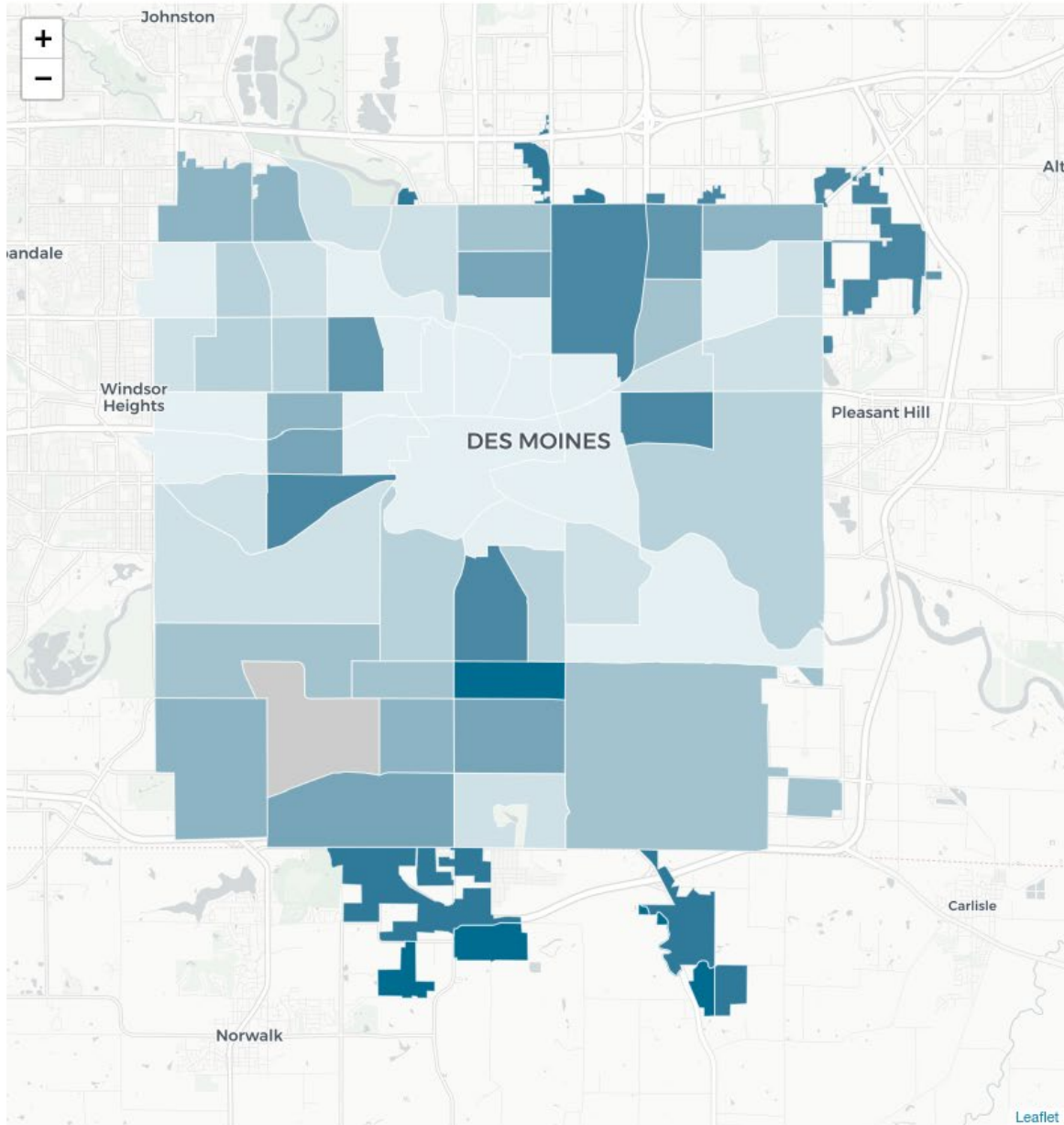


Physical inactivity crude prevalence (%)



