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.\(^1\)

**The Impact of Health Disparities**

Obesity disproportionately affects people of color in California.\(^2\)

- **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

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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