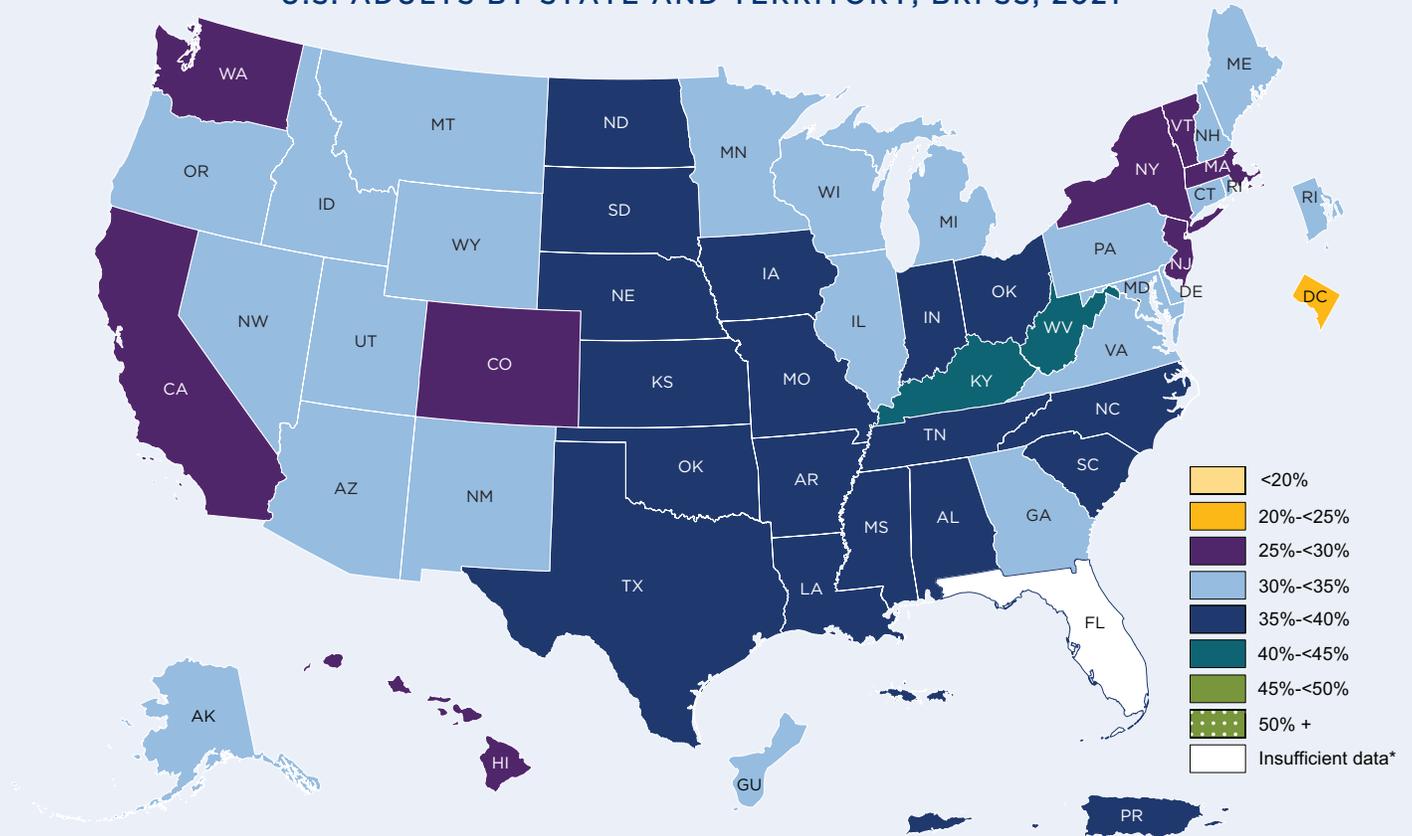


OBESITY

FACTS AND FIGURES

PREVALENCE OF SELF-REPORTED OBESITY AMONG U.S. ADULTS BY STATE AND TERRITORY, BRFSS, 2021¹



Source: [Behavioral Risk Factor Surveillance System](#)

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

PREVALENCE OF OBESITY

AMONG US ADULTS



2017-2018²

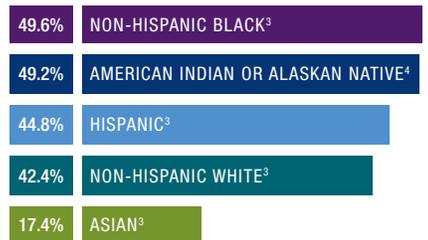
IN MEN VS. WOMEN²



MEN 43%

WOMEN 41.9%

BY RACE AND ETHNICITY



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

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

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

⁴ https://ftp.cdc.gov/pub/Health_Statistics/NCHS/NHIS/SHS/2017_SHS_Table_A-15.pdf

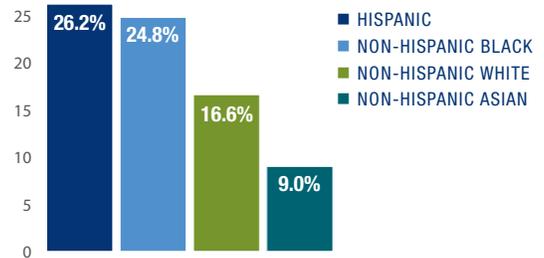
OBESITY AMONG US CHILDREN AND ADOLESCENTS AGED 2-19⁵

2017-2020

AMONG US CHILDREN



BY RACE AND ETHNICITY



PREVALENCE OF OBESITY IMPACTS NATIONAL SECURITY⁶



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



THE DEPARTMENT OF DEFENSE SPENDS ABOUT

\$1.5 BILLION

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): E0247307.⁷

OBESITY IN CHILDREN AND ADULTS INCREASES THE RISK FOR THE FOLLOWING HEALTH CONDITIONS⁸

- 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.

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

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

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

⁸ <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>