



# DELAWARE

## Obesity Fact Sheet

### ADULT OBESITY FACTS:

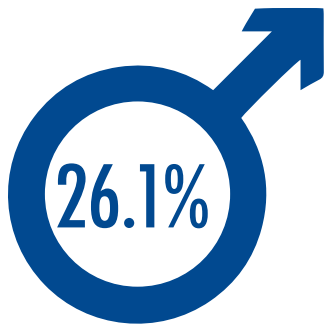
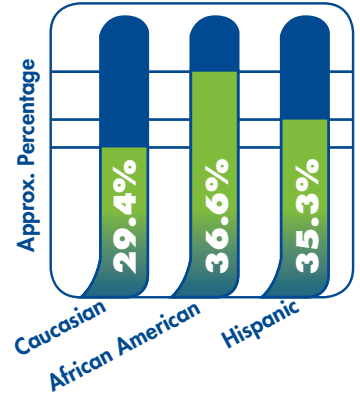
Obesity affects more than **29.7%** of Delawarrians.



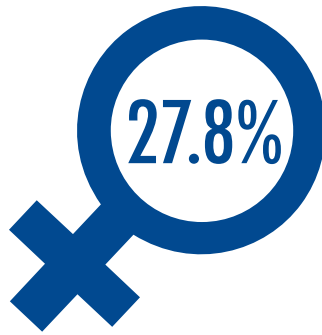
**28**  
/51

Delaware is ranked **28/51** in states impacted by obesity.

Delawarrians Affected by Obesity by Race



More than **26.1%** of male Delawarrians are affected by obesity.



More than **27.8%** of female Delawarrians are affected by obesity.



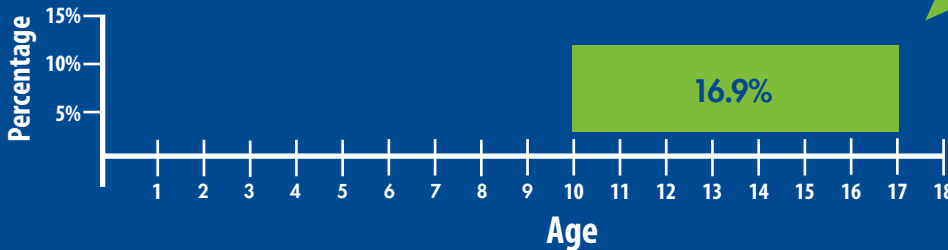
The age group most affected by obesity in Delaware is 45-64 (34.8%).

**10<sup>th</sup>**

Delaware ranks **10<sup>th</sup>** in adults with Type 2 Diabetes (11.5%).

### CHILDHOOD OBESITY FACTS:

Children Affected by Obesity



**15.8%** of high school students are affected by obesity.



Delaware is one of the 19 states that have BMI screening requirements

### NATIONAL COST OF OBESITY

**\$315.8**  
**BILLION**

Estimated cost of annual obesity-related healthcare

**42%**

How much more healthcare costs for individuals affected by obesity

**\$14.1**  
**BILLION**

The direct costs caused by childhood obesity

**\$4.3**  
**BILLION**

Nationwide annual costs due to obesity-related absenteeism

Obesity is a serious chronic condition that continues to have a growing impact on our society, and carries with it a large number of related conditions such as diabetes, hypertension, heart disease, and more. Action must be taken to address this epidemic at all levels — individual, family, community, government, healthcare and insurance. To learn more about the disease of obesity, treatment options, weight bias, and more, please visit the Obesity Action Coalition (OAC) Web site at [www.ObesityAction.org](http://www.ObesityAction.org).

#### References:

- Centers for Disease Control
- Trust for America's Health
- Obesity Action Coalition

#### Questions?

If you have any questions regarding the above information or if you would like to receive free educational materials on obesity, please contact the OAC National Office at (800) 717-3117 or [info@obesityaction.org](mailto:info@obesityaction.org).

