



# OBESITY & DIABETES

FACTS & FIGURES

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“Obesity, and with it diabetes, are the only major health problems that are getting worse in this country, and they’re getting worse rapidly.” CDC Director Thomas Frieden, told the Weight of the Nation Conference in July 2009.

## **OBESITY & OVERWEIGHT**

For state-by-state data visit this CDC page:

[www.cdc.gov/obesity/data/trends.html](http://www.cdc.gov/obesity/data/trends.html)

- **The US has the highest rate of obesity in the world (14).**
- More than two thirds, **68%**, of American adults are overweight (1, 2, 3).
- More than one third of Americans are obese, **34%** (that’s 72.5 million people) (4).
- If obesity continues to rise at the present rate, in less than ten years’ time, by 2018, **43%** of Americans will be obese (5).
- After smoking, obesity is America’s biggest preventable cause of premature death (5).
- It is also a major contributor to the health problems which are the leading killer diseases. (6)
- It’s linked to **70%** of heart disease. (6)

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### **OBESITY & OVERWEIGHT Continued**

- It causes over **30%** of cancers. (6)
- Over **80%** of type 2 diabetes is related to being overweight. (6)
- Obese people suffer from poorer health during their life and are likely to die ten years younger than a healthy-weight person (OECD, 14).
- Obesity accounts for nearly **10%** of US healthcare spending.  
This amounts to **\$147 billion** annually (4, 7). Smoking, by comparison, costs only **\$96 billion** (8).
- Healthcare costs are **42%** higher for someone who is obese, over **\$1,400** each (4).
- Medicare spends **\$600** more on prescription drugs for an obese person.

### **CHILD OBESITY**

- Nearly one in three (**32%, 23 million**) American children are obese or overweight (1, 2, 3).
- In total, **17%** of children of all ages are obese, but this rises to over **25%** in all but three states for ages 10-17 (9).
- Most obese children (over **80%**) will also be obese as adults.
- Today's generation of children are predicted to be the first which will die at a younger age than their parents due to obesity-related bad health.

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## **DIABETES**

If you want to find out more about diabetes & get help or advice, visit these sites:

CDC's fact sheet: [www.cdc.gov/Features/DiabetesFactSheet/](http://www.cdc.gov/Features/DiabetesFactSheet/)

The American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

National Diabetes Information Clearing House (NDIC): <http://diabetes.niddk.nih.gov/intro/index.htm>

- **11%** of American adults have diabetes, **26 million** people, of which more than **90%** is type 2.
- **35%** of all adults, another **79 million** people, are estimated to have early warning signs, pre-diabetes. Being obese is a significant cause (10).
- One in three of the young people born since the new millennium are likely to develop diabetes (13).
- Diabetes kills **71,300** people each year (6). It's the seventh biggest killer in the united States. **65%** of people with diabetes die of heart disease and stroke.
- Type 2 diabetes is the problem. It used to be an adult disease, appearing over age **40**, but it is increasingly being found in teenagers, even children as young as eight.
- Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-limb amputations. These problems are appearing earlier than ever before, in adults as young as **30**.
- More than **7%** of teenagers (2 million) are estimated to be pre-diabetic, with symptoms of high blood pressure and high blood glucose levels.
- At the early stages, the symptoms can start to be reversed within a few weeks. Loosing weight and taking more exercise can reduce the development of diabetes by **58%** (12). The combination is more effective than taking medication.

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### **SOURCES**

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<http://www.diabetes.org/diabetes-basics/diabetes-statistics>
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<http://jama.ama-assn.org/content/290/14/1884.short>
14. Global obesity:  
[http://www.oecd.org/document/45/0,3746,en\\_2649\\_37407\\_46064099\\_1\\_1\\_1\\_37407,00.html](http://www.oecd.org/document/45/0,3746,en_2649_37407_46064099_1_1_1_37407,00.html)

Check out the health profile of your local county on the USDA's new Food Atlas website: [www.ers.usda.gov/FoodAtlas](http://www.ers.usda.gov/FoodAtlas)