



# ASMBS

American Society for Metabolic & Bariatric Surgery

## FACT SHEET

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## OBESITY IN AMERICA

### OVERVIEW

- According to CDC, in 2011-2014, the disease of obesity affected 36.5% Americans<sup>1</sup> and the ASMBS estimates about 24 million have severe obesity, categorized as a body mass index (BMI) of 35 or more
- Obesity, categorized as a BMI of 30 or more, is linked to more than 30 diseases including type 2 diabetes, heart disease, stroke, osteoarthritis and certain cancers<sup>2,3</sup>
- Obesity is associated with a 50-100% increased risk of premature death compared to healthy weight individuals<sup>4</sup>
  - Median survival is reduced by two-to-four years for individuals with BMI 30-35
  - Median survival is reduced by eight-to-ten years for individuals with BMI 40-45 (comparable to smoking)
- Weight loss, as modest as 5 to 15% of total body weight in a person who is overweight or has obesity, reduces the risk factors for some diseases, particularly heart disease<sup>5</sup>
- U.S. economic costs of the disease of obesity were \$270 billion in 2011 and \$72 billion for overweight individuals<sup>6</sup>

### PREVALENCE – GROWING EPIDEMIC

According to the Centers for Disease Control and Prevention (CDC) more than one-third (36.5%) of all U.S. adults have obesity (2011-2014),<sup>7</sup> and the rate of adult obesity in the U.S. nearly tripled from 1960-2010<sup>8</sup>

- Prevalence of obesity is higher among women than men (38.3% vs. 34.3%) and older than younger adults (37% vs. 32.3%)
- Non-Hispanic whites have lower rates of obesity (34.5%) compared with all Hispanics (42.1%) and non-Hispanic blacks (48.1%)
- CDC reports no state had a prevalence of obesity less than 20% in 2014<sup>9</sup>
  - 25-30% in 23 states
  - Greater than 30% in 22 states
  - Colorado the lowest (21.3%) and West Virginia the highest (35.7%)<sup>10</sup>
- CDC projects 42% of the population will suffer from obesity by 2030, a 33% increase in prevalence over the next two decades<sup>11</sup>
  - 11% of the population will suffer from severe obesity, accounting for a 130% increase

## **OBESITY AND MEDICAL COMMUNITY**

- In June 2013, the American Medical Association, the nation's largest physician group, recognized obesity "as a disease state with multiple pathophysiological aspects requiring a range of interventions to advance obesity treatment and prevention"<sup>12</sup>
- Other organizations classifying obesity as a disease include the American Association for Clinical Endocrinology (2012), the Centers for Medicare and Medicaid Services (2004), the Social Security Administration (1999) and the National Institutes of Health (1998), ASMBS and The Obesity Society (2008)
- Agency for Healthcare Research and Quality's 2011 *National Healthcare Disparities Report* found, despite rising obesity rates, less patients are being informed that they have obesity or are overweight by their health care professionals,<sup>13</sup> which may be a contributor to Americans using preventive care services at about half the recommended rate

## **RISKS OF OBESITY – BMI 30 IS TURNING POINT FOR INCREASED DISEASE**

- BMI is a strong predictor of overall mortality,<sup>14</sup> and is associated with a 50-100% increased risk of premature death compared to healthy weight individuals<sup>15</sup>
- BMI 30-35 is associated with a reduction in median survival by two-to-four years<sup>14</sup>
- People who are suffering from obesity or are overweight have an increased risk of developing more than 30 diseases and health conditions including:<sup>16,17</sup>
  - Type 2 diabetes
  - Several types of cancer
  - Infertility
  - Sleep apnea
  - Gallstones
  - Liver disease and gallbladder disease
  - Orthopedic problems
  - High blood pressure
  - High cholesterol
  - Heart disease and stroke

### *Obesity and Cancer*

- Several cancers, including esophagus, pancreas, colon and rectum, breast, endometrium, kidney, thyroid and gallbladder, are linked to obesity<sup>24</sup>
  - According to the American Society of Clinical Oncology, obesity caused approximately 84,000 new cancer cases in 2007<sup>25</sup>
  - By 2030, the number is expected to rise to 500,000 new cases in the U.S.<sup>19</sup>
- Excess weight and lack of sufficient physical activity causes between 25% to 33% of common cancers in the U.S. and other industrialized nations, according to the International Agency for Research on Cancer<sup>26</sup>
- Obesity and overweight contributes to as many as 1 in 5 cancer-related deaths<sup>20</sup>

## ECONOMICS OF OBESITY

- McKinsey Global Institute study estimates obesity costs the world \$2 trillion a year in health-care costs<sup>27</sup>
- Study by Society of Actuaries showed obesity costs the U.S. economy \$270 billion per year<sup>28</sup>
  - Obesity is attributed to an increased need for medical care, and a loss of economic productivity resulting from excess mortality and disability due to the rise in the economic costs associated with patients suffering from being overweight and obesity

## SCIENCE OF OBESITY

- Obesity causes chronic inflammation as weight increases<sup>29</sup>
  - Excess fat cells release biochemicals that lead to inflammation, which can result in heart disease, hypertension and type 2 diabetes<sup>30</sup>
- Contributing factors to obesity include genetics, metabolism, behavior, environment and economic status<sup>31</sup>

## BODY MASS INDEX (BMI)

- Body mass index (BMI) is a measure of body fat based on the calculation of a person's height and weight<sup>32</sup>
- To calculate BMI visit: <http://asmbs.org/calculate-your-bmi/>
- To view what your BMI means, visit: [http://www.nhlbi.nih.gov/guidelines/obesity/bmi\\_tbl.pdf](http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.pdf)

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