

Iowa Behavioral Risk Factor Surveillance System (BRFSS)

Iowa Department of Public Health

2020 Survey Snapshot

Overweight and Obesity Status

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Among adult Iowans in 2020...

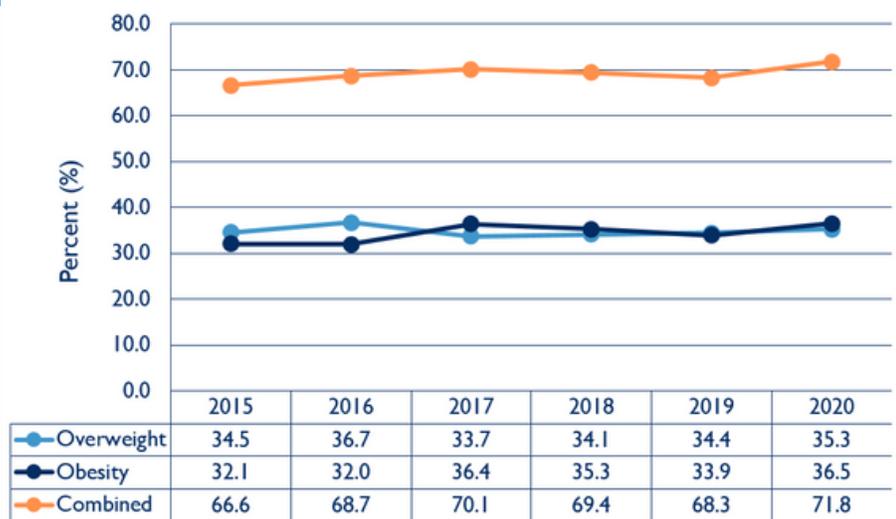
35.3% were overweight

36.5% were obese

Body mass index (BMI) is used to measure overweight and obesity status. A BMI of 25.0 to <30 falls within the overweight range. A BMI of 30.0 or higher falls within the obesity range. In the BRFSS, BMI is calculated from the self-reported height and weight of survey participants.

Overweight and Obesity Status by Year, 2015-2020

In recent years, the rates of overweight and obesity status in Iowa have increased:



Among adults with a lower annual household income, more were obese (42.1%) than overweight (24.2%).



Among adults with disabilities, 2 out of 5 (41.0%) were obese.

Health Risk Factors

Multiple levels of influence impact our health: individual, interpersonal, community, physical environment, and policy. The BRFSS primarily measures health-related factors at the individual level.

Low Physical Activity



46.5%

of Iowans who had no exercise outside of their regular job in the last 30 days were obese

Poor Mental Health



44.9%

of Iowans who reported 14 or more bad mental health days in the past month were obese

Poor Physical Health



50.9%

of Iowans who reported 14 or more bad physical health days in the past month were obese

Food Insecurity



47.3%

of Iowans who couldn't afford to eat balanced meals each month were obese

Excess Screen Time



43.8%

of Iowans who reported 5 or more hours of non-work related screen time per day were obese

Source: 2020 Iowa Behavioral Risk Factor Survey

The BRFSS is an annual, state-based telephone survey that collects data on chronic health conditions, health-related risk behaviors, use of clinical preventive practices, and health care access. BRFSS data are used to measure population health over time, design public health programming and policies, inform strategies to improve the health of Iowans, and track progress towards public health goals.

Visit <https://idph.iowa.gov/brfss> to view more 2020 Iowa Survey Findings



Or scan this QR code with a smart phone camera to be immediately directed to the Iowa BRFSS Brief: 2020 Survey Findings

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