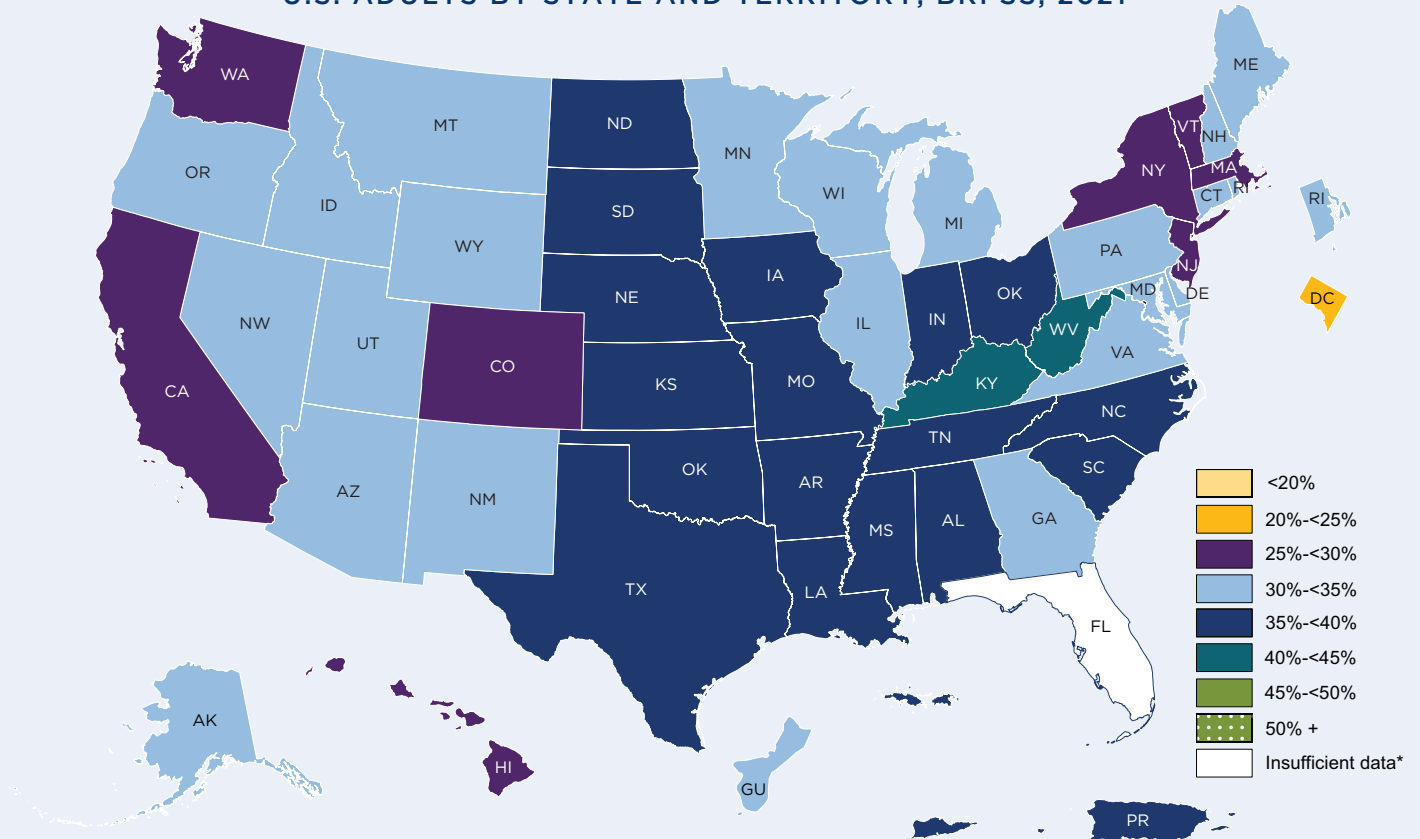


# OBESITY

## FACTS AND FIGURES

PREVALENCE OF SELF-REPORTED OBESITY AMONG U.S. ADULTS BY STATE AND TERRITORY, BRFSS, 2021<sup>1</sup>

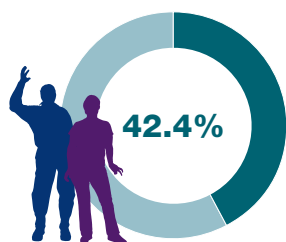


Source: [Behavioral Risk Factor Surveillance System](https://www.cdc.gov/behavioral-risk-factor-surveillance-system/)

\*Sample size <50, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.

