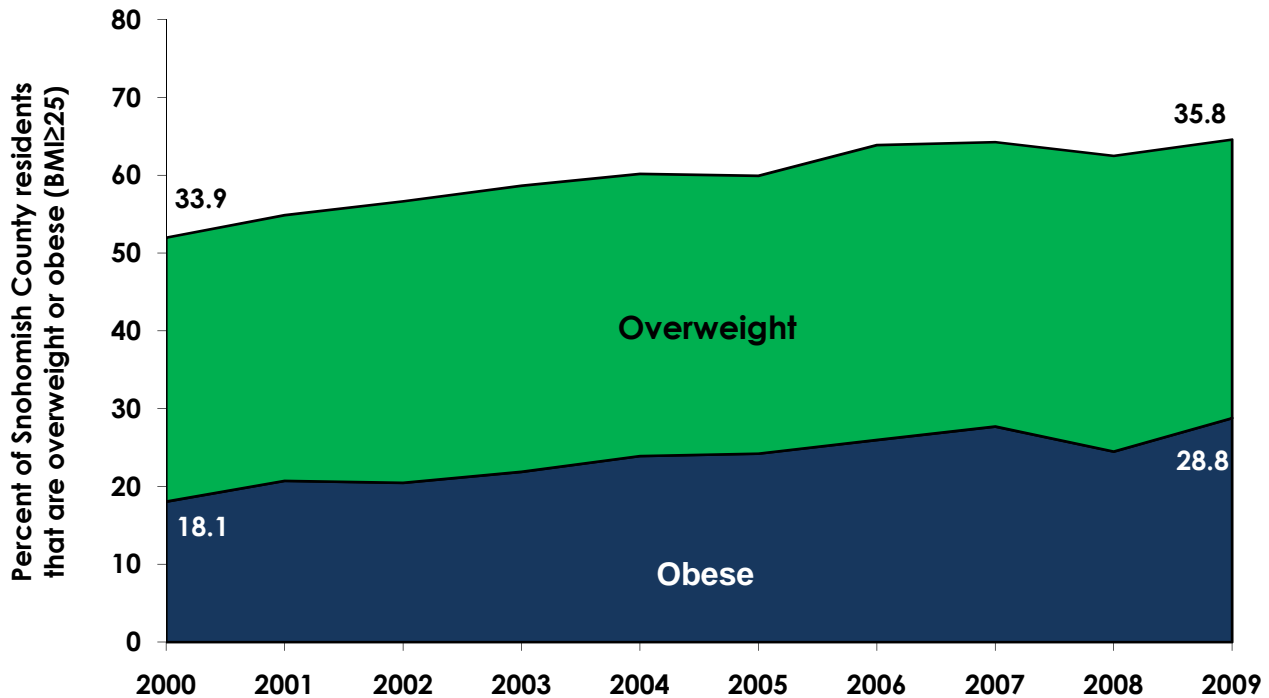


## Obesity and Overweight Snohomish County & Washington State 2000 - 2009

- Overweight but not obese is defined as having a body mass index (BMI) over 25.0 and less than 30.0. Obesity is defined as having a BMI of greater than or equal to 30.0.
- Between 2000 and 2009, the percentage of adult obesity in Snohomish County increased from 18.1% to 28.8%, but the percentage of the adult population that was overweight remained relatively stable.
- In 2009 the countywide and statewide obesity rates were similar.



Year	Snohomish County				Washington State	
	% overweight	95% C.I. <sup>1</sup>	% obese	95% C.I. <sup>1</sup>	% overweight	% obese
2000	33.9	(28.5, 39.8)	18.1	(13.8, 23.3)	36.3	18.8
2001	34.2	(30.7, 37.7)	20.7	(18.0, 23.8)	36.7	19.3
2002	36.2	(31.1, 41.6)	20.5	(16.8, 24.8)	37.7	21.3
2003	36.8	(34.6, 39.0)	21.9	(20.1, 23.8)	36.8	21.7
2004	36.3	(33.4, 39.3)	23.9	(21.4, 26.6)	36.2	22.2
2005	35.7	(33.4, 38.0)	24.2	(22.3, 26.3)	36.1	23.3
2006	37.9	(34.8, 41.1)	26.0	(23.3, 28.9)	36.5	24.2
2007	36.6	(34.2, 39.0)	27.7	(25.6, 29.9)	36.2	25.9
2008	38.0	(34.8, 41.2)	24.5	(21.9, 27.3)	35.8	26.0
2009	35.8	(32.6, 39.1)	28.8	(25.8, 31.8)	35.5	26.9

<sup>1</sup> 95% Confidence Interval: A confidence interval is a range of values that has a specified probability of containing the rate. Narrow confidence intervals indicate that rate is precisely estimated, while wider confidence intervals indicate that the estimated rate is less precisely estimated.