

2025 FACT SHEET -- OBESITY IN AMERICA

OVERVIEW

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

THE DISEASE

- CDC reports [the prevalence of obesity](#) is 40.3% and 9.4% for severe obesity in the U.S.
- Obesity is a disease linked to multiple other diseases and conditions including type 2 diabetes, heart attack, kidney disease, stroke, sleep apnea, high blood pressure and certain cancers.
- Studies show obesity 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, and certain cancers.

RISKS

- [Risk of mortality](#) from obesity increases with increased with body mass index (BMI). Every five points above BMI 25 is associated with a more than 30% 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 it by 10 years.

LINKS TO DISEASE

- Linked to [30-53% of new diabetes cases](#) in the U.S. every year and contributes to up to half of new **diabetes** cases each year.
- Increases risk of developing **high blood pressure and high cholesterol**, both of which make heart disease or stroke more likely -- obesity is linked to [65–78% of cases](#) of primary hypertension.
- [Over 70%](#) of individuals with **obstructive sleep apnea** have clinical obesity based on BMI.
- Major risk factor for **cancer** -- according to the [American Society of Clinical Oncology \(ASCO\)](#) -- increases risk for at least [13 types of cancer](#).

THE ECONOMIC IMPACT

- Obesity costs the US healthcare system almost \$[173 billion a year](#).