

# Overview of the Obesity Epidemic in the United States

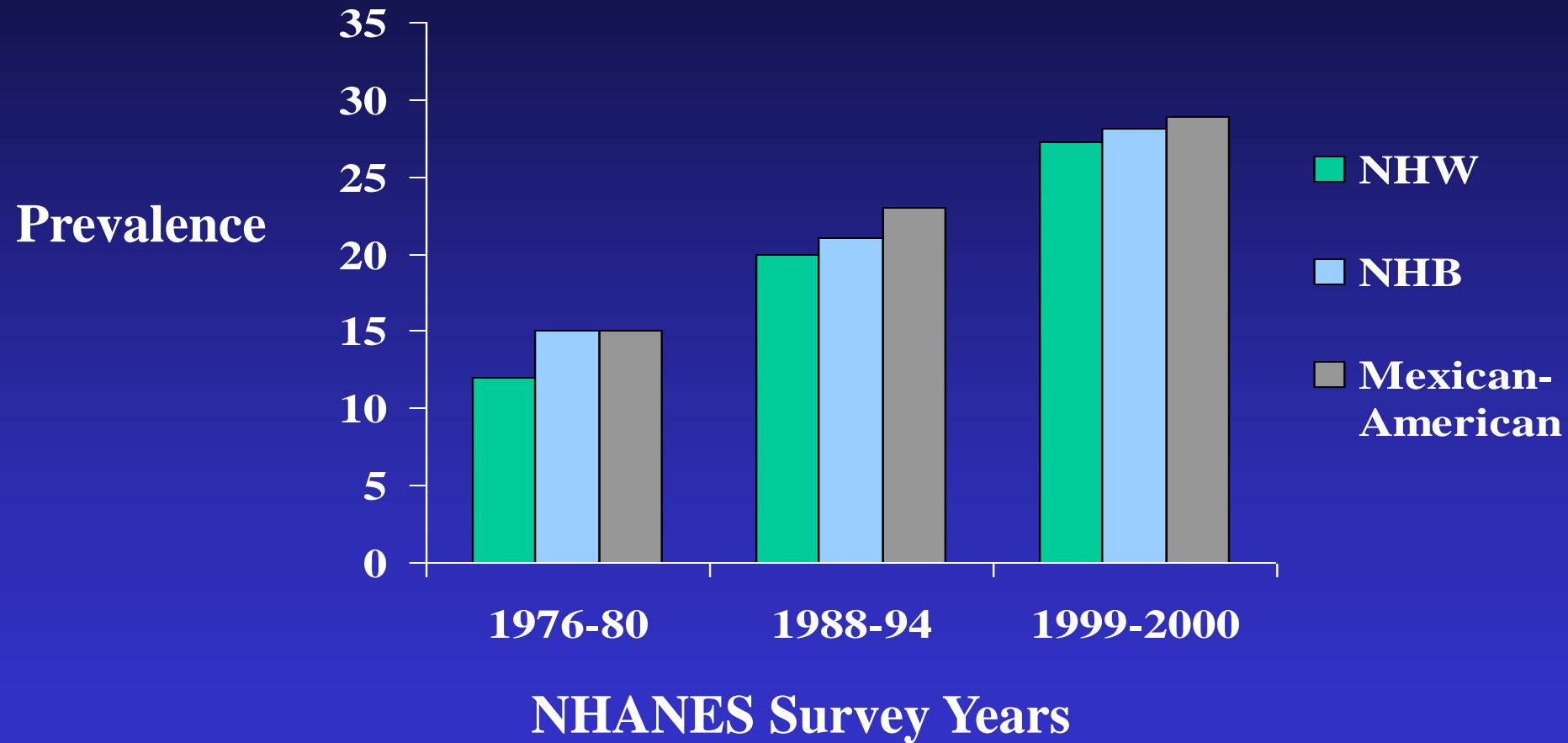
**William H. Dietz, MD, PhD**

**Director of the