the NUTRITIOUS LIFE studio

Module 2, Lesson 1 Handout:
Obesity Statistics Cheat Sheet

To understand the prevalence of obesity, we need to dig into the numbers a bit. It's important to know the facts and statistics surrounding obesity so that you are well informed and can educate others. The effects of obesity don't only have to do with having more body weight and how a person looks or feels in clothing. Most of us are aware of that. Obesity increases medical risk for many different diseases. In fact, recent data shows that the estimated medical costs of obesity-related diseases in America was $344 billion. The below statistics will help paint a picture of the prevalence of obesity in America.

National Health and Nutrition Examination Survey (NHANES), 2015 - 2016

In a study of 5,000 Americans, the Centers for Disease Control (CDC) found that:

- 39.8% of adults were obese
    - 42.8% of them were middle-aged and 35.7% were younger
- 18.5% of kids were obese
    - Younger kids were less obese than older kids
- Teens were the most obese out of the younger participants measured

World Health Organization (WHO), 2016

- 13% of the world's adult population was obese
    - 11% of men, 15% of women
- The worldwide prevalence of obesity nearly tripled between 1975 - 2016

American Medical Association (AMA), 2018

- States with 35% or more obesity by population:
    - Alabama, Arkansas, Iowa, Louisiana, Mississippi, Oklahoma and West Virginia
- In 1985, no state had an obesity rate greater than 15%
- In 2000, no state had an obesity rate greater the 20%

Statistics by Demographic & Socioeconomic Factors

- Men and women with college degrees had less incidence of obesity than those without a college degree

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- White, hispanic men were found to have less obesity in the highest and lowest income brackets
    - This means the middle class was found to be most obese
- White, hispanic women were found to have less obesity in the highest income bracket
    - This means the middle and lower classes were found to be most obese