

# Alabama Obesity, Physical Activity, and Nutrition State Profile



## Introduction

---

This profile provides a snapshot of obesity, physical activity, and nutrition in **Alabama** for adults with disabilities.

In **2012**, **28.9%** of adults in **Alabama** reported having a disability, compared with **21.4%** in the **United States and Territories**. For selected demographic groups, the percentage of disability in **Alabama** in **2012** was:

- **18.8%** among adults 18-44 years of age,
- **38.6%** among adults 45-64 years of age,
- **43.1%** among adults 65 years of age or older,
- **27.7%** among men, and
- **29.8%** among women.

The following tables contain information for adults with and adults without disabilities on five indicators: body mass index, aerobic physical activity, physical activity guidelines, fruit consumption, and vegetable consumption. For each indicator, the disparity is the percentage point difference between adults with and without disabilities. Generally, a p-value <0.05 indicates the disparity is statistically significant (i.e., the disparity is likely not equal to zero).

Indicator (year)	Adults with disabilities	Adults without disabilities	Disparity	p-value
Obese based on body mass index (2012)	39.7%	29.4%	10.3	0.000
Sufficient aerobic physical activity (2011)	33.6%	47.0%	-13.4	0.000
Meets both aerobic and muscle strengthening physical activity guidelines (2011)	10.9%	17.5%	-6.6	0.000
Ate fruit 1 or more times per day (2011)	54.4%	56.5%	-2.1	0.325
Ate vegetables 1 or more times per day (2011)	75.7%	75.8%	-0.1	0.965

## Body Mass Index

In **Alabama** in **2012**, **39.7%** of adults with disabilities were obese, based on body mass index (BMI) calculated from self-reported weight and height ( $\text{kg}/\text{m}^2$ ), compared with **29.4%** of adults without disabilities. This is a disparity of **10.3** percentage points. The p-value is **0.000**. The table shows these estimates along with those for adults who were overweight and those who were under or normal weight, compared with the United States and Territories.

	Alabama	U.S. & Territories
<b>Obese (BMI <math>\geq 30.0</math>)</b>		
Adults with disabilities	39.7%	38.4%
Adults without disabilities	29.4%	24.4%
Disparity	10.3	14.0
p-value	0.000	0.000
<b>Overweight (BMI 25.0–29.9)</b>		
Adults with disabilities	30.2%	31.2%
Adults without disabilities	36.3%	36.7%
Disparity	-6.1	-5.5
p-value	0.002	0.000
<b>Under or normal weight (BMI <math>&lt; 25.0</math>)</b>		
Adults with disabilities	30.1%	30.4%
Adults without disabilities	34.3%	39.0%
Disparity	-4.2	-8.5
p-value	0.037	0.000

## Aerobic Physical Activity

In **Alabama** in **2011**, **33.6%** of adults with disabilities reported sufficient aerobic physical activity, compared with **47.0%** of adults without disabilities. This is a disparity of **-13.4** percentage points. The p-value is **0.000**. The table shows these estimates along with those for adults who reported insufficient activity or inactivity, compared with the United States and Territories.

	Alabama	U.S. & Territories
Sufficiently active		
Adults with disabilities	33.6%	42.7%
Adults without disabilities	47.0%	54.5%
Disparity	-13.4	-11.8
p-value	0.000	0.000
Insufficiently active		
Adults with disabilities	26.4%	20.9%
Adults without disabilities	22.6%	21.5%
Disparity	3.8	-0.6
p-value	0.049	0.089
Inactive		
Adults with disabilities	40.0%	36.3%
Adults without disabilities	30.4%	23.9%
Disparity	9.6	12.4
p-value	0.000	0.000

## Physical Activity Guidelines

In **Alabama** in **2011**, **10.9%** of adults with disabilities reported meeting both aerobic and muscle strengthening physical activity guidelines, compared with **17.5%** of adults without disabilities. This is a disparity of **-6.6** percentage points. The p-value is **0.000**. The table shows these estimates along with those for adults who reported meeting the aerobic guideline only, the muscle strengthening guideline only, or neither guideline, compared with the United States and Territories.

	Alabama	U.S. & Territories
Meets both aerobic and muscle strengthening		
Adults with disabilities	10.9%	15.7%
Adults without disabilities	17.5%	22.4%
Disparity	-6.6	-6.7
p-value	0.000	0.000
Meets aerobic only		
Adults with disabilities	23.0%	27.3%
Adults without disabilities	29.8%	32.4%
Disparity	-6.7	-5.1
p-value	0.000	0.000
Meets muscle strengthening only		
Adults with disabilities	9.4%	9.5%
Adults without disabilities	10.2%	8.6%
Disparity	-0.8	0.9
p-value	0.553	0.001
Meets neither		
Adults with disabilities	56.6%	47.5%
Adults without disabilities	42.5%	36.6%
Disparity	14.1	11.0
p-value	0.000	0.000

## Fruit Consumption

In **Alabama** in **2011**, **54.4%** of adults with disabilities reported they ate fruit 1 or more times per day (i.e., fruit consumption), compared with **56.5%** of adults without disabilities. This is a disparity of **-2.1** percentage points. The p-value is **0.325**. The table shows these estimates compared with the United States and Territories.

	Alabama	U.S. & Territories
Adults with disabilities	54.4%	57.8%
Adults without disabilities	56.5%	63.1%
Disparity	-2.1	-5.3
p-value	0.325	0.000

## Vegetable Consumption

In **Alabama** in **2011**, **75.7%** of adults with disabilities reported they ate vegetables 1 or more times per day (i.e., vegetable consumption), compared with **75.8%** of adults without disabilities. This is a disparity of **-0.1** percentage points. The p-value is **0.965**. The table shows these estimates compared with the United States and Territories.

	Alabama	U.S. & Territories
Adults with disabilities	75.7%	75.3%
Adults without disabilities	75.8%	78.0%
Disparity	-0.1	-2.7
p-value	0.965	0.000

## Notes

1. All data are from the Behavioral Risk Factor Surveillance System (<http://www.cdc.gov/BRFSS/>). Beginning in 2011, BRFSS made changes to both the sampling and weighting methodologies used. As such, estimates from 2011 and beyond are not comparable to estimates prior to 2011.
2. Estimates are for adults 18 years of age or older unless otherwise indicated.
3. Most estimates are age-adjusted to the 2000 U.S. standard population, with the exception of estimates stratified by age.
4. P-values are available beginning with the 2011 BRFSS data.
5. Refer to the [Health Topic Data Guide](#) and [Methods](#) for more information on the indicators.
6. DS = Data suppressed; NA = Not available.



Centers for Disease  
Control and Prevention  
National Center on Birth Defects  
and Developmental Disabilities