Division of Nutrition, Physical  
Activity, and Obesity**

**Centers for Disease Control and Prevention**

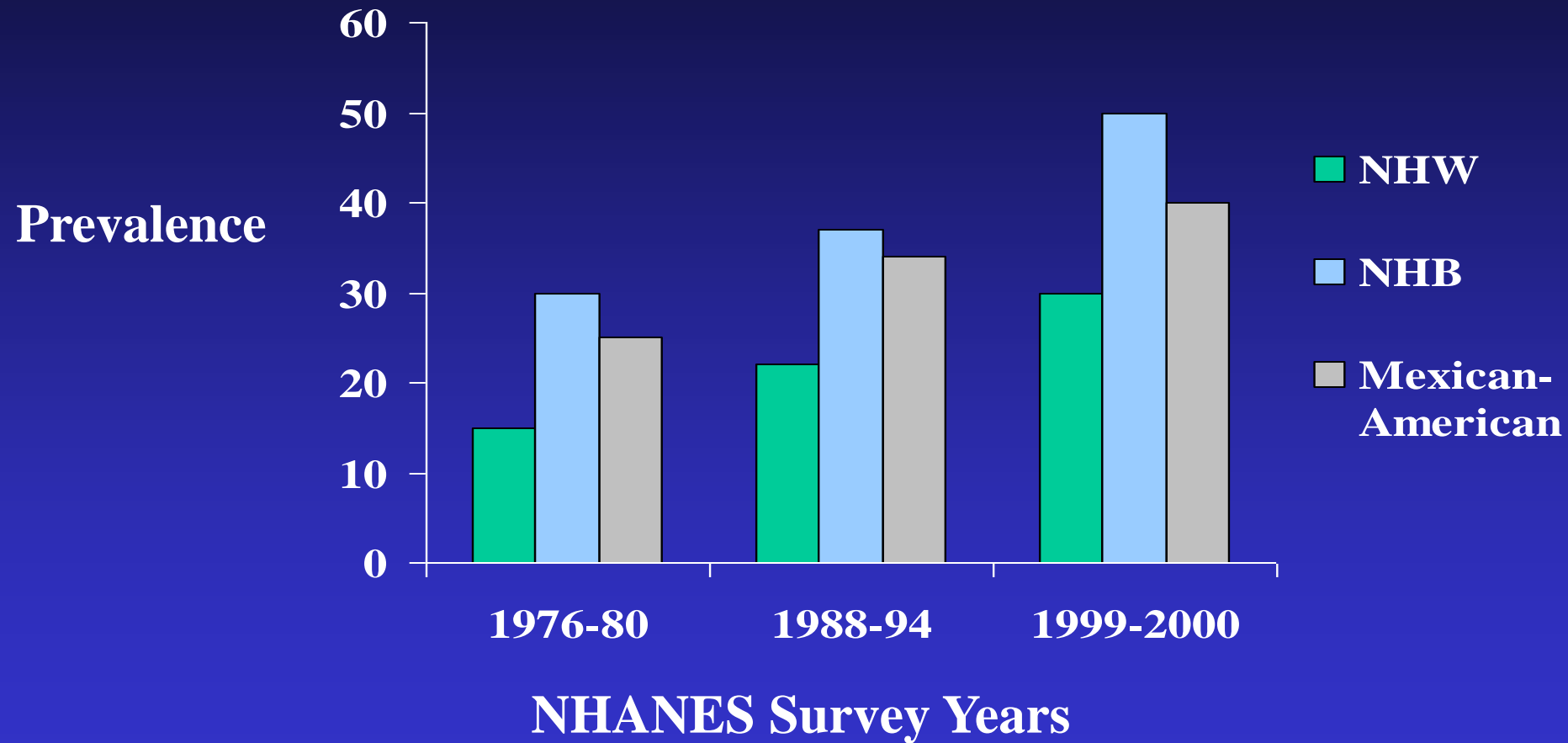


