

## FACT SHEET -- OBESITY IN AMERICA

Leading health organizations around the world recognize obesity as a chronic and progressive disease process that stems from genetic, behavioral and environmental factors. This worsening public health issue is linked to many life-threatening diseases including type 2 diabetes, heart disease, obstructive sleep apnea, and certain types of cancer.

### OVERVIEW

The U.S. Centers for Disease Control and Prevention (CDC) reports obesity affects [42.4% of Americans, the highest rate ever](#). Studies show the disease can weaken or impair the body's immune system, cause chronic inflammation and increase the risk of many other diseases and conditions including cardiovascular disease, stroke, type 2 diabetes, certain cancers, and COVID-19. About [1 in 11 adults](#) (9.2%) have severe obesity.

### THE DISEASE

- Obesity is a disease linked to multiple other diseases and conditions including type 2 diabetes, heart attack, stroke, sleep apnea, high blood pressure and certain cancers.
  - More than 90% of patients with diabetes have overweight or obesity -- obesity [worsens insulin resistance](#) while weight loss slows the progression of complications.

### RISKS

- [Risk of mortality](#) increases with increased with body mass index (BMI). Every five units above BMI 25 is associated with about 31% higher risk of death.
  - BMI of 25-<27.5 -- 7% higher risk
  - BMI of 27.5-<30.0 -- 20% higher risk
  - BMI of 30.0-<35.0 -- 45% higher risk
  - BMI of 35.0-<40.0 -- 94% higher risk
  - BMI of 40.0-<60.0 -- 300% higher risk
- Moderate obesity [reduces life expectancy](#) by about three years and severe obesity shortens by 10 years.

### LINKS TO DISEASE

- Linked to [30-53% of new diabetes cases](#) in the U.S. every year and has been major driver of the disease for the last two decades.
- Increases risk of developing high blood pressure and high cholesterol, both of which make heart disease or stroke more likely -- obesity accounts for [65-78% of cases](#) of primary hypertension.
- [Over 70%](#) of individuals with obstructive sleep apnea have clinical obesity based on BMI.
- Obesity is a major unrecognized risk factor for cancer, according to the [American Society of Clinical Oncology \(ASCO\)](#) – increases risk for at least [13 types of cancer](#).
  - Doubles the risk for liver and kidney cancer; 1.3-times the risk for colon and thyroid cancer.

### THE ECONOMIC IMPACT

- Annual obesity-related [medical care costs in the U.S. in 2019](#) were nearly \$173 billion. Medical costs were \$1,861 higher for people with obesity.