

# OBESITY IN CALIFORNIA

Obesity is a serious disease that affects more than 14.5 million people in the state of California. That's about 37% of the state's population.<sup>1</sup>

## The Impact of Health Disparities

Obesity disproportionately affects people of color in California.<sup>2</sup>



**47.9%**  
of Black  
Adults



**48.3%**  
of Latino  
Adults



**34.7%**  
of White  
Adults

Additionally, Californians living below the poverty line are 1.5 times more likely to be obese than those living above the poverty line.

Higher rates of obesity mean these adults face an increased risk for chronic illnesses. Often, they are left without substantial health insurance coverage to get the care they need.

## Comorbidities

Obesity increases the risk of several diseases, including:

- Cancer
- Depression
- Heart disease
- Kidney disease
- Pregnancy complications
- Sleep apnea
- Type 2 diabetes

1-2. *Obesity Prevalence & Comorbidity Map*

3. *Direct medical costs of obesity in the United States and the most populous states*

4. *Obesity in California*



## The Cost of Obesity

The cost of obesity is staggering.

- In the United States, obesity accounts for \$260 billion of aggregated annual medical costs.<sup>3</sup>
- In California, obesity-related costs are the highest in the United States, at an estimated \$15.2 billion annually.<sup>4</sup>

## Patient-Centered Policy Can Help

The California legislature is taking steps to increase access to obesity treatment by:

- Passing Senate Bill 839, expanding coverage to California patients.
- Requiring parity with other chronic diseases for coverage of obesity treatment.

**Addressing obesity starts  
with patient-centered policy.**