Disparities weigh heavier on communities of color

2 in 5 Americans live with obesity. But not all groups are affected equally.

People of color are more likely to struggle with obesity.

- 50% of Black American adults have obesity
- 45% of Hispanic American adults have obesity

Obesity increases risk for:

- Diabetes
- High blood pressure
- High cholesterol
- Stroke
- Heart disease

Addressing structural challenges can help.

- Expanding access to healthy, affordable food options
- Reducing access barriers to obesity treatment
- Increasing access to physical wellness and nutrition education
- Eliminating stigma about obesity

Better policy can bring better health outcomes for people with obesity.