

Overweight/Obesity

2025 Alaska Native Health Fact Sheet | Morbidity



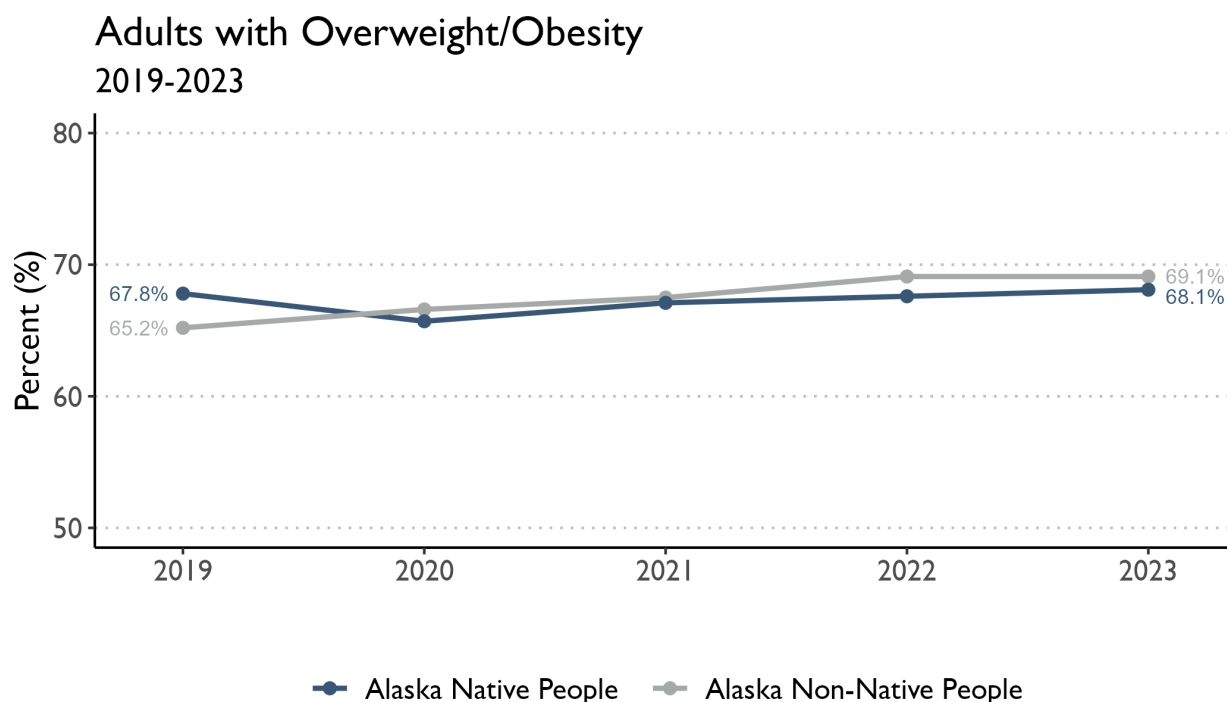
ALASKA NATIVE
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Definition

Adult overweight/obesity is measured for persons aged 18 years and older having a body mass index of 25.0 kg/m² or more. Overweight/obesity is an important risk factor for chronic diseases and other health problems such as heart disease, cancers, high blood pressure, type 2 diabetes, stroke, and respiratory problems.

Summary

- During 2019-2023, 67.3% of Alaska Native adults reported having overweight/obesity according to their BMI. This was lower than non-Alaska Native adults (67.8%), although the difference is not statistically significant.
- The percent of overweight/obese Alaska Native and non-Alaska Native adults has increased between 2019 and 2023, although the difference is not statistically significant.
- During 2019-2023, the percent of Alaska Native adults with overweight/obesity varied by Tribal health region, ranging from 53.5% to 75.9%.

