Overview of the Obesity Epidemic in the United States

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Changes in Prevalence of Obesity Among US Adult Males

Prevalence

NHANES Survey Years

From IJO 1998;22:39 and JAMA 2010; 303:235
Changes in Prevalence of Obesity Among US Adult Females

Prevalence

NHANES Survey Years

From IJO 1998;22:39 and JAMA 2010;303:235
Changes in the Prevalence of Self-reported Severe Obesity - BRFSS

Sturm R. Arch Int Med 2003;163:2146
Prevalence of Obesity Among U.S. Children and Adolescents

Aged 6-11 years
Aged 12-19 years

1963-70 NHES II & III
1971-74 NHANES I
1976-80 NHANES II
1988-94 NHANES III
1999-2000 NHANES
Changes in the Prevalence of Severe Obesity (120% of the 95\textsuperscript{th} %tile) in Girls 1976-2006

Wang et al. Int J Pediatr Obesity 2010; on line
Changes in the Prevalence of Severe Obesity (120% of the 95\textsuperscript{th} \%tile) in Boys 1976-2006

Wang et al. Int J Pediatr Obesity 2010; on line
Impact of Childhood Overweight (BMI > 95th percentile) on Adult Obesity (BMI > 30)

- 25% obese adults were overweight children
- 4.9 BMI unit difference in severity
- Onset ≤ 8y more severely obese as adults (BMI = 41.7 vs 34.0)
- 50% of adults with BMI > 40 were obese as children

Freedman et al, Pediatrics 2001; 108: 712
## Costs of Obesity – 1998 vs 2008

<table>
<thead>
<tr>
<th></th>
<th>1998</th>
<th>2008</th>
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<tbody>
<tr>
<td>Total costs</td>
<td>$78.5 B/y</td>
<td>$147 B/y</td>
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<tr>
<td>Medical costs</td>
<td>6.5%</td>
<td>9.1%</td>
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Finkelstein et al. Health Affairs 2009; 28:w822
Changes in Dietary Habits and Weight Change

Weight Change over 12-20 Years

Mozaffarian D et al. NEJM 2011364:2392
Standardized Share of Mode for Trips to School – National Personal Transportation Survey