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.

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.

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

**NEBRASKA Obesity Fact Sheet**

**ADULT OBESITY FACTS:**

- Obesity affects more than 31.4% of Nebraskans.
- Nebraska is ranked 14/51 in states impacted by obesity.
- More than 29.2% of male Nebraskans are affected by obesity.
- More than 28.1% of female Nebraskans are affected by obesity.
- The age group most affected by obesity in Nebraska is 45-64 (37.4%).
- Nebraska ranks 36th in adults with Type 2 Diabetes (8.8%).

**CHILDHOOD OBESITY FACTS:**

- 13% of high school students are affected by obesity.
- Nebraska 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 affects more than 31.4% of Nebraskans.