# Changes in Prevalence of Obesity Among US Adult Males



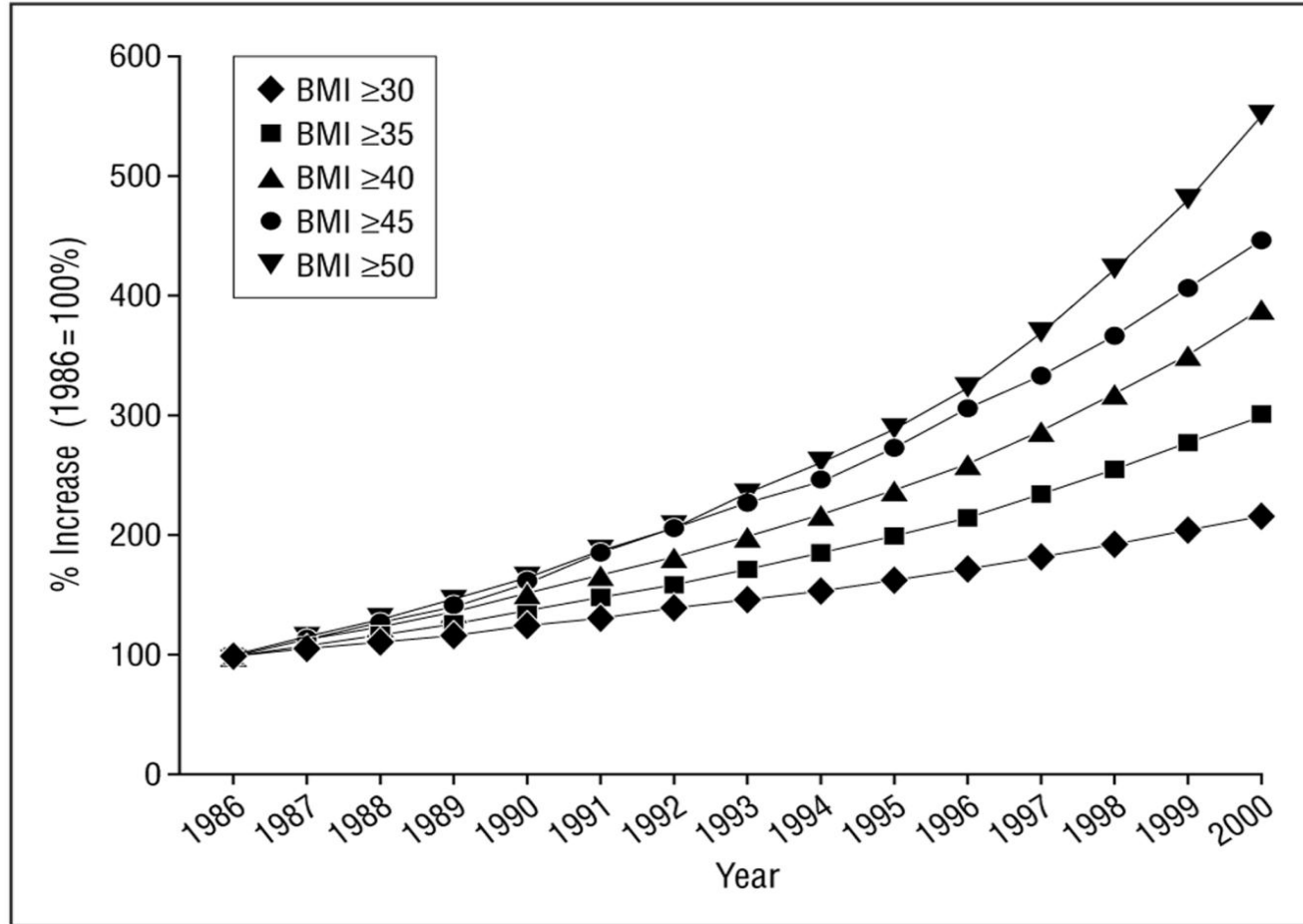
From IJO 1998;22:39 and JAMA 2010; 303:235

