

REPORT SHOWS U.S. ADULT OBESITY RATES REACH 42 PERCENT

September 25, 2020- For the first time in history, adult obesity rates have exceeded 40 percent in the United States, according to information released by Trust for America's Health (TFAH) in their 'State of Obesity: Better Policies for a Healthier America' report.

The 'State of Obesity' report provides an annual snapshot of rates of overweight and obesity nationwide including by age, race and state of residence. The report is based on newly released 2019 data from the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System and analysis by TFAH.

The release of this information is alarming, as obesity is known to have serious health consequences associated with it, including but not limited to increased risk for type 2 diabetes, high blood pressure, stroke, and cancers. It has also been determined that obesity is a risk factor for serious COVID-19 consequences, so 42 percent of adults in America are at an increased risk for serious, possibly fatal, health impacts from COVID-19 due to their weight and health conditions related to obesity.

September is also National Childhood Obesity Month and according to the report, childhood obesity rates continue to be on the rise. In the United States, 19.3 percent of young people, ages 2 to 19, are obese and experiencing earlier onsets of hypertension and high cholesterol. Being overweight and obese as a young person also puts them at higher risk for obesity and its health risk as an adult.

Though this is sombering news, District Health Department #10 (DHD#10) reminds people that there are ways for adults to control their weight through eating well and being physically active. Making small changes to your daily eating and physical activity habits is all it takes to begin making a big impact on your health.

DHD#10 offers Diabetes Prevention Program (DPP) classes to help individuals learn better habits that lead to better health. For more information about DHD#10's DPP classes call Caitlin Hills at 231-876-3803 to learn more.

If you have concerns about your weight or about starting new health habits, talk to your doctor to find a plan that works best for you.

Read more of the 'State of Obesity' report from [TFAH](#) on their website.

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Trust for America's Health is a nonprofit, nonpartisan organization that promotes optimal health for every person and community and makes the prevention of illness and injury a national priority.



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