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

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

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.

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](https://www.cdc.gov/healthyweight/effects/index.html)
3. [Medical Economics. The economic costs of obesity, March 7, 2022](https://medical-economics.com/)