# Changes in Prevalence of Obesity Among US Adult Females

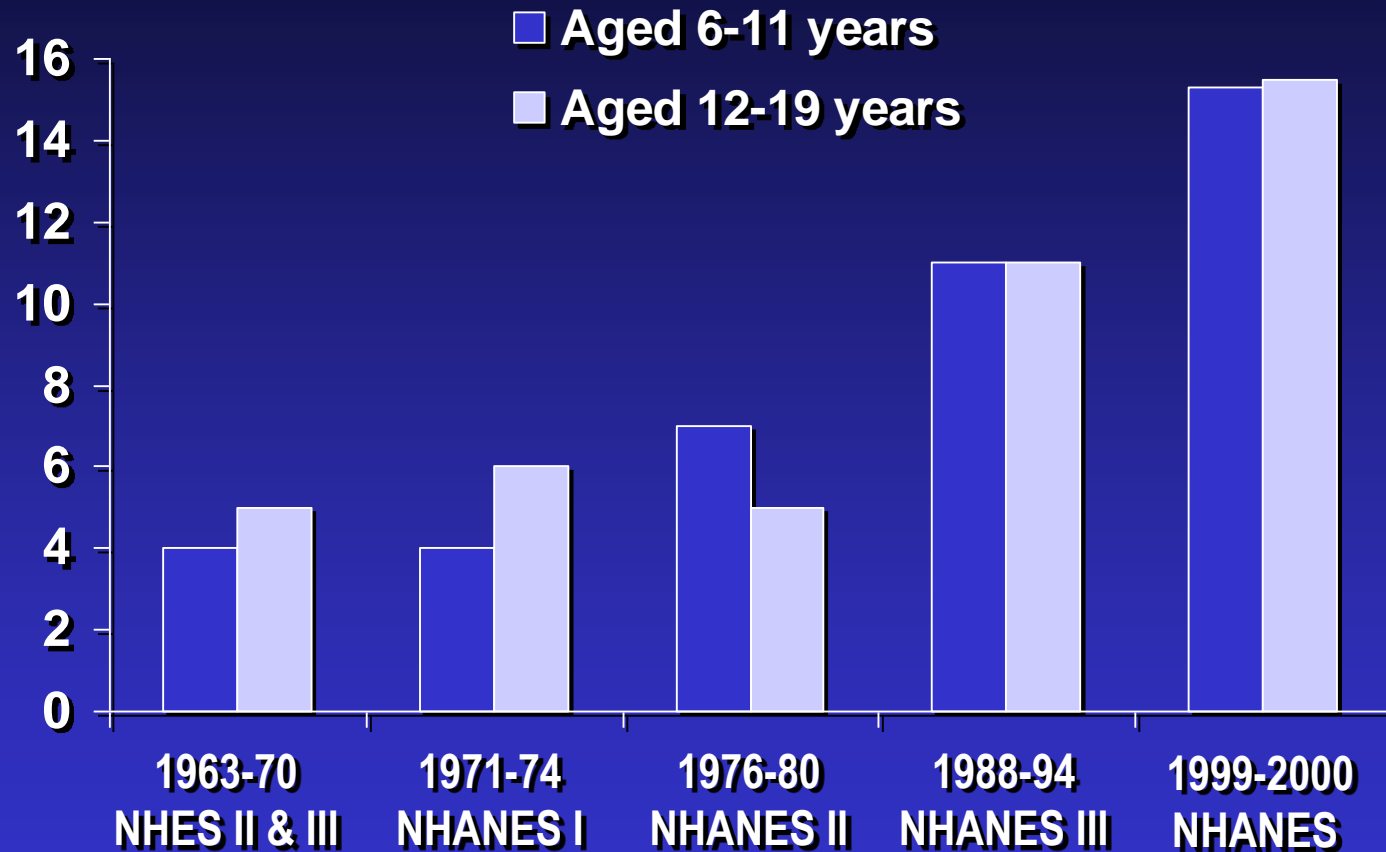


From IJO 1998;22:39 and JAMA 2010;303:235

