

C2: Assessing Obesity and Overweight in American Indian Adults: Opportunities and Challenges for Measurement and Tracking

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Obesity is a growing problem among American Indians and Alaska Natives (AI/AN) and accurate clinical data on weight status is essential for both patient care and programmatic planning. Currently, published data on obesity status and treatment from the IHS is limited to those with a diagnosis of diabetes. In light of the increased focus on diabetes prevention, a better understanding of the data quality issues in those at high risk for developing diabetes is needed.

We reviewed the literature for evidence-based measures of weight status in AI/AN populations. We also queried the IHS National Data Warehouse database to examine the burden of obesity and overweight in AI/AN population according to diabetes status and selected demographics.

Data on the burden of overweight and obesity among adults in IHS by age group, gender, and geographic region will be presented. We will also provide recommendations for practical, evidenced-base, clinical measures for assessing weight status among AI/AN adults. The quality of IHS data for weight measurements, obesity diagnosis, and obesity treatment among adults by IHS region will be reported. The presentation will review opportunities and strategies for improving data related to weight monitoring, and obesity diagnosis and treatment. Examples of clinical case studies utilizing IHS weight measures and data will be provided.