

OBE\$ITY

IS AN INCREASINGLY

COSTLY CHRONIC DISEASE



PARTNERSHIP TO FIGHT
CHRONIC DISEASE

In 2013, the American Medical Association declared obesity a disease. Since then, the prevalence and impacts of this disease have been increasing.

According to the CDC, as of March 2020, **NEARLY 42% OF U.S. ADULTS HAD OBESITY** with nearly 10% presenting with severe obesity, and another 30% overweight.



OBESITY SPANS ALL AGES AND ETHNICITIES.

Non-Hispanic Black adults (49.9%) had **THE HIGHEST AGE-ADJUSTED PREVALENCE OF OBESITY**, followed by Hispanic adults (45.6%), non-Hispanic White adults (41.4%) and non-Hispanic Asian adults (16.1%).

ABOUT 20% OF U.S. CHILDREN ALSO HAVE OBESITY. Some age groups are more impacted than others with the highest prevalence being seen among 12–19-year-olds as they enter adulthood.

OBESITY IN THE U.S. RESULTS IN ABOUT \$173 BILLION A YEAR IN HEALTHCARE COSTS.

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THE COSTS OF OBESITY ARE FAR MORE THAN WHAT MEETS THE EYE.

Currently, there are **236 DISEASES THAT ARE ASSOCIATED WITH OBESITY.**²

The cost of treating the five most common obesity-related conditions (stroke, coronary artery disease, diabetes, hypertension, and elevated cholesterol) resulted in roughly **\$9,000 TO \$17,000 HIGHER COSTS** compared to normal-weight adults.³



The cost of medical claims for patients with obesity is **DOUBLE THAN THOSE WITHOUT OBESITY.**

Healthcare costs triple and quadruple as the obesity severity worsens from Class 2 (BMI 35-39) to Class 3 obesity (BMI 40+).

WHAT'S AT STAKE

• HIGHER COSTS

- » **Employers** – missed workdays, insurance premiums, life insurance, workers compensation
- » **Taxpayers** – government health programs
- » **Individuals** – insurance premiums and other healthcare costs

• MILITARY READINESS

- » Military obesity rates have more than doubled over ten years

POLICY SOLUTIONS

It is imperative that decision makers take action to advance policies and programs that can swiftly address, prevent, and reverse the growing tide of obesity across the country.

- » Support policies that promote prevention, e.g. nutritional supports, physical activity, lifestyle management
- » Advance equitable access to innovative care and treatment
- » Support insurance coverage of medical interventions that address obesity

RESOURCES

1. <https://www.cdc.gov/healthyweight/effects/index.html>
2. Yuen, M.M., et al. (n.d.). A systematic review and evaluation of current evidence reveals 236 obesity-associated disorders. Massachusetts General Hospital & George Washington University.
3. [Medical Economics, The economic costs of obesity, March 7, 2022.](#)
4. [Obesity-Associated Neurodegeneration Pattern Mimics Alzheimer's Disease in an Observational Cohort Study, January 31, 2023.](#)
5. [American Security Project White Paper: Combating Military Obesity: Stigma's Persistent Impact on Operational Readiness, October 2023.](#)