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.

IOWA
Obesity Fact Sheet

ADULT OBESITY FACTS:

- Obesity affects more than 32.1% of Iowans.
- Iowa is ranked 12/51 in states impacted by obesity.
- The age group most affected by obesity in Iowa is 45-64 (35.9%).
- Iowa ranks 36th in adults with Type 2 Diabetes (8.8%).

CHILDHOOD OBESITY FACTS:

- More than 31.6% of male Iowans are affected by obesity.
- More than 29.4% of female Iowans are affected by obesity.
- Iowa is NOT 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

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.

Referances:
- Centers for Disease Control
- Trust for America’s Health
- Obesity Action Coalition

Obesity Action Coalition
www.ObesityAction.org