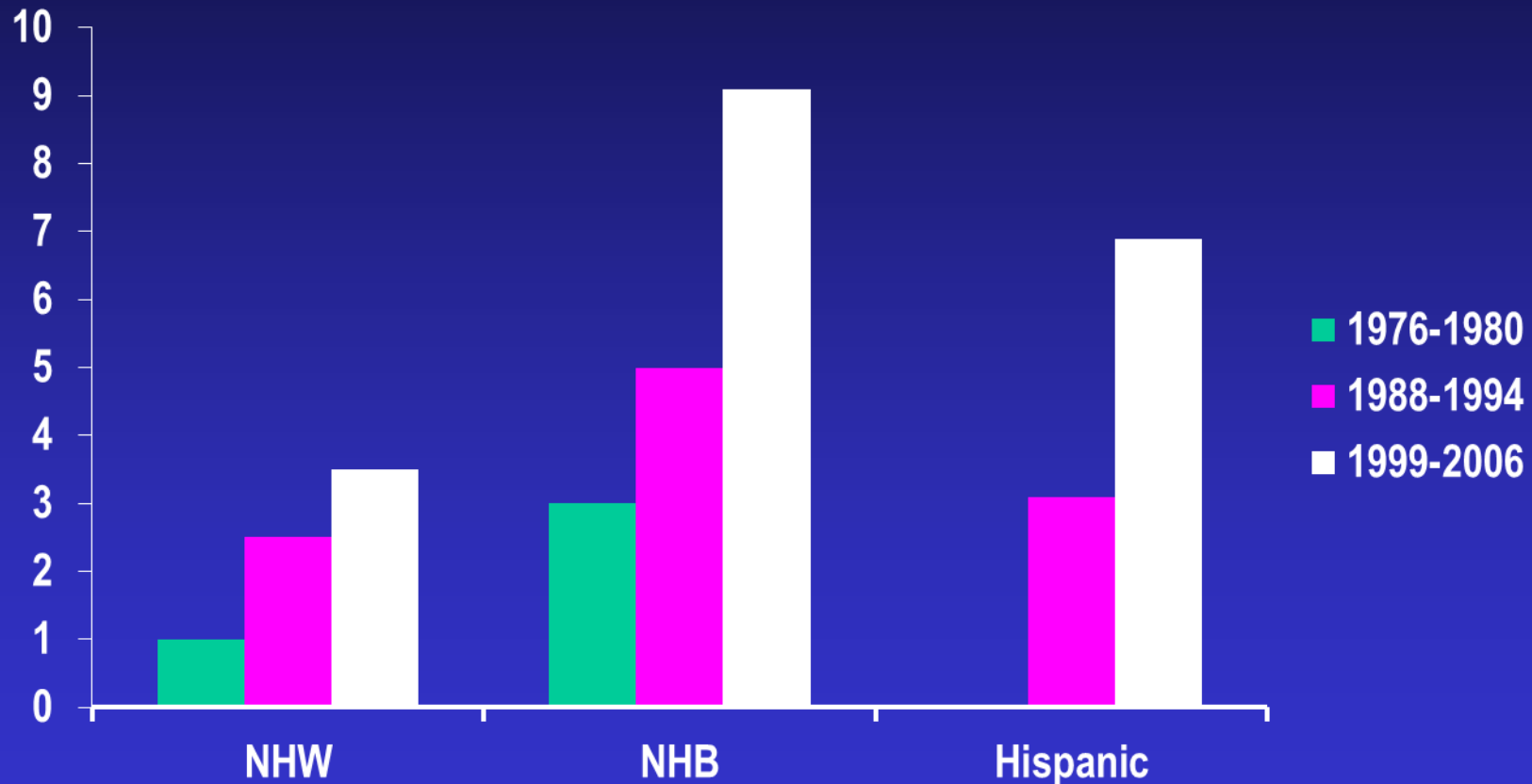
# Changes in the Prevalence of Self-reported Severe Obesity - BRFSS



