

## ***Obesity is a pandemic!***

Obesity is common, serious, and costly. In 2009, about 2.4 million more adults were obese than in 2007. This epidemic has affected every part of the United States. In every state, more than 15% of adults are obese, and in nine states, over 30% of adults are obese. The medical care costs of obesity in the United States are staggering.

Recent estimates of the annual medical costs are as high as \$147 billion. More efforts are needed, and new federal initiatives are helping to change our communities into places that strongly support healthy eating and active living. (From CDC)

Obesity means having excess body fat. Obesity is defined by body mass index, or BMI, which is calculated from your height and weight. BMI greater than or equal to 30 means you are obese. Non-Hispanic black women and Hispanics have the highest rates of obesity (41.9% and 30.7%). Obesity is a contributing cause of many other health problems, including heart disease, stroke, diabetes, and some types of cancer.

These are some of the leading causes of death in the U.S. Obesity can cause sleep apnea and breathing problems and make activity more difficult. Obesity can also cause problems during pregnancy or make it more difficult for a woman to become pregnant. Obese persons require more costly medical care. This places a huge financial burden on our medical care system. (From CDC)

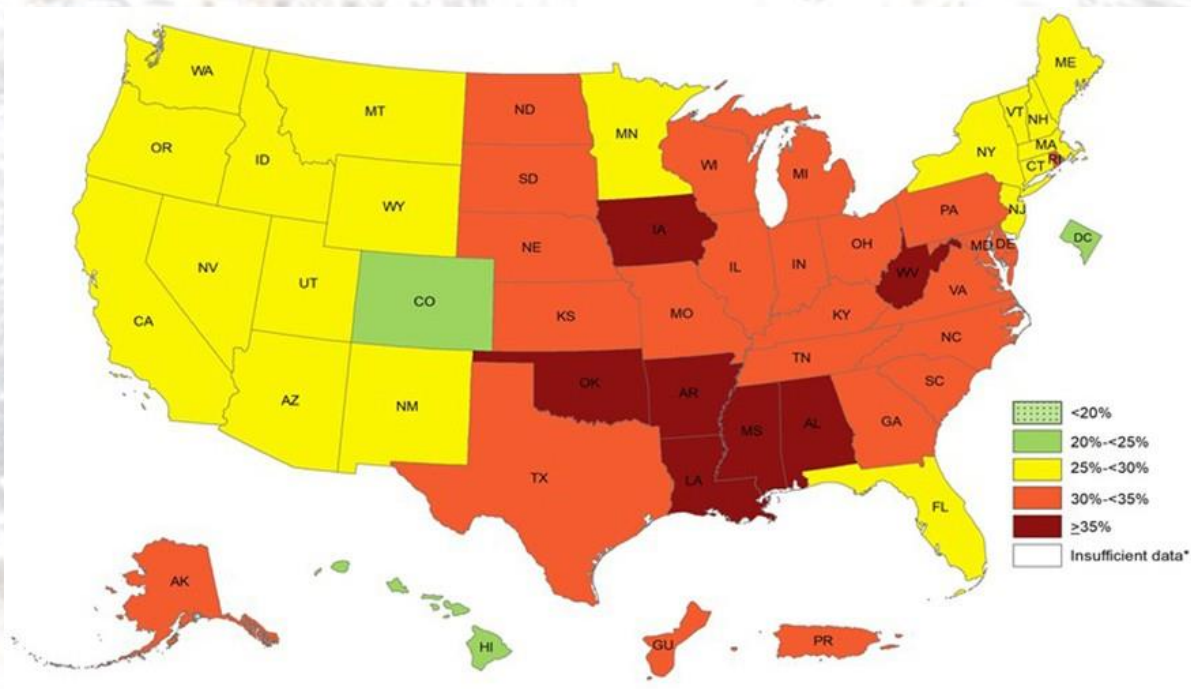
## ***What is happening?***

There are so many factors that are contributing to this epidemic. People are eating more on average and doing less and less physical activity. Increased “bad” foods easily available (soft drinks, alcohol, processed foods, fast foods, etc.). Serving sizes have increased. We are eating WAY too much sugars and refined carbohydrates. The bad food tends to be a lot cheaper than the healthier lifestyle. Sedentary behavior is a way of life; we tend to sit more, stay on electronics longer, and enjoy the conveniences of automated systems and online living (we literally don’t have to move anymore!) Another reason is that we just do not receive quality health and wellness education and a non-existent health care system due to the overwhelming rise in chronic diseases (most relate to obesity) and the reliance on just giving a “pill” for every ailment instead of fixing the root cause.

## ***Statistics***

- 2nd leading cause of unnecessary deaths (Over 350,000 deaths annually in the U.S and 2.8 million globally)
- Over 75 million U.S. adults, more than a 3<sup>rd</sup> of the population are obese (41.9% in 2020)
- Prevalence of obesity has **tripled** since 1976
- More alarming is 17% of children are obese.
- Over 190 billion dollars is annual medical costs due to obesity
- Since 1960, the average weight of adults has risen nearly 30 pounds
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer that are some of the leading causes of preventable, premature death

**2017 Prevalence of Self-Reported Obesity among U.S. Adults (National goal is <15% and NO state is at the goal!)**



## ***What can you do?***

What can we do? We can start by educating ourselves; think of when you are buying a car, or a home; we research options, prices, colors, etc. We don't rush into purchases of these large priced items because we need to live with these purchases for a long time. If that is true of our purchases, doesn't your body and your health deserve the same effort? Make your health a priority. Do your research; think about what we are putting into our bodies; eliminate the excessive sugars, refined grains, and processed garbage. Eat real whole foods. Make an effort to move more (at least 150 minutes a week of moderate exercise), if not at a gym or formal workouts, then maybe walking. Maybe not park so close to a store; maybe go into the store instead of a drive thru; maybe shop at a store instead of online; eliminate bad habits (smoking, drinking, etc.).

