Cultural messages on obesity are more conflicting than ever. Stigma and discrimination can lead to depression or anxiety.

Obesity: A Chronic Disease Generally Marked By A Body Mass Index Of 30+.

70% of Americans age 20 or older are overweight
80% of adults and adolescents are insufficiently active.

Cultural messages on obesity are more conflicting than ever.

Excess weight is not just a cosmetic issue. Obesity can cause:
- Type 2 Diabetes
- High Blood Pressure
- Stroke
- Cancer
- Asthma
- Chronic Back Pain
- Increased Risk Of Disability

Excess weight is a chronic disease.

Stigma and discrimination can lead to depression or anxiety.

Obesity costs the U.S. health care system $147-$210 billion annually.

It's time to address America's obesity epidemic.

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