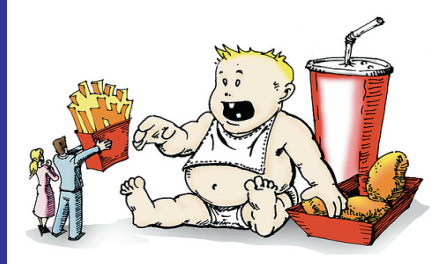


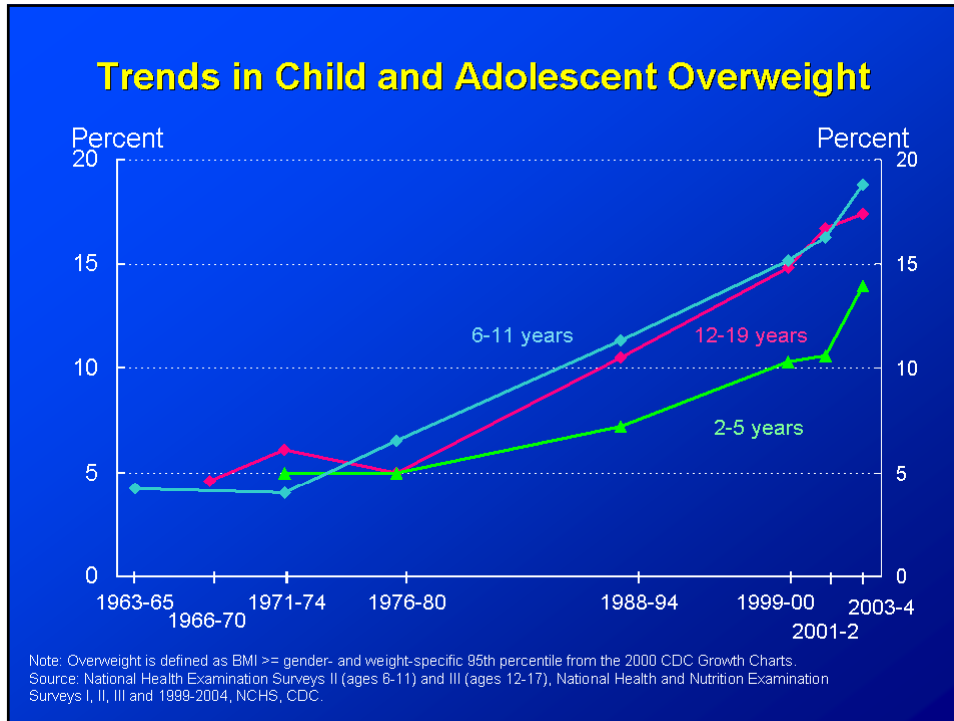
## The Obesity Epidemic



## Overweight in Children

- Overweight =  $\geq$  95<sup>th</sup> percentile BMI-for-age
- At risk of overweight = 85<sup>th</sup> - 94<sup>th</sup> percentile BMI-for-age





## Consequences of Obesity for Individuals

### Physical Health

- Diabetes
- Heart Disease
- Hypertension
- Dyslipidemia
- Liver Disease
- Sleep Apnea
- Orthopedic Problems

### Emotional Health

- Low self-esteem
- Depression

### Social Health

- Stigma
- Negative Stereotyping
- Discrimination
- Teasing & bullying
- Social marginalization

## Economic Costs of Obesity

- Obesity-associated annual hospital costs for children and youth increased from \$35 million in 1979-1981 to \$127 million in 1997-1999.
- National health care expenditures related to obesity and overweight for U.S. adults range from \$98 billion to \$129 billion annually.

Source: The National Academies, the Institute of Medicine

## Economic Costs of Obesity in Minnesota

- Current = ~ \$1.3 Billion
- 2020 = ~ \$3.7 Billion

Source: Blue Cross & Blue Shield, MN Dept. of Health, 2008

## Consequences of Obesity for Society

- Reduced productivity and functioning
- Discrimination: social and economic
- Increased mortality and morbidity
- Increased national health care expenditures

## Focus on Childhood Obesity

- Obesity virtually guarantees bad health
- Children with BMI > 85% during preschool (ages 2-5) → > 5 times as likely to be overweight at age 12
- Children obese at age 6 → 50% chance of life-long obesity
- Children obese at age 13 → 75% chance of life-long obesity

## Focus on Childhood Obesity

Need for Action ...

Lives, quality of life, health care costs, and our nation's economic competitiveness are in the balance.

## Focus on Childhood Obesity

Change the Conversation



- Healthy Homes
- Healthy Schools
- Healthy Communities
- Healthy Marketplace and Media
- Healthy Support from Health Care Providers