



OBESITY IN AMERICA FACT SHEET

U.S. Obesity Rate Higher Than Ever

- **CDC estimates 42.4% of U.S. adults had obesity and 9.2% had severe obesity in 2017, the highest incidence ever recorded in America (latest report).**
 - Non-Hispanic Black adults (49.6%) had the highest prevalence of obesity, followed by Hispanic adults (44.8%), non-Hispanic White adults (42.2%) and non-Hispanic Asian adults (17.4%)
 - 12 states have an obesity prevalence of 35% or more -- Alabama, Arkansas, Indiana, Kansas, Kentucky, Louisiana, Michigan, Mississippi, Oklahoma, South Carolina, Tennessee, West Virginia

Premature Death and Life-threatening Diseases Linked to Obesity

- **Obesity is linked to more than 40 other diseases including type 2 diabetes, heart disease, stroke, and certain types of cancer, some of the leading causes of preventable and premature death.^{1,2}**
 - Overweight and obesity were associated with nearly 1 in 5 deaths (18.2%) in the U.S. between 1986 and 2006, according to a study published in the *American Journal of Public Health*.

Treatment with Metabolic and Bariatric Surgery

- **Metabolic/bariatric surgery is the most effective and durable treatment for severe obesity leading to significant weight loss and the improvement, prevention or resolution of many related diseases.^{3,4}**
 - Studies show bariatric surgery may reduce a patient's risk of premature death by 30-50%^{5,6}
 - Patients may lose as much as 60% of excess weight six months after surgery and 77% of excess weight as early as 12 months after surgery⁷
 - Overall, bariatric surgery has complication and mortality rates (4% and 0.1%, respectively) comparable to some of the safest and most commonly performed surgeries in the U.S., including gallbladder surgery, appendectomy and knee replacement.⁸

Metabolic and Bariatric Surgery is Significantly Underutilized

- **An estimated 256,000 bariatric surgeries were performed in 2019, which represents less than 1% of the currently eligible surgical population based on body mass index (BMI).**
 - Nearly 60% were sleeve gastrectomies, an increasingly popular procedure that involves removing most of the stomach and shaping the remainder into a tube or sleeve, restricting the amount of food it can hold.⁹ About 18% of procedures were gastric bypass.

¹Kaplan L. J *Gastrointest Surg.* 2003;7(4):proceeding;443_451)

²"Adult Obesity Facts | Overweight & Obesity | CDC." *Centers for Disease Control and Prevention*, 5 Mar. 2018, www.cdc.gov/obesity/data/adult.html. Accessed 16 Apr. 2018.

³Weiner, R. A., et al. (2010). Indications and principles of metabolic surgery. U.S. National Library of Medicine. 81(4) pp.379-394. Accessed from: <https://www.ncbi.nlm.nih.gov/pubmed/20361370>

⁴The Effectiveness and Risks of Bariatric Surgery: An Updated Systematic Review and Meta-analysis, 2003-2012 Accessed from: <https://jamanetwork.com/journals/jamasurgery/fullarticle/1790378>

⁵Sjöström, L., et al. (2007). Effects of bariatric surgery on mortality in Swedish obese subjects. *New England Journal of Medicine*. 357 pp. 741-752 Accessed October 2013 from <http://www.nejm.org/doi/pdf/10.1056/NEJMoa066254>

⁶Adams, T. D., et al. (2007). Long-term mortality after gastric bypass surgery. *New England Journal of Medicine*. 357 pp. 753-761. Accessed from: <https://www.nejm.org/doi/full/10.1056/NEJMoa066603>

⁷Wittgrove, A. C., et al. (2000). Laparoscopic gastric bypass, roux-en-y: 500 patients: technique and results, with 3-60 month follow-up. *Obesity Surgery*. 10(3) pp. 233-239. Accessed from http://www.lapbypass.com/pdf/LapGBP_500Patients.pdf

⁸Aminian, A., et al. (2015). How safe is metabolic/diabetes surgery? *Diabetes Obesity Metabolism*. Feb;17(2):198-201. doi: 10.1111/dom.12405 Accessed from <http://www.ncbi.nlm.nih.gov/pubmed/25352176>

⁹<https://asmbs.org/resources/estimate-of-bariatric-surgery-numbers>