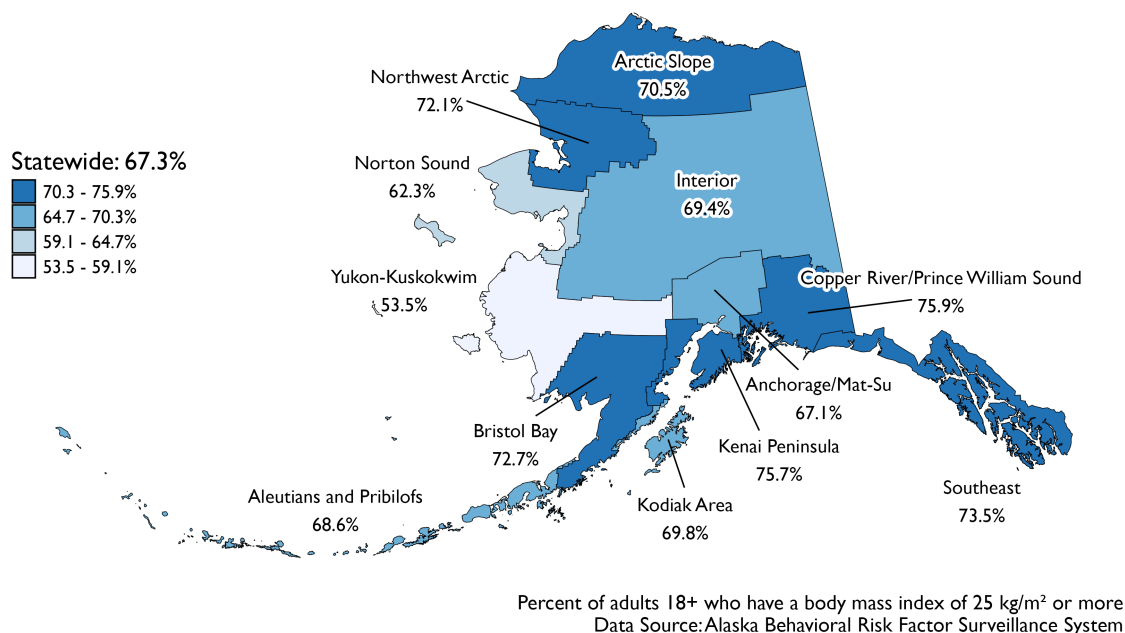


Percent of adults 18+ who have a body mass index of 25 kg/m² or more
Data Source: Alaska Behavioral Risk Factor Surveillance System

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Adults with Overweight/Obesity Alaska Native People, 2019-2023



Adults with Overweight/Obesity | Statewide | By Year

Year	Alaska Native People		Non-Alaska Native People	
	Percent (%)	95% CI	Percent (%)	95% CI
2019	67.8%	(61%-73.9%)	65.2%	(62.2%-68.2%)
2020	65.7%	(60.3%-70.6%)	66.6%	(63.7%-69.4%)
2021	67.1%	(61.5%-72.2%)	67.5%	(65.4%-69.6%)
2022	67.6%	(63.1%-71.8%)	69.1%	(67.1%-70.9%)
2023	68.1%	(63.7%-72.2%)	69.1%	(67.1%-71%)

CI: confidence interval

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Adults with Overweight/Obesity | By Region | 2019-2023

Tribal Health Region	Alaska Native People	
	Percent (%)	95% CI
Statewide	67.3%	(65.1%-69.6%)
Copper River/Prince William Sound	75.9%	(58.6%-87.5%)
Kenai Peninsula	75.7%	(67.7%-82.2%)
Southeast	73.5%	(68.5%-77.9%)
Bristol Bay	72.7%	(62.9%-80.7%)
Northwest Arctic	72.1%	(60.8%-81.2%)
Arctic Slope	70.5%	(59.1%-79.8%)
Kodiak Area	69.8%	(55%-81.4%)
Interior	69.4%	(64.1%-74.2%)
Aleutians and Pribilofs	68.6%	(47.6%-84%)
Anchorage/Mat-Su	67.1%	(62.3%-71.5%)
Norton Sound	62.3%	(52.9%-70.8%)
Yukon-Kuskokwim	53.5%	(45.6%-61.2%)

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