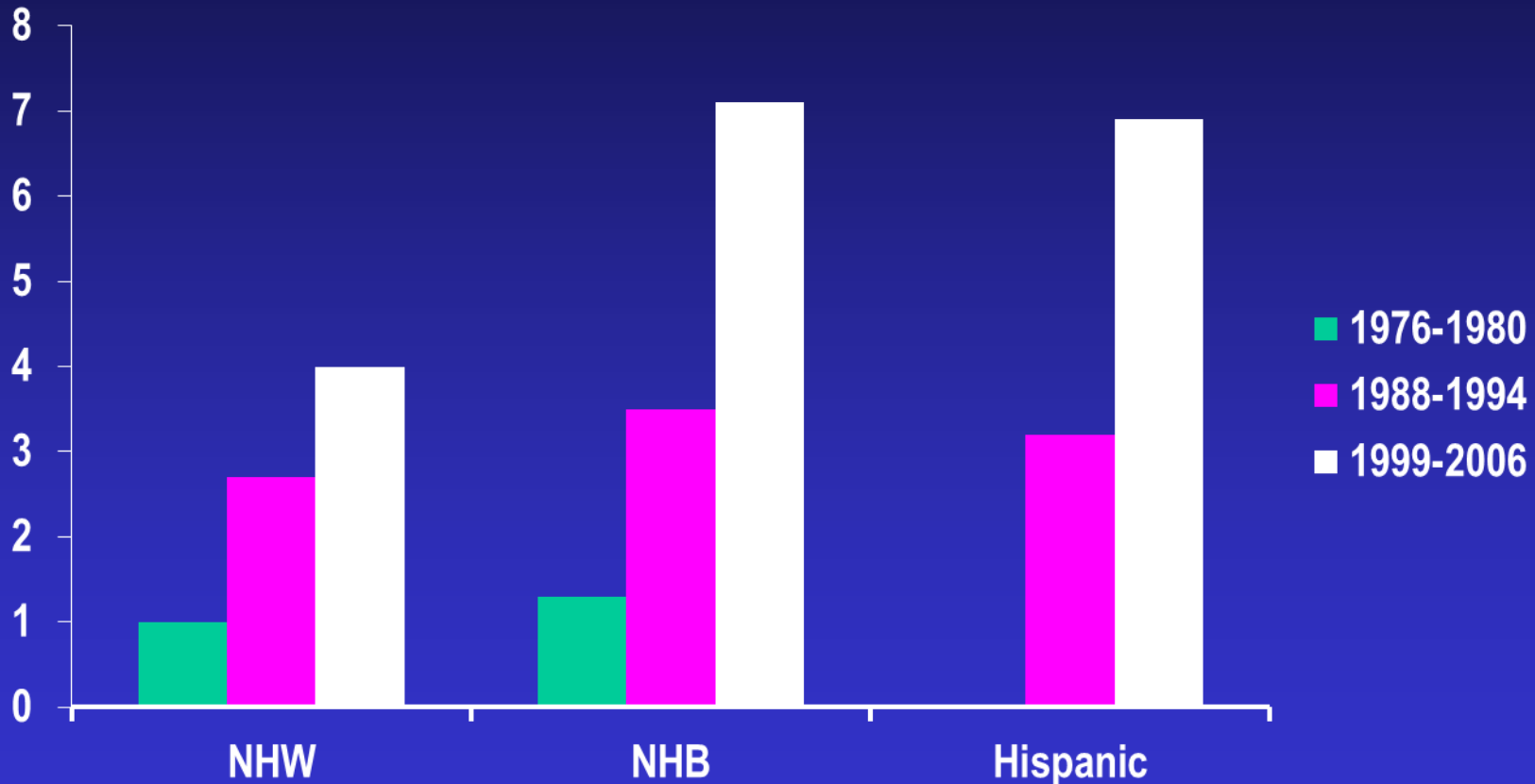
# Prevalence of Obesity Among U.S. Children and Adolescents



# Changes in the Prevalence of Severe Obesity (120% of the 95<sup>th</sup> %tile) in Girls 1976-2006



# Changes in the Prevalence of Severe Obesity (120% of the 95<sup>th</sup> %tile) in Boys 1976-2006



# Impact of Childhood Overweight (BMI $\geq$ 95<sup>th</sup> percentile) on Adult Obesity (BMI $\geq$ 30)

- 25% obese adults were overweight children
- 4.9 BMI unit difference in severity
- Onset  $\leq$  8y more severely obese as adults (BMI = 41.7 vs 34.0)
- 50% of adults with BMI  $\geq$  40 were obese as children



