



HEALTHY KANSAS HOSPITALS

HEALTHY OPTIONS ARE THE ROUTINE, EASY CHOICE.



Health Data and Best Practices at Your Fingertips

The *Kansas Health Matters* website is intended to help individuals learn about the health of the community and how to improve it. It provides local, state and regional health data, demographics, promising practices and other resources.

Kansas Health Matters highlights programs and successes in Kansas and across the nation. If you want to improve the healthy in your community, you don't need to reinvent the wheel. Individuals can search for data and programs on numerous community health topics ... including healthy food and beverages.

For more, go to *Kansas Health Matters* at: www.kansashealthmatters.org.

Percent of Adults who are Obese	30.0% (2013)	US Value (28.9)	Prior Value (29.6)	HP 2020 Target (30.5)
Percent of Adults who are Overweight	35.3% (2013)	US Value (35.4)	Prior Value (34.8)	
Percent of Adults Who Reported Consuming Fruit Less than 1 Time Per Day	41.7% (2013)	US Value (39.2)	Prior Value (41.4)	
Percent of Adults Who Reported Consuming Vegetables Less than 1 Time Per Day	22.9% (2013)	US Value (23.1)	Prior Value (22.3)	



Find and visualize data faster with compelling icons, maps and graphs.

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Find Data Create Reports Explore Promising Practices Locate Resources and Funding Kansas Initiatives

Home > Community Dashboard > Percent of Adults who are Obese > State

Percent of Adults who are Obese

State: Kansas Measurement Period: 2013

This indicator shows the percentage of adults 18 years and older who are obese (body mass index ≥ 30 kg/m²).

NOTE: Estimates are not available for the counties with an insufficient sample.

Why is this important?
Obesity increases the risk of many diseases and health conditions including heart disease, type 2 diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems, and osteoarthritis. Losing weight and maintaining a healthy weight help to prevent and control these diseases. Obesity leads to significant economic costs due to increased healthcare spending and lost earnings.

State: Kansas

VALUE: **30.0** Percent

Source: Kansas Department of Health and Environment (2013)
Measurement period: 2013
Maintained by: Kansas Department of Health and Environment
Last update: January 2015

COMPARED TO

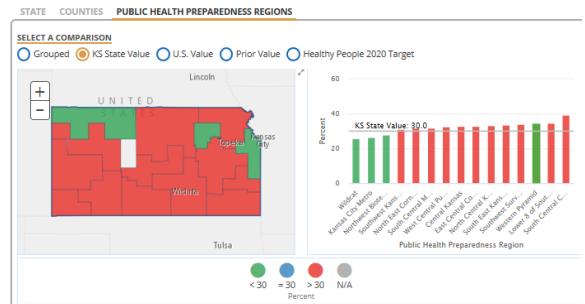
- US Value (28.9)
- Prior Value (29.6)
- HP 2020 Target (30.5)

Technical note: NOTE: Estimates are not available for the counties with an insufficient sample.

Graph Selections

INDICATOR VALUES

Change over Time



The Promising Practices database informs individuals about documented approaches to improving community health and quality of life.

- 5 Gallons of Disaster Preparedness** (Harvey County, Kansas)
- LOCAL**
- Filed under [Local](#), [Good Idea](#), [Public Safety / Emergency Planning & Response](#), [Children](#), [Adults](#), [Families](#), [Racial/Ethnic Minorities](#)
- GOAL:** The program's primary goal is to prepare the Harvey County community for a disaster. It also seeks to increase outreach to minority communities and recruit volunteers for the MRC.
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- DTaP Drop-off Quality Improvement Project** (Wilson County, KS)
- LOCAL**
- Filed under [Local](#), [Good Idea](#), [Health / Immunizations & Infectious Diseases](#), [Children](#), [Families](#), [Rural](#)
- GOAL:** The goal of this program was to increase full DTaP series vaccination in Wilson County, Kansas.
- IMPACT:** Immunization completion rates increased from 70% to 82% after implementation.
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- Fall Prevention** (Dickinson County, Kansas)
- LOCAL**
- Filed under [Local](#), [Good Idea](#), [Health / Older Adults & Aging](#), [Adults](#), [Women](#), [Men](#), [Elderly/Rural](#)
- GOAL:** To reduce the risk of falls among residents over 65 years of age through education in fall awareness and prevention.
- IMPACT:** After the program, participants spoke with healthcare providers regarding dizziness and medication side effects, scheduled overdue eye exams, and implemented home safety ideas to reduce the risk of falling.

Home > Promising Practices > Project ALIVE: A Lifetime Intervention Via Email

Project ALIVE: A Lifetime Intervention Via Email

An Evidence-Based Practice

RELATED PROMISING PRACTICES

- 1 Pasos Adelante
- 2 Be Active Kids®
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Description

Project ALIVE is a cost-effective strategy encourage healthy eating and increase regular physical activity among participants. Participants receive e-mails providing individually tailored small-step goals, education materials, a personal homepage, and tracking and simulation tools. Self-reported changes in physical activity and diet in the intervention group show significant improvement over a control group. The study was conducted by the Kaiser Permanente Research Group in collaboration with Block Dietary Data Systems and funded by the Centers for Disease Control.

Goal / Mission

The goal of Project ALIVE is to encourage healthy eating and physical activity.

Results / Accomplishments

A randomized controlled trial of 787 volunteers showed that the intervention group reported significant increases in moderate physical activity (28 min/week), vigorous physical activity (12.5 min/week) and walking (21.5 min/week) when compared to the control group. Those that received e-mails significantly decreased their intake of saturated and trans fats, and increased the number of fruits and vegetables they ate. Participants who were below baseline recommendations at the onset of the study saw the most improvement. Behavioral differences between the intervention and control groups persisted four months following the trial.

About this Promising Practice

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Categories

Health / Exercise, Nutrition, & Weight

Organization(s)

Kaiser Permanente Division of Research