

The High Costs of Obesity

Obesity is epidemic in the United States; its rate has doubled in 10 years. At least 15 percent of the adult population in every state is obese. In 29 states that number jumps to at least 20 percent, and in three states obesity is a problem for more than 25 percent of adults. Being overweight among children and youth has climbed to the 15 percent range.

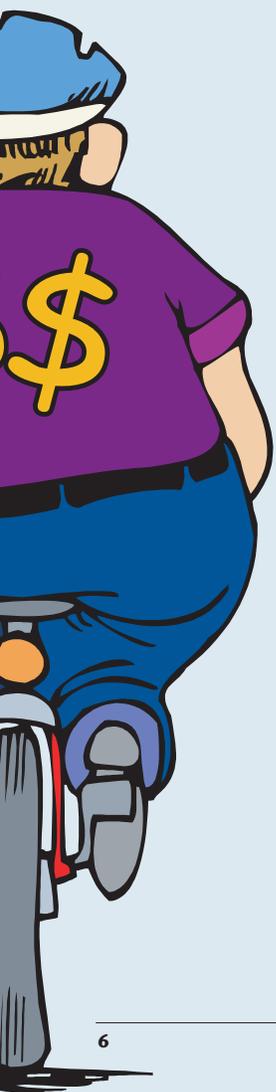
Being overweight or obese increases the risk for heart disease, stroke, high blood pressure, diabetes and cancer. And these chronic diseases are the leading causes of death, illness and disability. Obesity carried a \$75 billion price tag in medical expenses in 2003. Taxpayers foot the bill for half of that through Medicare and Medicaid.

Estimates of medical expenditures caused by obesity range from \$87 million in Wyoming, which includes \$15 million in

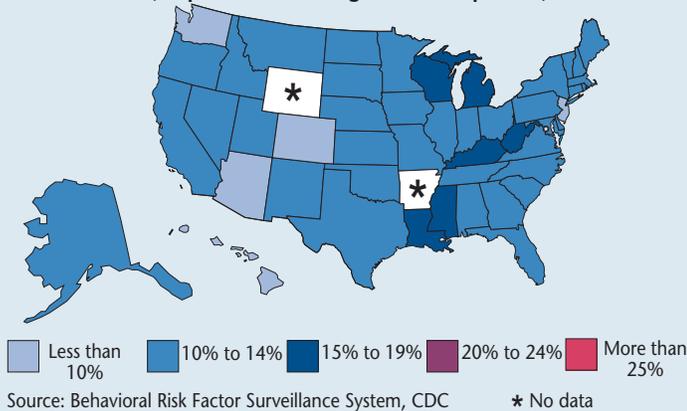
Medicare expenditures and \$23 million in Medicaid, to \$7.7 billion in California, with \$1.7 billion each in Medicare and Medicaid expenditures.

These climbing costs and dramatic increases in obesity among children have caught the attention of state lawmakers.

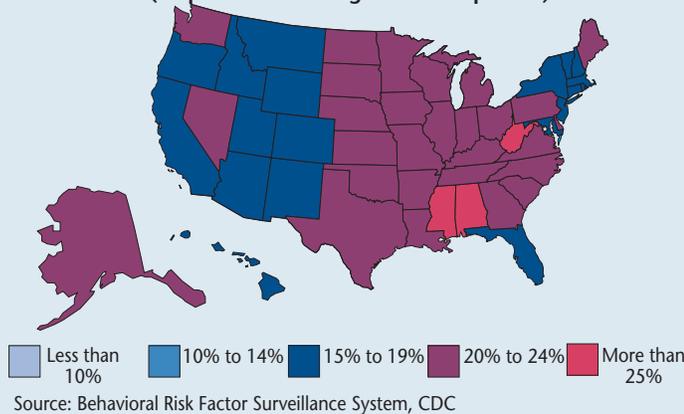
States are creating obesity task forces, joining community efforts to improve nutrition and fitness and encouraging walkable communities. Lawmakers are setting physical education requirements, developing policies for nutrition education, and ensuring that foods and beverages sold in schools meet nutritional standards. Some lawmakers have introduced legislation to limit liability of food vendors to reinforce personal responsibility for behaviors that lead to obesity. For more information, visit www.ncsl.org/programs/health/phyactobesity.htm



