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

VIRGINIA
Obesity Fact Sheet

ADULT OBESITY FACTS:

Obesity affects more than 29.2% of Virginians.

27.3% More than 27.3% of male Virginians are affected by obesity.

27.5% More than 27.5% of female Virginians are affected by obesity.

Virginia is ranked 29/51 in states impacted by obesity.

The age group most affected by obesity in Virginia is 45-64 (34.1%).

45-64 22nd Virginia ranks 22nd in adults with Type 2 Diabetes (10.3%).

CHILDHOOD OBESITY FACTS:

Virginia is one of 12 States that do not have a physical activity requirement in their schools.

13% of high school students are affected by obesity.

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

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