# Park Access in Des Moines, IA

Source: City Health Dashboard; Data from ParkServe®, 2018



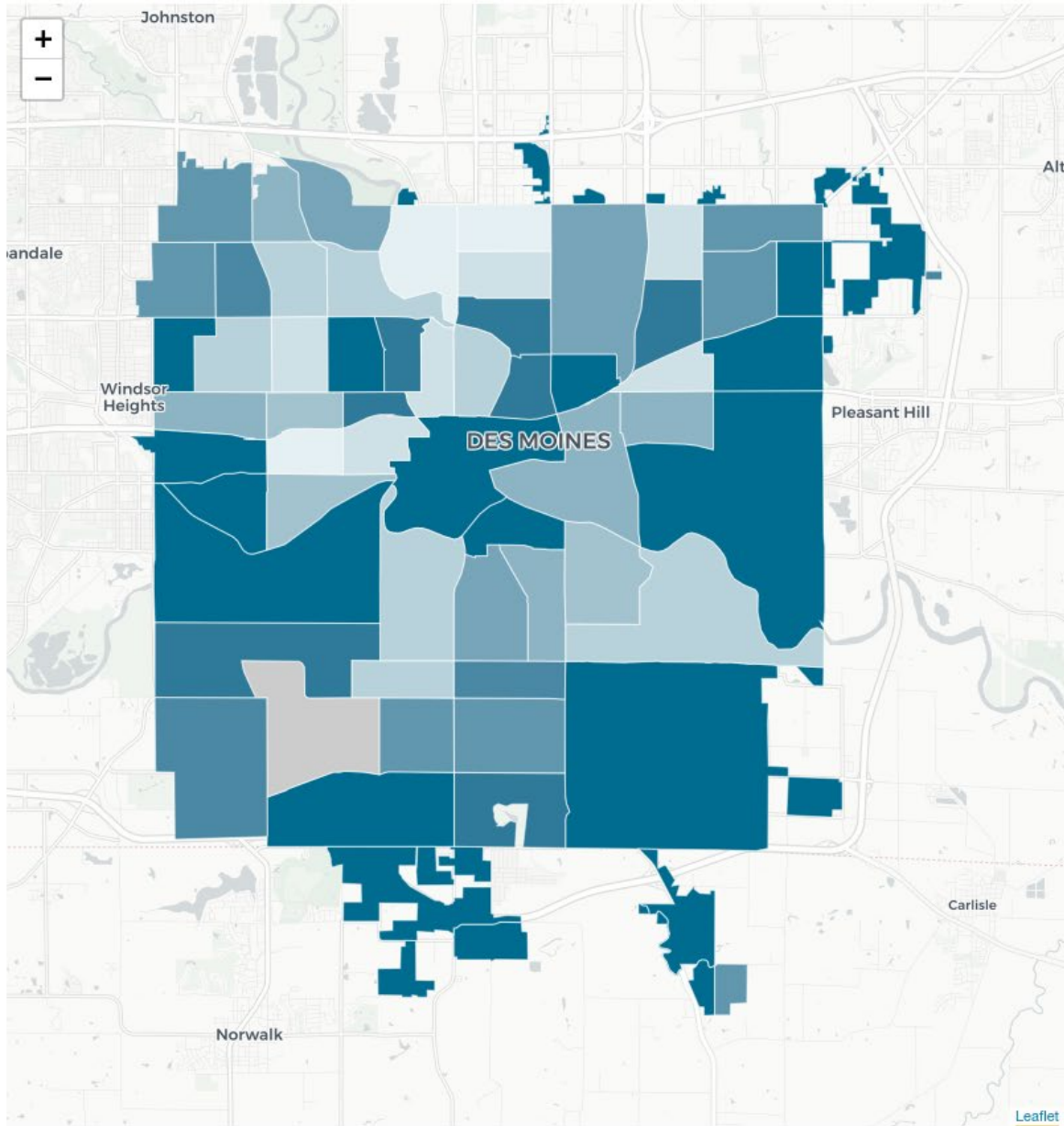
69.1% of Des Moines's residents had park access, compared to an average of 59.9% across the Dashboard's cities.

- City or census tract value
- Dashboard-City Average
- Present when value is better than Dashboard-City Average
- ✓ Better Outcomes



# Limited Access to Healthy Foods in Des Moines, IA

Source: City Health Dashboard; Data from Food Access Research Atlas, Economic Research Service, United States Department of Agriculture, 2015



63.9% of Des Moines's residents had limited access to healthy food, compared to an average of 63.9% across the Dashboard's cities.