

# OBESITY

## IS WEIGHING AMERICA DOWN



**70%**  
of Americans age  
20 or older are  
**overweight**



**OBESITY:**  
A Chronic Disease  
Generally Marked  
By A **Body Mass  
Index Of 30+**



**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**

### 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.