# Costs of Obesity – 1998 vs 2008

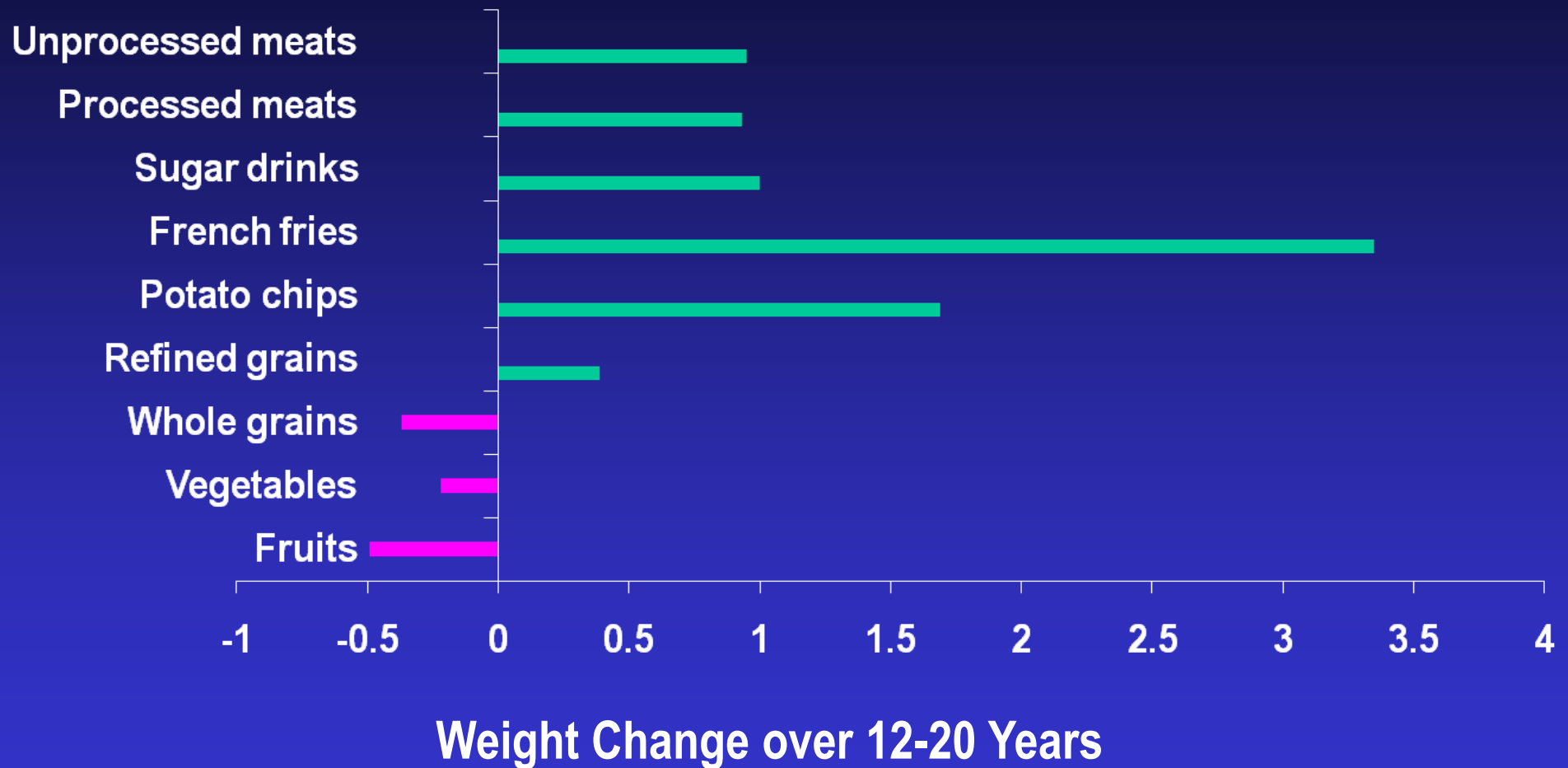
	<u>1998</u>	<u>2008</u>
Total costs	\$78.5 B/y	\$147 B/y
Medical costs	6.5%	9.1%

