

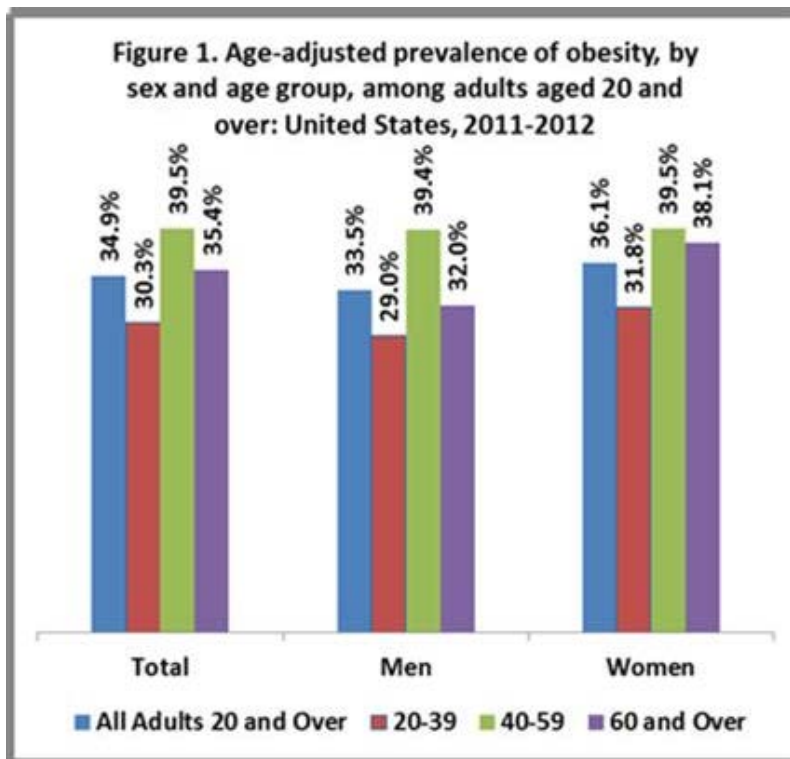


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Obesity Crisis Widens in US

According to a new report issued in October 2013 by the US National Center for Health Statistics, more than one-third (33%) of U.S. adults were considered obese in 2011-2012 (Figure 1). Overall, the prevalence of obesity among middle-aged adults aged 40-59 was higher than among younger adults aged 20-39 or older adults aged 60 and over. Obesity and the conditions related to it continue to have a dramatic cost on healthcare and benefit plans for employers. According to the report:


- Men aged 40-59 had a higher prevalence of obesity (39.4%) than did both men aged 20-39 (29.0%) and men aged 60 and over (32.0%). However, there was no significant difference in the prevalence of obesity between men aged 20-39 and those aged 60 and over.
- Among women, the prevalence of obesity did not differ between those aged 40-59 and 60 and over (39.5% compared with 38.1%). The prevalence of obesity among younger women was lower than among either middle-aged or older women.
- The prevalence of obesity among non-Hispanic Asian adults (10.8%) was lower than among non-Hispanic white (32.6%), Hispanic (42.5%), and non-Hispanic black (47.8%) adults. The prevalence of obesity among Hispanic men (40.1%) was higher than among non-Hispanic Asian (10.0%) and non-Hispanic white (32.4%) men. The prevalence of obesity was higher among non-Hispanic black women (56.6%) than among Hispanic (44.4%), non-Hispanic white (32.8%), and non-Hispanic Asian (11.4%) women.
- The only notable difference by sex was found among non-Hispanic black adults: 56.6% of non-Hispanic black women were obese compared with 37.1% of non-Hispanic black men.
- As in 2009-2010, more than 78 million adults were obese in 2011-2012. Overall, the prevalence of obesity among U.S. adults remains above the Health People 2020 goal of 30.5%.




Data from the National Health and Nutrition Examination Surveys 2011-2012 and 2009-2010 were used for the analyses. The eight-page report is available online at www.cdc.gov/nchs/data/databriefs/db131.pdf.

As employers consider ways to influence cost, quality, and productivity in benefits and their workforce, a heightened concentration on nutrition and weight loss should be at the core of any strategy. For help with an effective health and wellness plan for your business, please contact your Conner Strong & Buckelew account representative.

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