

# Obesity in America By the Numbers

A **third** of American adults are overweight. **Another third** are obese. Combined, **68.8 percent** of U.S. adults are either overweight or obese.

- CDC



Obesity is a contributing factor in **five of the top 10** contributing factors of death: heart disease, cancer, stroke, diabetes, kidney disease.

- CDC



Losing as little as **5 to 7 percent** of a person's total weight lowers blood pressure, improves blood sugar levels and lowers diabetes by nearly **60 percent** in people with prediabetes.



The average size of a bagel more than **doubled** between **1983** and **2003**, going from a **three-inch** diameter and containing **140** calories to a **six-inch** diameter with **350** calories.



- National Heart Lung and Blood Institute

In **2009**, roughly **94 percent** of schools served a lunch that failed to meet federal standards for healthy school meals. **80 percent** of the lunches served in those schools exceeded federal recommendations for total fat and saturated fat.



- USDA survey

**1 in 3** children born in the year **2000** will develop diabetes sometime in their life.



- Dr. William Dietz, director of the Division of Nutrition, Physical Activity and Obesity, CDC.



Someone with diabetes costs on average **\$6,600** more per year to care for than someone without diabetes. Collectively diabetes costs about **\$150 billion** per year. Someone who is obese costs on average more than **\$1,400** more to care for per year than someone who is not obese.

- Thomas Frieden CDC



At the current rates of increase, obesity related health care costs are expected to exceed **\$300 billion** by **2018** -- more than **double** the **\$147 billion** reported in **2008**.



Workers who are obese are less likely to be promoted than their fit peers. For women, it's about **11 percent** less than women of healthy weight, health economist John Cawley of Cornell University found. At the average weekly U.S. wage of **\$669** in **2010**, that's a **\$76** weekly obesity tax.

- Reuters



Obesity-related absenteeism costs employers as much as **\$6.4 billion** a year, health economists led by Eric Finkelstein of Duke University calculated.