

# Overweight and obesity in the US

FINDINGS FROM THE GLOBAL BURDEN OF DISEASE STUDY

**28.9%** increase in early death and disability due to overweight and obesity<sup>1</sup> nationwide between **1990 and 2016**

<sup>1</sup>“Overweight and obesity” defined as body mass index (BMI) higher than 25. (“Overweight” includes BMIs higher than 25, but less than 30. “Obesity” includes BMIs of 30 or higher.)

Top 5 and bottom 5 states and DC, ranked by disability-adjusted life years, 2016<sup>2</sup>

**LOWEST RATES**

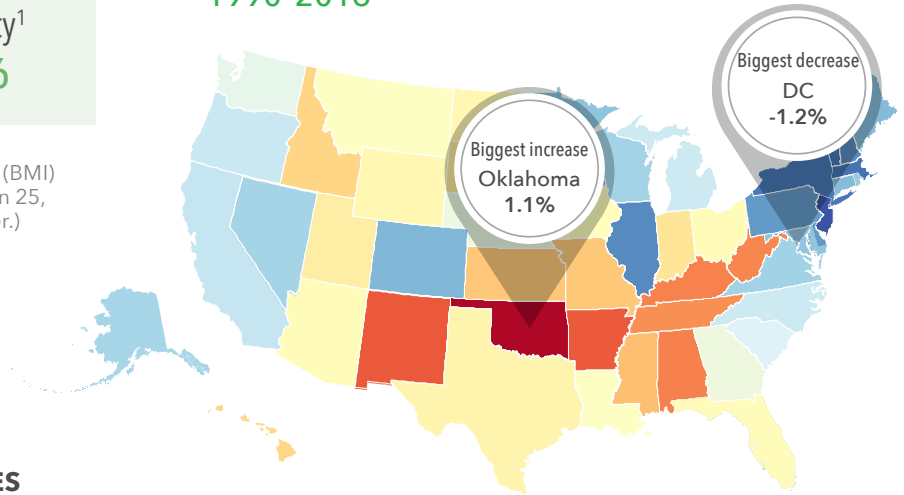
- 1 Colorado
- 2 Minnesota
- 3 Vermont
- 4 Montana
- 5 New Hampshire

**HIGHEST RATES**

- 47 Oklahoma
- 48 West Virginia
- 49 Alabama
- 50 Louisiana
- 51 Mississippi

<sup>2</sup>Rates per 100,000 are adjusted for differences in ages and population size across states.

% change per year in early death and disability due to overweight and obesity, 1990-2016



Rank of overweight and obesity in leading risks contributing to early death and disability rose from **#4 in 1990** to **#2 in 2016**

In 2016, overweight and obesity was linked to:

**208,475** deaths from **cardiovascular diseases**

**77,290** deaths from **diabetes, urogenital, blood, and endocrine diseases**

**49,257** deaths from **cancer**

**46,829** deaths from **Alzheimer’s disease**

**HOW CAN WE ADDRESS OVERWEIGHT AND OBESITY IN THE US?**

Invest in overweight and obesity prevention by researching and funding ways to reduce it at the community level. Some approaches that show promise are:

