


# The State of Obesity 2018

## Better Policies for a Healthier America

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Congressional Briefing  
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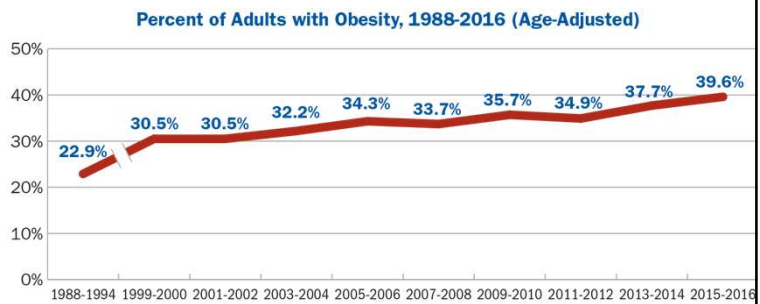
 @HealthyAmerica1  
#StateOfObesity

*Trust for America's Health is a non-profit, non-partisan public health organization that promotes optimal health for every person and community and makes the prevention of illness and injury a national priority.*



## Adult Obesity Still Increasing Leveling Off Trend Has Ended

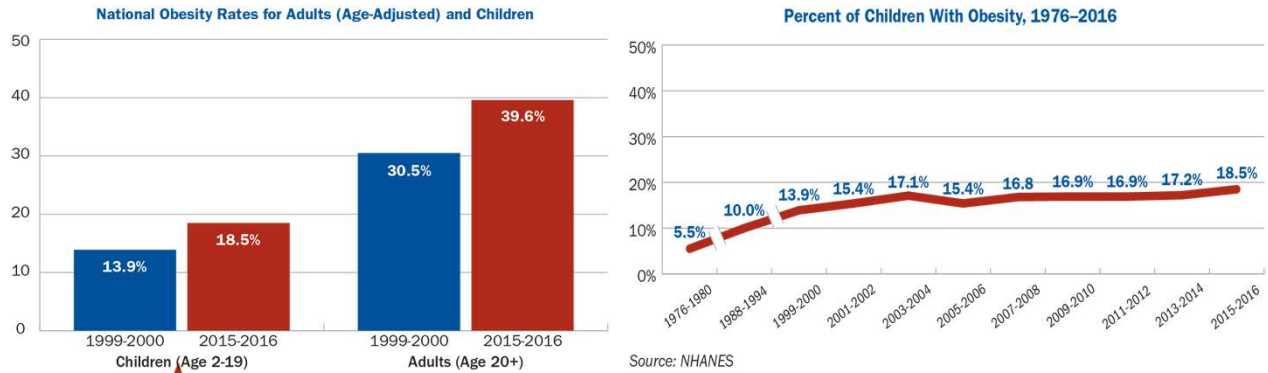
- Obesity up in 6 states in 2017 (vs. 4 in 2016, 2 in 2015)
- Obesity down in 0 states in 2017 (vs. 1 in 2016, 4 in 2015)
- 31 states up compared to 5 years ago (none down)



Source: NHANES

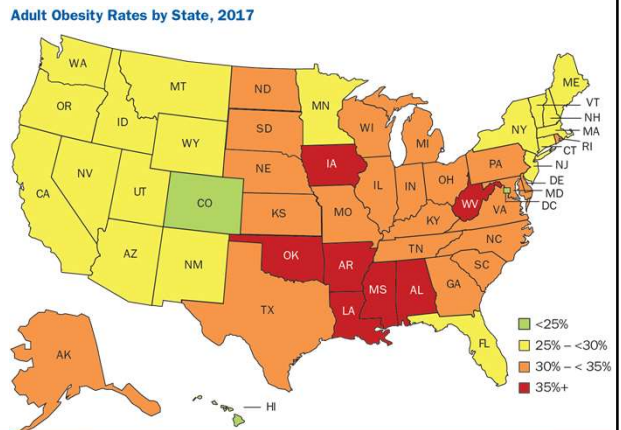


# Childhood Obesity Still Rising



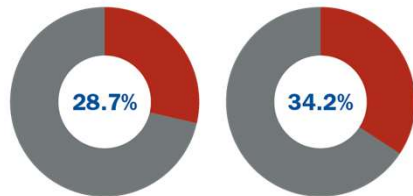
# Geographic & Racial/Ethnic Disparities Continue

- Southern and Midwestern states have highest adult rates
- For both adults and children, the highest rates are among Latinos and Blacks.



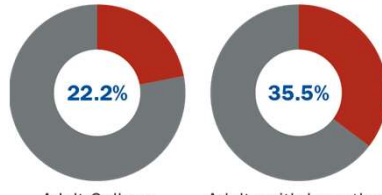
## Significant Socioeconomic Disparities

Percent of Adults with Obesity in Metro and Rural Areas, 2016



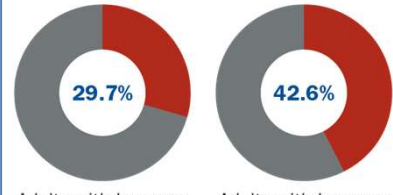
Adults in Metro Areas    Adults in Rural Areas

Percent of Adults with Obesity by Education Level, 2016



Adult College Graduates    Adults with Less than a High School Education

Percent of Adults with Obesity by Income, 2011-2014



Adults with Incomes 400%+ FPL    Adults with Incomes 100-400% FPL



## Multiple Consequences

- **Health** - 100 M adults (40% of U.S.) have prediabetes or diabetes
- **Economic** - Severe obesity costs Medicaid \$8 B a year & \$215 B in med expenses & productivity
- **National Defense** - 1 in 3 adults are ineligible to serve in the military



## We Know What Works

### Key Policy Areas:

- Nutrition Assistance (e.g. WIC, SNAP)
- Nutrition Info & Ed
- Child Care & Education Requirements
- Community (Safe Routes to School, CDC programs)
- Fiscal Policies to Promote Nutrition
- Healthcare Coverage

### Key U.S. Agencies:

- **HHS:** CDC funding; Dietary Guidelines
- **FDA:** Menu labeling; nutrition label implementation
- **Dept of Ed:** Healthy behaviors in childhood programs (e.g. Head Start) & ESSA programs
- **Dept of Ag:** Strong school meal standards; implement Smart Snacks guidelines



## For Further Information

- Full text of *The State of Obesity* and interactive features available at: <http://www.StateOfObesity.org>
- Please contact Daphne Delgado, Senior Government Relations Manager, [ddegado@tfah.org](mailto:ddegado@tfah.org)

