

TABLE III.A.2.b:

**SELECTED STUDIES DESCRIBING THE PREVALENCE OF OVERWEIGHT IN  
NATIVE AMERICANS, 1981-1993**

Population	Source	Age	Year	Definition of Overweight *	Percentage		
					Total	Males	Females
Adults							
Native Americans, national	Self-report	18+	1987	a	33.7		40.3
Native Americans by region	Self-report	18+	1985-1988	a			
Southwest					30.0		28.5
Plains					27.8		35.7
West					22.7		26.8
Other regions					24.0		23.9
Alaskan Yup'ik Eskimos	Measured	18+	1987-1988	a	34.0		56.0
Alaskan Athabaskan Indians	Measured	18+	1987-1988	a	29.0		55.0
Cherokee Indians, NC	Measured	18-27	1982	c			59.1
Navajo Indians, NM & AZ	Measured	20+	1988	a	33.1	43.7	50.7
Navajo Indians, NM & AZ	Measured	20-74	1986-1987	d	42.1		54.7
Penobscot Indians, ME	Self-report	18+	1981	c		35.0	
Pima Indians, AZ	Measured	20-54	1981-1988	a	61-78		81-87
Zuni Indians, NM	Measured	55+	1981-1988	a	31-53		44-74
		20-39	1987	e	33.8	40.0	56.2
		40-59	1987	e	55.6	70.7	79.2

\* Definition of overweight and obesity used by NHANES/NCHS:

a=BMI≥85th% NHANES II reference population

b=Weight-for-age>95th NCHS reference population

c=>120% desirable weight for height, NHANES I

d=BMI > 85th% NHANES I reference population  
e=BMI > 27 kg/m<sup>2</sup> for males, BMI > 26 kg/m<sup>2</sup> for females

Source: Broussard et al. Toward comprehensive obesity prevention programs in Native American communities. *Obesity Res* 1995;3:289-97S. <sup>26</sup>