

Fast Facts: Obesity Trends

Obesity is associated with significantly increased risk of more than 20 chronic diseases and health conditions that cause devastating consequences and increased mortality. Beyond the significant personal toll, obesity and related health complications are driving up health care costs and threatening employers' bottom lines. The links below go to a series of fact sheets that provides information to help shed light on this complex health issue.

- Although the prevalence of obesity is still high and one-third of US adults are obese, new data suggests the rate may be leveling off. Obesity increased between the 1999-2000 sample and the 2007-2008 sample, but it increased more slowly than in the preceding decades. The increase was 4.7 percent for men and 2.1 percent for women over the period, which is lower than expected.ⁱ
- The prevalence of obesity in the United States continues to be high, exceeding 30 percent in most sex and age groups.ⁱⁱ
- The prevalence of obesity and overweight has dramatically increased over the past 28 years, moving from 46 percent of the population during 1976-80 to 66 percent in 2003-2004, according to the Centers for Disease Control and Prevention's National Health and Nutrition Examination Survey. The latest survey results for 2007-2008 reveal 68 percent of the population is overweight or obese.ⁱⁱⁱ
- Over 72 million Americans were overweight or obese in 2005-2006.^{iv}
- The age group most likely to be obese in comparison to those older and younger is adults between 40-59 years of age.^v
- Between 1980 and 2004, adult obesity rates have doubled.^{vi}
- Childhood obesity rates have more than tripled in the last 30 years and adult obesity rates have more than doubled.^{vii}
- The percentage of obese young adults (18-29 years) more than tripled from 1971-1974 to 2005-2006, whereas the percentage in almost all other adult age groups has doubled within that same time period.^{viii}
- The prevalence of overweight and obesity has risen consistently among every population group in the United States albeit at various rates.^{ix} For example, the adult population is becoming obese and overweight at a quicker rate than the child population.
- If the existing rate increases continue, then by 2030, the percentage of American adults overweight and obese will be approximately 86.3 percent, while the obesity rate (having a Body Mass Index (BMI) over 30) will be 51.1 percent.^x
- If current trends continue, 100 percent of American adults will be overweight or obese by the year 2048.^{xi} For African American women, the 100 percent prevalence mark would be attained by 2034.^{xii}
 - As of 2003-2006, 80.5 percent of African American women were overweight or obese.^{xiii}

About the STOP Obesity Alliance

The Strategies to Overcome and Prevent (STOP) Obesity Alliance is a collaboration of consumer, provider, government, labor, business, health insurers and quality-of-care organizations united to drive innovative and practical strategies that combat obesity. The STOP Obesity Alliance is directed by Research Professor Christine C. Ferguson, J.D., of The George Washington University's Department of Health Policy and former Health Commissioner for the State of Massachusetts. Richard H. Carmona, M.D., M.P.H., FACS, 17th U.S. Surgeon General (2002-2006) and President of the non-profit Canyon Ranch Institute, serves as Health and Wellness Chairperson of the Alliance. The Alliance Steering Committee is comprised of the following public and private sector organizations: American Diabetes Association, American Heart Association, America's Health Insurance Plans, American Medical Group Association, Canyon Ranch Institute, the Center for Disease Control and Prevention's Division of Nutrition, Physical Activity and Obesity (DNPAO), DMAA: The Care Continuum Alliance, National Business Group on Health, National Quality Forum, Partnership for Prevention, Reality Coalition, Service Employees International Union, The Obesity Society and Trust for America's Health. The Strategies to Overcome and Prevent (STOP) Obesity Alliance receives funding from founding sponsor, Sanofi U.S. For more information, visit www.stopobesityalliance.org.

ⁱ Flegal K.M., Carroll M.D., Ogden C.L. et al. (January 13, 2010). Prevalence and trends in obesity among US adults, 1999-2008. *JAMA*. 303(3):235-241. Available at: <http://jama.ama-assn.org/cgi/content/full/303/3/235?ijkey=ijKHq6YbJn3Oo&keytype=ref&siteid=amajnl>

ⁱⁱ Flegal K.M., Carroll M.D., Ogden C.L. et al. (January 13, 2010). Prevalence and trends in obesity among US adults, 1999-2008. *JAMA*. 303(3):235-241. Available at: <http://jama.ama-assn.org/cgi/content/full/303/3/235?ijkey=ijKHq6YbJn3Oo&keytype=ref&siteid=amajnl>

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^{iv} Ogden CL, Carroll MD, McDowell MA, Flegal KM. Obesity Among Adults in the United States-No Significant Change Since 2003-2004. NCHS Data Brief. Available at: <http://www.cdc.gov/nchs/data/databriefs/db01.pdf>

^v Ogden CL, Carroll MD, McDowell MA, Flegal KM. Obesity Among Adults in the United States-No Significant Change Since 2003-2004. NCHS Data Brief. Available at: <http://www.cdc.gov/nchs/data/databriefs/db01.pdf>

^{vi} Ogden CL, Carroll MD, McDowell MA, Flegal KM. Obesity Among Adults in the United States-No Significant Change Since 2003-2004. NCHS Data Brief. Available at: <http://www.cdc.gov/nchs/data/databriefs/db01.pdf>

^{vii} National Center for Health Statistics. (2008) Chartbook on Trends in the Health of Americans. *Center for Disease Control and Prevention*.

^{viii} National Center for Health Statistics. (2008) Chartbook on Trends in the Health of Americans. *Center for Disease Control and Prevention*.

^{ix} Wang, Y., et al. (2008) Will All Americans Become Overweight or Obese? Estimating the Progression and Cost of the US Obesity Epidemic, *Obesity*. 16(10): 2323-2330.

^x Wang, Y., et al. (2008) Will All Americans Become Overweight or Obese? Estimating the Progression and Cost of the US Obesity Epidemic, *Obesity*. 16(10): 2323-2330.

^{xi} Wang, Y., et al. (2008) Will All Americans Become Overweight or Obese? Estimating the Progression and Cost of the US Obesity Epidemic, *Obesity*. 16(10): 2323-2330.

^{xii} Wang, Y., et al. (2008) Will All Americans Become Overweight or Obese? Estimating the Progression and Cost of the US Obesity Epidemic, *Obesity*. 16(10): 2323-2330.

^{xiii} National Center for Health Statistics. (2008) Chartbook on Trends in the Health of Americans. *Center for Disease Control and Prevention*.