

OBESITY

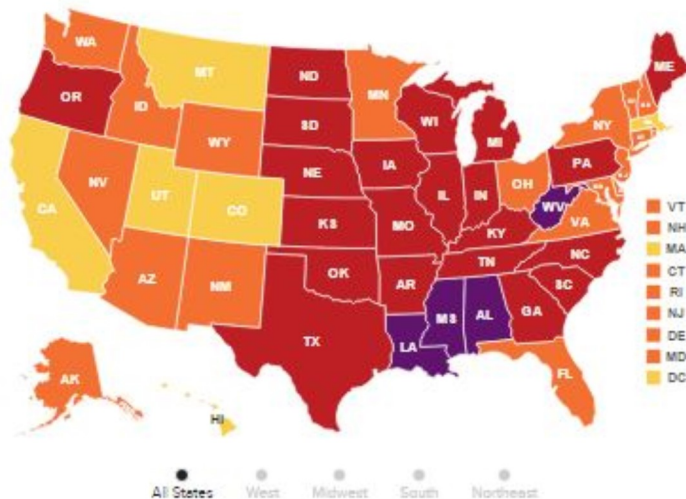
BY THE NUMBERS

Adult Obesity Rate by State, 2015

Select years with the slider to see historical data. Hover over states for more information. Click a state to lock the selection. Click again to unlock.

Percent of obese adults (Body Mass Index of 30+)

0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+



Obesity occurs when a person is **30 or more pounds** overweight

Nearly 40% of Americans are considered to be clinically **obese**, or having a Body Mass Index (BMI) of 30 or above.

Obesity costs Americans **over \$147 billion** for healthcare alone.

The groups with the **highest rate of obesity** are non-Hispanic Blacks (48.1%), Hispanics (42.5%) and non-Hispanic whites (34.5%).

Every year 572,000 people die from cancer and **1/3 of these cancers** are related to excess body weight.

Adults perform at least **2 hours of moderate physical activity** and 75 minutes of intense physical activity each week to avoid becoming obese.

Americans **consume 31% more calories** than we did 40 years ago.

Losing weight can lower your risk of developing high blood pressure, diabetes, cancer, and heart disease.

Losing 1 pound will take 4 pounds of pressure off of your knees and joints.



For more information about obesity or to find out we can help you manage your weight, talk to your provider during your next appointment or log onto www.RHMPI.com today!