OBESITY TRENDS AMONG U.S. ADULTS 1992
(30 pounds overweight for 5'4" person)



OBESITY TRENDS AMONG U.S. ADULTS 2002
(30 pounds overweight for 5'4" person)



**ESTIMATED MEDICAL COSTS
ATTRIBUTABLE TO OBESITY
(2003 DOLLARS IN MILLIONS)**

| States | Total Costs Related to Obesity (Millions) | Medicare Obesity Related Costs (Millions) | Medicaid Obesity Related Costs (Millions) |
|----------------------|---|---|---|
| Alabama | \$1,320 | \$341 | \$269 |
| Alaska | 195 | 17 | 29 |
| Arizona | 752 | 154 | 242 |
| Arkansas | 663 | 171 | 180 |
| California | 7,675 | 1,738 | 1,713 |
| Colorado | 874 | 139 | 158 |
| Connecticut | 856 | 246 | 419 |
| Delaware | 207 | 57 | 66 |
| District of Columbia | 372 | 64 | 114 |
| Florida | 3,987 | 1,290 | 900 |
| Georgia | 2,133 | 405 | 385 |
| Hawaii | 290 | 30 | 90 |
| Idaho | 227 | 40 | 69 |
| Illinois | 3,439 | 805 | 1,045 |
| Indiana | 1,637 | 379 | 522 |
| Iowa | 783 | 165 | 198 |
| Kansas | 657 | 138 | 143 |
| Kentucky | 1,163 | 270 | 340 |
| Louisiana | 1,373 | 402 | 525 |
| Maine | 357 | 66 | 137 |
| Maryland | 1,533 | 368 | 391 |
| Massachusetts | 1,822 | 446 | 618 |
| Michigan | 2,931 | 748 | 882 |
| Minnesota | 1,307 | 227 | 325 |
| Mississippi | 757 | 223 | 221 |
| Missouri | 1,636 | 413 | 454 |
| Montana | 175 | 41 | 48 |
| Nebraska | 454 | 94 | 114 |
| Nevada | 337 | 74 | 56 |
| New Hampshire | 302 | 46 | 79 |
| New Jersey | 2,342 | 591 | 630 |
| New Mexico | 324 | 51 | 84 |
| New York | 6,080 | 1,391 | 3,539 |
| North Carolina | 2,138 | 448 | 662 |
| North Dakota | 209 | 45 | 55 |
| Ohio | 3,304 | 839 | 914 |
| Oklahoma | 854 | 227 | 163 |
| Oregon | 781 | 145 | 180 |
| Pennsylvania | 4,138 | 1,187 | 1,219 |
| Puerto Rico | NA | NA | NA |
| Rhode Island | 305 | 83 | 89 |
| South Carolina | 1,060 | 242 | 285 |
| South Dakota | 195 | 36 | 45 |
| Tennessee | 1,840 | 433 | 488 |
| Texas | 5,340 | 1,209 | 1,177 |
| Utah | 393 | 62 | 71 |
| Vermont | 141 | 29 | 40 |
| Virginia | 1,641 | 320 | 374 |
| Washington | 1,330 | 236 | 365 |
| West Virginia | 588 | 140 | 187 |
| Wisconsin | 1,486 | 306 | 320 |
| Wyoming | 87 | 15 | 23 |
| TOTAL | \$75,051 | \$17,701 | \$21,329 |

*Source: The North American Association for the Study of Obesity using figures from the Behavioral Risk Factor Surveillance System (BRFSS) 1998 to 2000 to estimate 2003 costs. Centers for Disease Control and Prevention. Obesity Research, Vol. 12, No. 1, January 2004.

BODY MASS INDEX

Obesity is having a very high amount of body fat in relation to lean body mass, or a body mass index (BMI) of 30 or higher for adults. An adult BMI of 25 to 29.9 is considered overweight. To find your BMI go to <http://nhlbisupport.com/bmi>