



## **Illinois Obesity Facts**

- Nearly 25% of Illinois adults are obese and 37% are overweight -- 62% of Illinois adults in total<sup>1</sup>.
- The percentage of normal weight Illinois adults has steadily decreased as the percentage who are overweight or obese steadily increased<sup>2</sup>.
- One in five Illinois children are obese, the fourth worst rate in the nation and higher than the national rate.<sup>3</sup>
- Illinois ranks in the top ten states for obese/overweight adolescents (ages 10-17).<sup>3</sup>
- In Illinois, adult obesity alone currently adds \$3.4 billion to annual health care costs, including \$1 billion to Medicaid and \$800 million to Medicare.<sup>3</sup>
- More than 31% Illinois children ages 10-17 years are considered overweight or obese<sup>4</sup>.
- Overweight and obesity related diseases cause premature death<sup>5</sup>.
- Being overweight and obese puts people at increased risk for coronary heart disease, type 2 diabetes, certain cancers, hypertension, dyslipidemia (high cholesterol and/or triglycerides), stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis, and gynecological problems<sup>6</sup>.

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- Obese people suffer more injuries and disabilities and have more non-productive work days in total<sup>7</sup> creating loss of earnings for Illinois employees and loss of productivity for Illinois employers.
- Today's overweight and obese children are likely to become tomorrow's health impaired adults, at risk for premature death<sup>8</sup>.
- The economic costs associated with treating these diseases is substantial and increasing, accounting for more than 9% of total health care costs, approximately half of which are born by public resources via Medicare and Medicaid, and the majority of the remainder born by employers<sup>9</sup>.
- Research has shown that 27% of health care charges for adults over age 40 are associated with people being physically inactive, overweight and/or obese<sup>10</sup>.
- Research has shown that each additional day of physical activity per week can reduce medical charges by 4.7%<sup>11</sup>.
- From 1987 to 2001, obesity-related spending accounted for an estimated 27% of the increase in inflation-adjusted per capita health spending<sup>12</sup>.
- A majority (56%) of publicly insured children are overweight or obese (the highest state prevalence in the nation) and nearly two in five (39%) black non-Hispanic children are overweight or obese (the third highest state prevalence)<sup>13</sup>.
- Food and exercise habits are strongly linked to the food and exercise habits of the communities that the individuals live, work, attend school, and socialize within<sup>14</sup>.

- The Illinois State Health Improvement Plan identified obesity and physical activity as strategic priority health conditions that demand action<sup>15</sup>.

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<sup>1</sup> Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Illinois data, 2007. Experts feel that respondents to this survey tend to underreport their actual weight.

<sup>2</sup> Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Illinois data, 2007. Experts feel that respondents to this survey tend to underreport their actual weight.

<sup>3</sup> “F as in Fat Report” Robert Wood Johnson Foundation. July 2009. <http://healthyamericans.org/reports/obesity2009/>

<sup>4</sup> Data Source: CAHMI/Data Resource Center analysis of the 2003 National Survey of Children’s Health. Data sheet developed by the *Child Policy Research Center and the Child and Adolescent Health Measurement Initiative/Data Resource Center* ([www.childhealthdata.org](http://www.childhealthdata.org)) on behalf of the NICHQ Childhood Obesity Action Network.

<sup>5</sup> Flegal, K.M., Graubard, B.I., Williamson, D.F. & Gail, M.H. (2008). “Cause-specific excess deaths associated with underweight, overweight, and obesity”. *Journal of the American Medical Association*, Vol 298(17):2028-37.

<sup>6</sup> Centers for Disease Control and Prevention (CDC). Web page titled “Obesity and Overweight: Introduction”. From webpage <http://www.cdc.gov/nccdphp/dnpa/obesity/> on 12/18/2008.

<sup>7</sup> Østbye, T., Dement, J.M. & Krause, K.M.. “Obesity and Workers' Compensation: Results from the Duke Health and Safety Surveillance System”, *Arch Intern Med*. 2007;167:766-773.

<sup>8</sup> Ludwig, D.S. (2007). “Childhood Obesity – The Shape of Things to Come”. *New England Journal of Medicine*, Vol 357(23):2325-2327.

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<sup>9</sup> Finkelstein, E.A., Fiebelkorn, I.C. & Wang, G. (2003). “National Medical Spending Attributable To Overweight and Obesity: How Much, And Who’s Paying?”. *Health Affairs*, Datawatch: Web Exclusive, May 14, 2003.

<sup>10</sup> Anderson, D.R., Whitmer, R.W., Goetzel, R.Z., Ozminkowski, R.J., Dunn, R.L., Wasserman, J. & Serxner, S. (2000). “The relationship between modifiable health risks and group-level health care expenditures”. *American Journal of Health Promotion*, Vol 15(1):45-52.

<sup>11</sup> Pronk, N.P., Goodman, M.J., O'Connor, P.J. & Martinson, B.C. (1999). “Relationship between modifiable health risks and short-term health care charges.” *JAMA*, Vol 15; 282(23):2235-9.

<sup>12</sup> Thorpe, K.E., Florence, C.S., Howard, D.H. & Joski, P. (2004). “The impact of obesity on rising medical spending.” *Health Affairs*, Jul-Dec Supplement, Web Exclusives:W4-480-6.

<sup>13</sup> Data Source: CAHMI/Data Resource Center analysis of the 2003 National Survey of Children’s Health. Data sheet developed by the *Child Policy Research Center and the Child and Adolescent Health Measurement Initiative/Data Resource Center* ([www.childhealthdata.org](http://www.childhealthdata.org)) on behalf of the NICHQ Childhood Obesity Action Network.

<sup>14</sup> Grafova, I.B., Freedman, V.A., Kumar, R. & Rogowski, J. (2008). “Neighborhoods and Obesity in Later Life”. *American Journal of Public Health*, Vol 98(11):2065-2071.

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<sup>15</sup> Illinois State Board of Health (2007). "Illinois State Health Improvement Plan", available at [http://www.idph.state.il.us/ship/SHIP\\_Report.pdf](http://www.idph.state.il.us/ship/SHIP_Report.pdf).