

## **The Cost of Obesity:**

Approximately two thirds of Americans are either overweight or obese (BMI of 25 or greater). Each year over half of our population goes on a weight loss diet. According to The National Center for Chronic Disease Prevention and Health Promotion, from 2007 to 2009, 2.4 million more adults became overweight. Unfortunately this disease does not discriminate, our children are heavier than ever with 1 in 5 overweight. In the last 20 years this number has more than doubled and is not expected to improve.

It is estimated that a person with obesity will incur \$1,429.00 more in medical costs than a person with a healthy BMI. In Virginia 24.2% of our population is obese, estimating medical cost in our state alone for obese individuals to be \$2,725,941,508! In our country 33 states have an incidence of obesity above 25% and 9 of these states have an obesity prevalence of more than 30%.

A review from Diabetes, Metabolic Syndrome and Obesity Journal reported that in 2009 the annual cost of excess medical spending in the US attributed to overweight and obesity was between \$86-147 billion for adults. Childhood obesity costs were \$14.3 billion. Overweight individuals had a 10 to 20% higher relative medical cost compared to normal weight individuals and obese individuals had a 36 to 100% higher relative medical cost.

In addition, productivity costs from absenteeism related to obesity were between \$3.38 and \$6.38 billion for obese individuals (this is approximately \$79 to \$132 dollars per person). It is estimated that obese individuals lose 3.37 additional work days compared to co-workers with a healthy BMI.

Transportation costs in the form of additional jet fuel accounted for \$742 million in 2000 and excess fuel by noncommercial passenger highway vehicles was between \$2.53 and \$2.7 billion. For every 10% point increase in overweight/obesity rate a 2.5% reduction in Miles Per Gallon (MPG) was also noted on new vehicles.

Cost of life should also be noted. It is estimated that a white male aged 20 years with a BMI over 45 (morbid obesity) could be expected to have 13 years of life lost or a 22% reduction in life.

This problem is not going away but we are here to help! We are committed to providing the care and education needed for overcoming overweight and obesity. We welcome you with open arms and are happy to assist and support you throughout your journey to better health.

**References:**

The Obesity Index: The Cost of obesity by state -24/7 Wall Street:

<http://247wallst.com/2010/08/05/the-obesity-index-the-cost-of-obesity-by-state/#ixzz1PHBTXGle>

Hammond, Ross: The Economic Impact of Obesity in the United States; Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy 2010:3 285-295

CDC U.S. Obesity Trends State by State: [www.cdc.gov/obesity/data/trends.html](http://www.cdc.gov/obesity/data/trends.html)