Healthy Weight

Obesity puts individuals at risk for many of the leading causes of death, including heart disease, stroke, some types of cancer, respiratory diseases, diabetes and kidney disease. Despite progress in some areas, our nation falls far short of healthy physical-activity and dietary-consumption levels, leaving more than a third of adults obese. Obesity costs the U.S. about $147 billion in medical expenses each year.

Trends in Obesity and Key Risk and Protective Factors

<table>
<thead>
<tr>
<th>Key Indicator</th>
<th>Baseline 2006</th>
<th>Status 2012</th>
<th>Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of adults (ages 20+) who are obese</td>
<td>34.3%</td>
<td>34.9%</td>
<td>▲</td>
</tr>
<tr>
<td>Percent of youth (ages 2-19) who are obese</td>
<td>15.4%</td>
<td>16.9%</td>
<td>▲</td>
</tr>
</tbody>
</table>

**Behavioral Risk or Protective Factors**

**Physical Activity**

<table>
<thead>
<tr>
<th></th>
<th>2005</th>
<th>2013</th>
<th>Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of adults who met the federal physical activity guidelines</td>
<td>16.6%</td>
<td>20.7%</td>
<td>▲</td>
</tr>
<tr>
<td>Percent of high school students who are physically active at least 1 hour a day, seven days a week</td>
<td>17.9%</td>
<td>27.1%</td>
<td>▼</td>
</tr>
</tbody>
</table>

**Nutrition**

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2010</th>
<th>Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average daily fruit intake (per 1,000 calories consumed) per person (ages 2+)</td>
<td>0.5 cups</td>
<td>0.6 cups</td>
<td>▲</td>
</tr>
<tr>
<td>Average daily vegetable intake (per 1,000 calories consumed) per person (ages 2+)</td>
<td>0.8 cups</td>
<td>0.8 cups</td>
<td>▲</td>
</tr>
</tbody>
</table>

- ▢ Trend in wrong direction
- ▲ Insufficient Progress
- ▼ Progress

Medical Complications of Obesity

- Heart disease
  - Diabetes
  - Abnormal lipid profile
  - High blood pressure

- Pancreatitis
- Female disorders
  - Abnormal periods
  - Infertility

- Cancer
  - Breast
  - Uterus
  - Colon
  - Esophagus
  - Pancreas
  - Kidney
  - Prostate

- Lung disease
  - Asthma
  - Pulmonary blood clots

- Liver disease
  - Fatty liver
  - Cirrhosis

- Gallstones

- Stroke

- Sleep apneas and snoring

- Inflamed veins, often with blood clots

- Arthritis

- Gout