

# 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

Key Indicator	Baseline 2006	Status 2012	Progress
Percent of adults (ages 20+) who are obese	34.3%	34.9%	▲
Percent of youth (ages 2-19) who are obese	15.4%	16.9%	▲
<b>Behavioral Risk or Protective Factors</b>			
<b>Physical Activity</b>		<b>2005</b>	<b>2013</b>
Percent of adults who met the federal physical activity guidelines	16.6%	20.7%	●
Percent of high school students who are physically active at least 1 hour a day, seven days a week	17.9%	27.1%	●
<b>Nutrition</b>		<b>2006</b>	<b>2010</b>
Average daily fruit intake (per 1,000 calories consumed) per person (ages 2+)	0.5 cups	0.6 cups	▲
Average daily vegetable intake (per 1,000 calories consumed) per person (ages 2+)	0.8 cups	0.8 cups	▲

■ Trend in wrong direction      ▲ Insufficient Progress      ● Progress

## Medical Complications of Obesity

