

WHAT ARE THE COSTS ASSOCIATED WITH ADULT OBESITY?

What is Adult Obesity?

For adults, overweight and obesity ranges are determined by using weight and height to calculate the body mass index (BMI). BMI is used because for most people, it correlates with their amount of body fat.

- An adult who has a BMI between 25 and 29.9 is considered overweight.
- An adult who has a BMI of 30 or higher is considered obese.

To learn more about your BMI visit:
www.cdc.gov/obesity/index.html

The good news is that no matter what your weight loss goal is, even a modest weight loss, such as 10% of your total body weight, is likely to produce health benefits. For example, by decreasing from 200 pounds to 180 pounds, in combination with improved nutrition and physical activity, improvements in blood pressure, blood cholesterol, and blood sugars can result.



Obesity is Expensive

Americans who are 30 or more pounds over a healthy weight cost the country an estimated \$147 billion in weight-related medical bills in 2008, double the amount 10 years ago.

Obesity accounts for over 9% of all medical spending. The medical costs and medical bills for an obese patient are approximately \$1,429 more a year than for a healthy weight patient.

Persons who are obese have 30% to 50% more chronic medical problems than those who smoke or drink heavily.

Obesity and associated health problems have a significant economic impact on the U.S. health care system. Medical costs associated with obesity are direct and indirect.

- Direct costs include preventive diagnostic and treatment services.
- Indirect costs include the loss of company income from decreased productivity, restricted activity, absenteeism, and premature death.

What Can You Do?

Support environmental and policy changes to promote:

- Improved nutrition
- Increased physical activity

Promote worksite wellness initiatives, such as:

- Scale Back Alabama



STATE OBESITY TASK FORCE

MISSION: Working toward prevention and reduction of obesity for a healthier Alabama

REFERENCES FOR COSTS ASSOCIATED WITH OBESITY

Rising Obesity Rates Increase Nation's Healthcare Tab, Nearly 10% of Health Care Dollars Spent on Obesity, ABC News. Emily Walker. MedPage Today Staff Writer, July 27, 2009.
<http://abcnews.go.com/Health/WellnessNews/story?id=8185848&page=1>

Obesity-a key link to soaring health tab as costs double, USA TODAY. Nanci Hellmich. July 28, 2009.
www.usatoday.com/news/health/2009-07-27-costofobesity_N.htm

Healthy Weight, Healthy Lifestyles, Primary Fact Sheet for the Institute on the Costs and Health Effects of Obesity. Kenneth E. Thorpe, Curtis S. Florence, David H. Howard, Peter Joski, The Impact of Obesity on Rising Medical Spending, Health Affairs, Web Exclusive, October 20, 2004.
www.businessgrouphealth.org/pdfs/obesity_factsheet.pdf

REFERENCES FOR WORKSITE WELLNESS

Scale Back Alabama: This statewide campaign is held the first of each year to encourage Alabamians to get healthier by losing weight and exercising. It is a joint project of the Alabama Hospital Association (AlaHA) and the Alabama Department of Public Health (ADPH), with generous underwriting from Barber's Dairies and Blue Cross and Blue Shield of Alabama.
www.scalebackalabama.com

A Workplace Obesity Prevention Program: LEAN Works! was developed in direct response to organizations asking the Centers for Disease Control and Prevention (CDC) for help in addressing the obesity epidemic. Specifically, they wanted to know "What works?" CDC's response, grounded in science, identified interventions that work to prevent and control obesity. Also, because organizations do not usually publish information about their worksite programs in the scientific literature, CDC visited selected businesses to identify promising worksite obesity prevention and control practices.
www.cdc.gov/leanworks

Wellness Council of America: As North America's premier resource for worksite wellness, the Wellness Council of America is dedicated to helping organizations of all kinds build and sustain results-oriented wellness programs.
www.welcoa.org