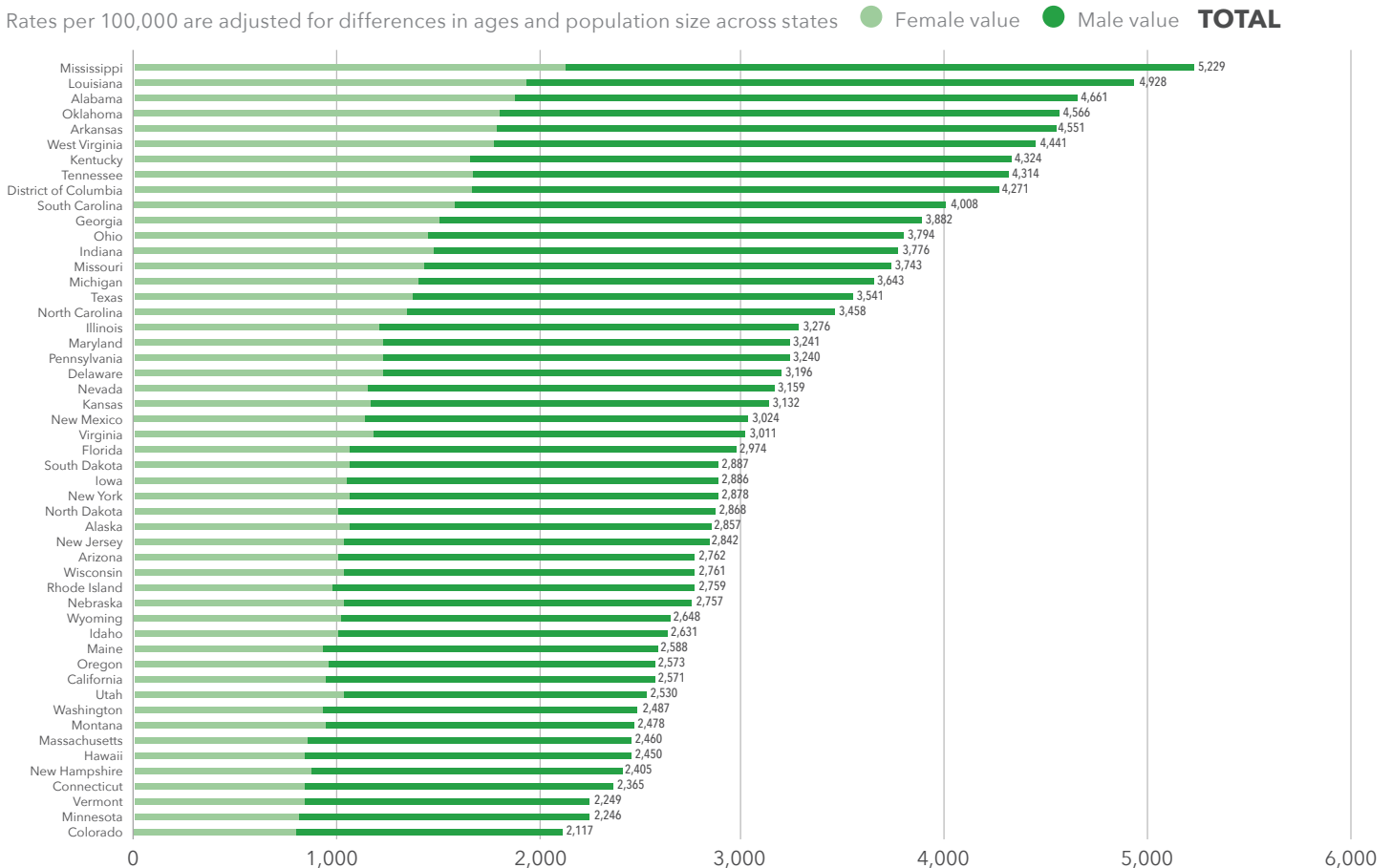
- Community or workplace programs for improving nutrition and physical activity
- Encouraging the availability of healthy foods and beverages in schools
- Programs that aim to reduce sedentary “screen time” among children
- Supporting surgical intervention for high-risk individuals

## Lives cut short by overweight and obesity across the US

GBD tracks the years of life lost when people die early due to overweight- and obesity-related health problems. For example, when a man dies at age 65 from health problems caused by high BMI, and he could have been expected to live until age 85, he loses 20 years of life. Adding up all the years lost from early deaths caused by obesity like this one gives us “years of life lost.”

### Years of life lost due to overweight and obesity, 2016

Rates per 100,000 are adjusted for differences in ages and population size across states



### About IHME

IHME is an independent health research center at the University of Washington in Seattle. It is a leading health metrics organization in the world. Its work includes studies of US health spending, health in all 3,142 US counties, future health scenarios, and a pilot effort to map health at the census tract level. IHME plans to expand its US research in the future. Results from IHME research are made freely available to the public.

#### FOR MORE INFORMATION, CONTACT:

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### Who uses this research?

The US National Institutes of Health is using GBD research to decide where to invest their research dollars.

Public Health England used GBD to determine the seven priorities outlined in their strategic plan.

The Bill & Melinda Gates Foundation says that “GBD sets the compass” for their work.