

WHO Navigation:

- 1) Go to the WHO website: <https://www.who.int/>
- 2) Go to the “Data” drop down menu and choose the “Global Health Observatory.”
- 3) Obesity:
 - a. Open the “Indicators” page and open the “Nutrition” dropdown menu.
 - b. Under this menu, open the “Body mass index (BMI)” dropdown menu and open the “Prevalence of obesity among adults, BMI ≥ 30 (age-standardized estimate) (%)” link. Direct link: [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-obesity-among-adults-bmi-=-30-\(age-standardized-estimate\)-\(-\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-obesity-among-adults-bmi-=-30-(age-standardized-estimate)-(-))
 - c. This will take you to the map. Open the symbol for “Data (Fig. 1).”
 - d. To narrow down, click on “Filter” (Fig. 2) and choose “Latest” for the year and “Both Sexes” for the sex. Click “Apply (Fig. 3).” This provides the most recent data (Fig. 4).



Fig. 1



Fig. 2

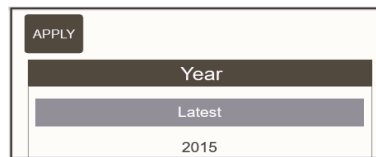


Fig. 3

Indicator	Prevalence of obesity
Period	2016
Location	▲
Afghanistan	5.5 [3.4 – 8.1]
Albania	21.7 [17 – 26.7]

Fig. 4

CDC Website Navigation:

- 1) Go to the Centers for Disease Control website: www.cdc.gov
- 2) To collect data on risk factors, open the link for “Data & Statistics”, then open the link for “Overweight and Obesity.”
- 3) Scroll down below the map to “Additional Resources” and then click on “Behavioral Risk Factor Surveillance System (BRFSS).” This page offers a wide variety of risk factor data options.

Risk Factor Data Collection and Spreadsheet Creation:

- 1) Under the heading for “Prevalence Data and Data Analysis Tools” open the link for “Prevalence and Trends Data.” This takes you to an interactive website. Here is the direct link: <https://www.cdc.gov/brfss/brfssprevalence/index.html>
- 2) In the interactive box, make the following choices:
 - a. In the box for “States & Territories” choose “All States and DC.”
 - b. In the box for “Class” choose “Overweight and Obesity.”
 - c. In the box for “Topic” Choose “BMI Categories.”
 - d. Click on “Go.”

- 3) Make the following choices in the next set of boxes that appear:
 - a. For “Year,” choose most recent year data was collected.
 - b. For “View” choose “Overall.”
 - c. For “Response” choose “Obese.”
 - d. For “Data type” choose “Age-adjusted Prevalence.”
- 4) Go to the upper right corner of the page and open the indicated icon to see the data in spreadsheet format (Fig. 1).
- 5) Open the indicated icon to download the spreadsheet (Fig. 2 and 3).



Fig. 1



Fig. 2

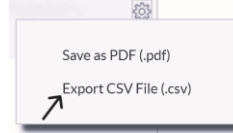


Fig. 3

- 6) Your downloaded spreadsheet should look something like this (Fig. 4). The columns indicated with arrows are the only ones you need (Fig. 5). Proceed to simplify your spreadsheet by removing all the other columns and rows (Fig. 6).

	A	B	C	D	E	F	G	H	I	J	K	L
1	ID	Year	LocationA	LocationD	Class	Topic	Indicator	Response	DataSourc	Data_Valu	Data_Valu	Data_Valu
2	4619594	2021	AL	Alabama	Overweight	BMI Categ	Weight cla	Obese (BN	BRFSS	%	Age-adjus	40.4
3	4617391	2021	AL	Alabama	Overweight	BMI Categ	Weight cla	Overweight	BRFSS	%	Age-adjus	31
4	4615517	2021	AL	Alabama	Overweight	BMI Categ	Weight cla	Normal W	BRFSS	%	Age-adjus	26.9
5	4614626	2021	AL	Alabama	Overweight	BMI Categ	Weight cla	Underweij	BRFSS	%	Age-adjus	1.8

Fig. 4

	A	B	C	D	E	F	G	H	I	J	K	L
1	ID	Year	LocationA	LocationD	Class	Topic	Indicator	Response	DataSourc	Data_Valu	Data_Valu	Data_Valu
2	4619594	2021	AL	Alabama	Overweight	BMI Categ	Weight cla	Obese (BN	BRFSS	%	Age-adjus	40.4
3	4617391	2021	AL	Alabama	Overweight	BMI Categ	Weight cla	Overweight	BRFSS	%	Age-adjus	31
4	4615517	2021	AL	Alabama	Overweight	BMI Categ	Weight cla	Normal W	BRFSS	%	Age-adjus	26.9
5	4614626	2021	AL	Alabama	Overweight	BMI Categ	Weight cla	Underweij	BRFSS	%	Age-adjus	1.8

Fig. 5

	A	B	C
1	LocationDesc	Response	Data_Value
2	Alabama	Obese (BMI 30.0 - 99.8)	40.4
3	Alabama	Overweight (BMI 25.0-29.9)	31
4	Alabama	Normal Weight (BMI 18.5-24.9)	26.9
5	Alabama	Underweight (BMI 12.0-18.4)	1.8

Fig. 6

- 7) Use the “Sort & Filter” function on your spreadsheet to arrange your data in terms of the “Response” column (Fig. 7).
- 8) Proceed to remove all rows other than those with the “Obese” response (Fig. 8).
- 9) Finally, replace the “Data Value” column label with “Obese” and remove the “Response” column. Your spreadsheet should now have only two columns (Fig. 9).

	A	B	C
1	LocationDesc	Response	Data_Value
2	Alabama	Normal Weight (BMI 18.5-24.9)	26.9
3	Alaska	Normal Weight (BMI 18.5-24.9)	31.2

Fig. 7

	A	B	C
1	LocationDesc	Response	Data_Value
2	Alabama	Obese (BMI 30.0 - 99.8)	40.4
3	Alaska	Obese (BMI 30.0 - 99.8)	33.4

Fig. 8

	A	B
1	LocationDesc	obese
2	Alabama	40.4
3	Alaska	33.4

Fig. 9