Finkelstein et al. Health Affairs 2009; 28:w822

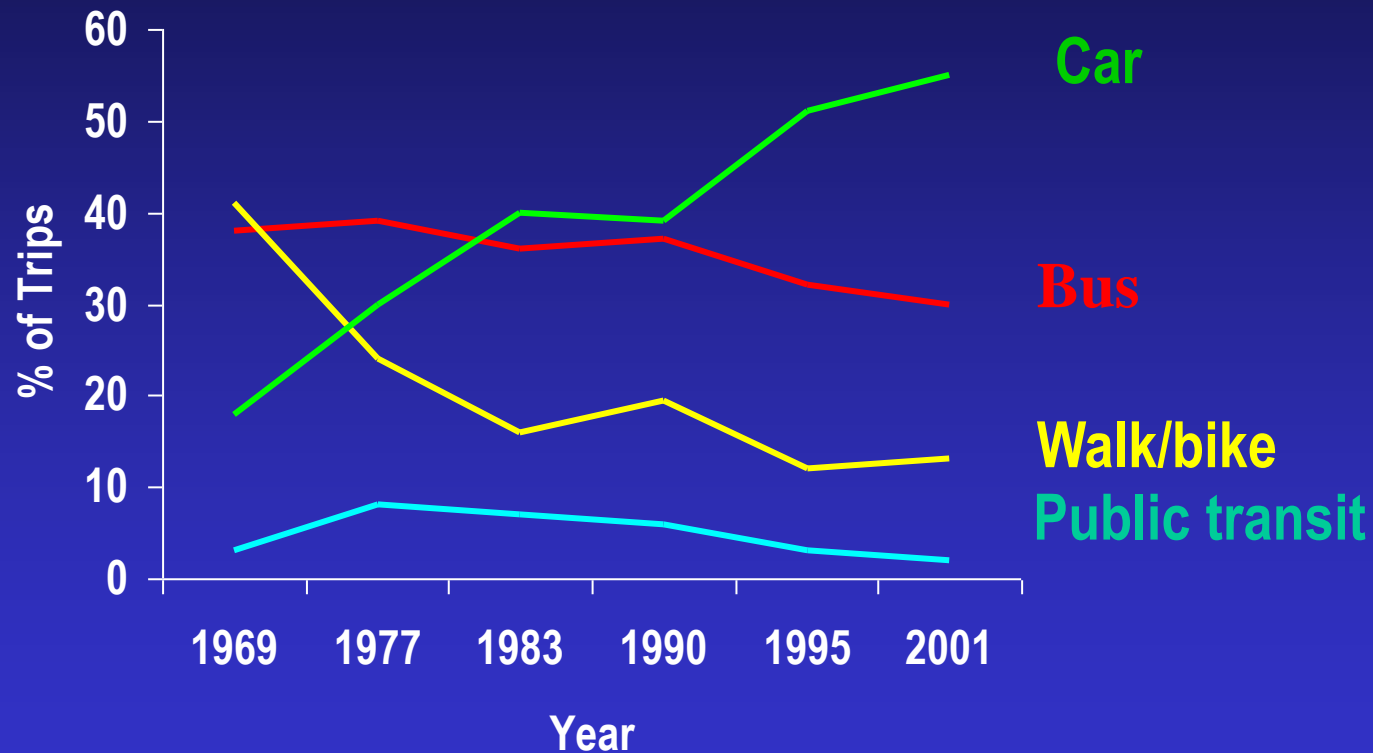




# Changes in Dietary Habits and Weight Change



# Standardized Share of Mode for Trips to School – National Personal Transportation Survey



McDonald NC. Am J Prev Med 2007;32:509