



## **OBESITY IN AMERICA**

### **OVERVIEW**

- According to CDC, the disease of obesity affects about 78 million Americans<sup>1</sup> and the ASMBS estimates about 24 million have severe or morbid obesity
- Obesity, categorized as a body mass index (BMI) of 30 or more, is linked to more than 40 diseases including type 2 diabetes, heart disease, stroke, osteoarthritis and cancer<sup>2,3</sup>
- Obesity is associated with a 50-100% increased risk of premature death compared to healthy weight individuals<sup>4</sup>
  - Median survival is reduced by two-to-four years for individuals with BMI 30-35
  - Median survival is reduced by eight-to-ten years for individuals with BMI 40-45 (comparable to smoking)
- Weight loss, as modest as 5 to 15% of total body weight in a person who is overweight or has obesity, reduces the risk factors for some diseases, particularly heart disease<sup>5</sup>
- U.S. economic costs of the disease of obesity were \$270 billion in 2011 and \$72 billion for overweight individuals<sup>6</sup>

### **PREVALENCE – GROWING EPIDEMIC**

According to the Centers for Disease Control and Prevention (CDC) more than one-third (34.9%) of all U.S. adults are obese,<sup>7</sup> and the rate of adult obesity in the U.S. nearly tripled from 1960-2010<sup>8</sup>

- Non-Hispanic whites have the lowest age-adjusted rates of obesity (34.3%) compared with all Hispanics (39.1%), Mexican Americans (40.4%) and non-Hispanic blacks (49.5%)<sup>9</sup>
- CDC reports no state had a prevalence of obesity less than 20% in 2012<sup>10</sup>
  - 25% or more in 28 states
  - 30% or more in 13 states
  - Colorado the lowest (20.5%) and Louisiana the highest (34.7%)<sup>11</sup>
- CDC projects 42% of the population will suffer from obesity by 2030, a 33% increase in prevalence over the next two decades<sup>12</sup>
  - 11% of the population will suffer from severe obesity, accounting for a 130% increase

### **OBESITY AND MEDICAL COMMUNITY**

- In June 2013, the American Medical Association, the nation's largest physician group, recognized obesity "as a disease state with multiple pathophysiological aspects requiring a range of interventions to advance obesity treatment and prevention"<sup>13</sup>
- The ASMBS officially recognized obesity as a disease when it endorsed a 2008 position statement from The Obesity Society (TOS) declaring obesity a disease<sup>14</sup>

- Other organizations classifying obesity as a disease include the American Association for Clinical Endocrinology (2012), the Centers for Medicare and Medicaid Services (2004), the Social Security Administration (1999) and the National Institutes of Health (1998)
- Agency for Healthcare Research and Quality 2011 *National Healthcare Disparities Report* found, despite rising obesity rates, less patients are being informed that they are obese or overweight by their health care professionals,<sup>15</sup> which may be a contributor to Americans using preventive care services at about half the recommended rate

## **RISKS OF OBESITY – BMI 30 IS TURNING POINT FOR INCREASED DISEASE**

- BMI is a strong predictor of overall mortality,<sup>16</sup> and is associated with a 50-100% increased risk of premature death compared to healthy weight individuals<sup>17</sup>
- BMI 30-35 is associated with a reduction in median survival by two-to-four years<sup>15</sup>
- People who are suffering from obesity or are overweight have an increased risk of developing more than 40 diseases and health conditions including:<sup>18,19</sup>
  - Type 2 diabetes
  - Types of cancer
  - Infertility
  - Sleep apnea
  - Gallstones
  - Liver disease and gallbladder disease
  - Orthopedic problems
  - High blood pressure, high cholesterol, heart disease and stroke

### *Obesity and Cancer*

- Several cancers, including esophagus, pancreas, colon and rectum, breast, endometrium, kidney, thyroid and gallbladder, are linked to obesity<sup>20</sup>
  - Obesity caused approximately 50,500 new cancer cases in women and 34,000 in men in 2007
  - By 2030, the number is expected to rise to 500,000 new cases in the U.S.
- Excess weight and lack of sufficient physical activity causes between 25% to 33% of common cancers in the U.S. and other industrialized nations, according to the International Agency for Research on Cancer<sup>21</sup>

## **ECONOMICS OF OBESITY**

- Study by Society of Actuaries showed obesity costs the U.S. economy \$270 billion per year<sup>22</sup>
  - Attributed to increased need for medical care, and loss of economic productivity resulting from excess mortality and disability due to the rise in the economic costs associated with patients suffering from being overweight and obesity

## **SCIENCE OF OBESITY**

- Obesity causes chronic inflammation as weight increases<sup>23</sup>
  - Excess fat cells release biochemicals that lead to inflammation, which can result in heart disease, hypertension and type 2 diabetes<sup>24</sup>
- Contributing factors to obesity include genetics, metabolism, behavior, environment and economic status<sup>25</sup>

## BODY MASS INDEX (BMI)

- Body mass index (BMI) is a measure of body fat based on the calculation of a person's height and weight<sup>26</sup>
- To calculate BMI visit: <http://asmbs.org/calculate-your-bmi/>
- To view what your BMI means, visit: [http://www.nhlbi.nih.gov/guidelines/obesity/bmi\\_tbl.pdf](http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.pdf)

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