



OBESITY AND DIABETES

FACTS AND FIGURES



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Being overweight and obese are among the greatest public health problems facing the world today. Affecting virtually all age and socioeconomic groups, obesity is a complex condition which poses a major risk for serious diet-related, non-communicable diseases, including type 2 diabetes. This support tool will arm you with the facts on obesity and type 2 diabetes and provide information on why exactly we need a Food Revolution.

“Obesity, and with it diabetes, are the only major health problems that are getting worse in this country, and they’re getting worse rapidly,”

CDC Director Thomas Frieden
Weight of the Nation Conference, July 2009.

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ADULT OBESITY

- ★ **Worldwide obesity has more than doubled since 1980 with more than 1.5 billion adults overweight and obese (1)**
- ★ Being overweight and obese are the fifth leading risks for global deaths, causing at least 2.8 million adult deaths each year. In addition, being overweight or obese is also a major contributor to other health problems, which are also among the leading killer diseases worldwide, including heart disease, some cancers and type 2 diabetes (1)
- ★ **The US has the highest rate of obesity in the world (2)**
- ★ More than two thirds (**68%**), of American adults are overweight and more than one third of American adults are obese (**35.7%** or equal to 72.5 million people) (3)
- ★ According to current predictions, if trends continue to rise at the present rate, **83% of men and 72% of women in the U.S. will be overweight or obese by 2020 (4)**
- ★ Obese people suffer from poorer health during their lifetime and are likely to die ten years earlier than someone of a healthy weight (5)
- ★ Obesity accounts for nearly 10% of US healthcare spending. This amounts to \$147 billion annually (6, 7). Smoking, by comparison, costs only \$96 billion (8)
- ★ Healthcare costs are **42% higher** for someone who is obese – this amounts to over **\$1,400 per person (6)**

CHILD OBESITY

- ★ **Worldwide, 43 million children under the age of 5 are overweight or obese (1)**
- ★ In America alone, 32% of children, aged 2 -19 years, are overweight and 17% are obese (this amounts to **23 million overweight children and 12.5 million obese children (9)**)
- ★ Over 80% of obese children are likely to be obese as adults (10)
- ★ Today's generation of children are predicted to be the first to die at a younger age than their parents due to obesity-related illnesses (11)

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DIABETES

- ★ **Worldwide, 346 million people have diabetes. 90% of these cases are type 2 diabetes, a main percentage of which is caused by excess body weight and physical inactivity** (12)
- ★ The World Health Organisation (WHO) predicts that deaths as a result of diabetes will double between 2005 and 2030 (12)
- ★ **11% of American adults** (or 26 million people) have diabetes, of which more than 90% are type 2 (13)
- ★ As well as people with diabetes, **35% of all American adults** (another 79 million people), are estimated to have early warning signs, or pre-diabetes – being obese is a significant cause (14)
- ★ One in three young Americans born since the new millennium are likely to develop diabetes (15)
- ★ Diabetes is the seventh biggest killer in the United States, killing 71,300 people each year (16)
- ★ Type 2 diabetes is the major problem – just a few decades ago, type 2 diabetes was an adult disease, appearing in people over the age of 40. As a disease previously unheard of in children, type 2 diabetes is increasingly widespread among teenagers and even among children as young as six (17). Today, **23% of teens in the US are predicted to be pre-diabetic or have type 2 diabetes** (18)
- ★ Diabetes can cause serious health complications including heart disease, blindness, kidney failure and lower-limb amputations. These problems are appearing earlier than ever before (12)
- ★ At the early stages, the symptoms of diabetes type 2 can start to be reversed within a few weeks. Losing weight and doing more exercise can reduce the development of diabetes **by 58%** (19). The combination is more effective than taking medication.

MORE INFORMATION

- ★ CDC's state-by-state obesity data: www.cdc.gov/obesity/data/trends.html
- ★ CDC's diabetes fact sheet: www.cdc.gov/Features/DiabetesFactSheet/
- ★ The American Diabetes Association: www.diabetes.org
- ★ National Diabetes Information Clearing House (NDIC): <http://diabetes.niddk.nih.gov/intro/index.htm>

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