

Obesity



- ❑ **More than one-third of U.S. adults (35.7%) are obese.**
- ❑ **Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer. Some of the leading causes of preventable death**
- ❑ **In 2008, medical costs associated with obesity were estimated at \$147 billion**
- ❑ **Medical costs for people who are obese were \$1,429 higher than those of normal weight.**



Most Obese Countries

Country	Obesity Rate
1. <u>American Samoa (US territory)</u>	74.60
2. <u>Tokelau</u>	63.40
3. <u>Tonga</u>	56.00
4. <u>Kiribati</u>	50.60
5. <u>Saudi Arabia</u>	35.60
6. <u>United States</u>	33.90
7. <u>United Arab Emirates</u>	33.70
8. <u>Egypt</u>	30.30
9. <u>Kuwait</u>	28.80
10. <u>New Zealand</u>	26.50

U.S. Children



- ❑ Highest rate of *childhood obesity* in the world
- ❑ Seeing obese infants and children with type II diabetes secondary to obesity
- ❑ Shorter life expectancies than their parents

Cost of Obesity & It's Complications

- ❑ \$60 billion spent on weight loss programs / \$26.7 billion on supplements**
- ❑ Annually, between \$147 billion and \$210 billion is spent on obesity-related healthcare expenses and medications**
- ❑ It is estimated that by 2030, this number will increase to between \$390 billion to \$580 billion per year.**

Recovery Rates for Obese Patients

- ❑ **One year follow-up - 23 percent gained back more weight than they had lost**
- ❑ **At two years - 83 percent gained back more weight than they had lost**
- ❑ **Researchers found that repeatedly losing and gaining weight was linked to cardiovascular disease, stroke, diabetes and altered immune function**



Recovery Rates for Obese Patients Cont'd.

- ❑ **One of the best predictors of weight gain over the four years (during which patients were being followed) was having lost weight on a diet at some point during the years before the study started...**
- ❑ **Researchers also found that in several studies, people in control groups who *did not diet* were not that much worse off — and in many cases were better off — than those who did diet, she said.**

Detrimental Effects of Dieting

- Elevates blood pressure**
- Reduces HDL-Cholesterol levels**
- Depletes body reserves of heart-protective Omega-3 fatty acids**
- Increases risk for gall bladder disease, kidney cancer**
- May increase risk of premature death**