

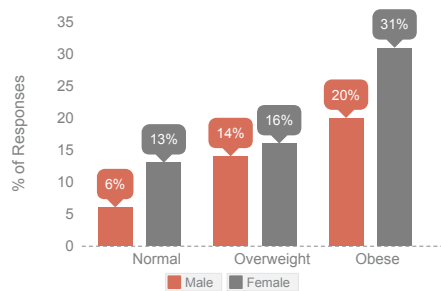
# Obesity

The Southern Plains Tribal Health Board Oklahoma Area Tribal Epidemiology Center conducted a Tribal Behavioral Risk Factor Surveillance System (TBRFSS) survey. Three hundred forty-six (346) surveys were completed by American Indian/ Alaska Natives (AI/ANs) adults, 18 years of age or older, from November 2015 to March 2016. Results may not be representative of all AI/ANs residing in these states, but rather representative of who attended the events and completed a survey.

Obesity is detrimental to health, and not just physical health. Overweight and obese people can have lowered self-esteem, mental health issues, and other chronic diseases, such as diabetes. In 2014, 33% of Oklahomans, 31.3% of Kansans, and 31.9% of Texans reported being obese. Minority populations experience obesity at higher percentages, especially minority women.

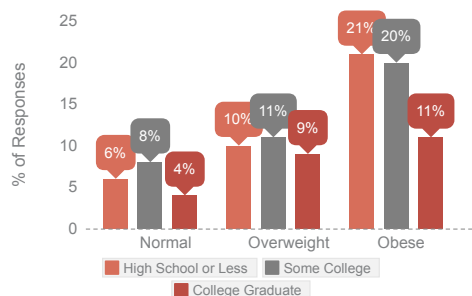
## Gender and Obesity

AI/AN women experience being overweight and obese at higher percentages than males.



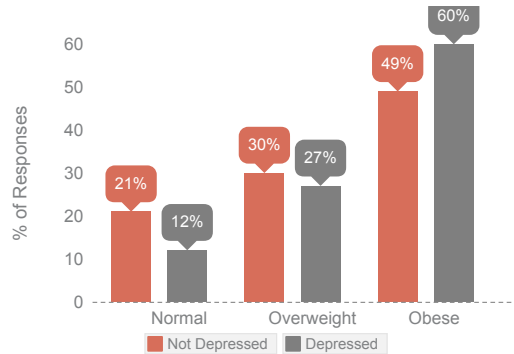
## Education Level and Obesity

National studies have found a relationship between education and obesity. Of the people who reported being obese, 21% had a college degree, 39% had some college education, and 40% had a high school education or less.



## Depression and Obesity

Obesity among depressed AI/ANs is 60%, which is 11% higher than non-depressed AI/ANs. Non-depressed AI/ANs report normal at higher percentages (9%) than depressed AI/ANs.



## Heart Attacks and Obesity

Obesity was found to have a significant association with heart attacks. No heart attacks were reported among normal weight AI/ANs. Out of 10 people who reported a heart attack, 9 of them were obese.