## PREVALENCE OF OBESITY

### AMONG US ADULTS



2017–2018<sup>2</sup>

### IN MEN VS. WOMEN<sup>2</sup>

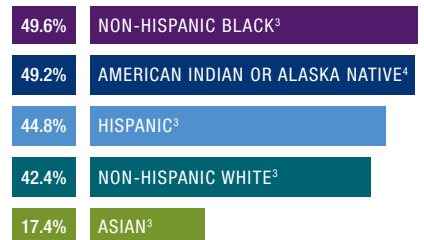


MEN 43%



WOMEN 41.9%

### BY RACE AND ETHNICITY



<sup>1</sup> <https://www.cdc.gov/obesity/data/prevalence-maps.html>

<sup>2</sup> <https://www.cdc.gov/nchs/data/databriefs/db360-h.pdf>

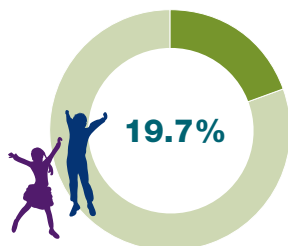
<sup>3</sup> <https://www.cdc.gov/nchs/products/databriefs/db360.htm>

<sup>4</sup> [https://ftp.cdc.gov/pub/Health\\_Statistics/NCHS/NHIS/SHS/2017\\_SHS\\_Table\\_A-15.pdf](https://ftp.cdc.gov/pub/Health_Statistics/NCHS/NHIS/SHS/2017_SHS_Table_A-15.pdf)

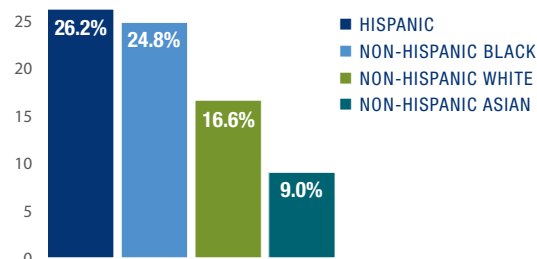
## OBESITY AMONG US CHILDREN AND ADOLESCENTS AGED 2-19<sup>5</sup>

2017-2020

### AMONG US CHILDREN



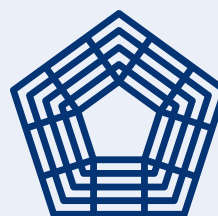
### BY RACE AND ETHNICITY



## PREVALENCE OF OBESITY IMPACTS NATIONAL SECURITY<sup>6</sup>



JUST OVER 1 IN 3 YOUNG ADULTS IS TOO HEAVY TO SERVE IN THE MILITARY.



THE DEPARTMENT OF DEFENSE SPENDS ABOUT

**\$1.5 MILLION**

ANNUALLY IN OBESITY RELATED HEALTH CARE COSTS FOR SERVICE MEMBERS AND THEIR FAMILIES.

## PREVALENCE OF OBESITY IMPACTS MEDICAL CARE COSTS

ANNUAL OBESITY-RELATED MEDICAL CARE COSTS IN THE UNITED STATES, IN 2019 DOLLARS, WERE ESTIMATED TO BE NEARLY

**\$173 BILLION**

WARD ZJ, BLEICH SN, LONG MW, GORTMAKER SL (2021) ASSOCIATION OF BODY MASS INDEX WITH HEALTH CARE EXPENDITURES IN THE UNITED STATES BY AGE AND SEX. PLOS ONE 16(3): E0247307.<sup>7</sup>

OBESITY IN CHILDREN AND ADULTS INCREASES THE RISK FOR THE FOLLOWING HEALTH CONDITIONS<sup>8</sup>



High blood pressure and high cholesterol, which are risk factors for heart disease.



Type 2 diabetes.



Breathing problems, such as asthma and sleep apnea.



Joint problems such as osteoarthritis and musculoskeletal discomfort.



Gallstones and gallbladder disease.

<sup>5</sup> <https://www.cdc.gov/obesity/data/childhood.html>

<sup>6</sup> <https://www.cdc.gov/physicalactivity/resources/unfit-to-serve/index.html>

<sup>7</sup> <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0247307>

<sup>8</sup> <https://www.cdc.gov/obesity/basics/consequences.html#:~:text=Obesity%20in%20children%20and%20adults,for%20the%20following%20health%20conditions.&text=High%20blood%20pressure%20and%20high,as%20asthma%20and%20sleep%20apnea>