

# The Obesity Challenge in Connecticut

## Produced by the Connecticut Department of Public Health

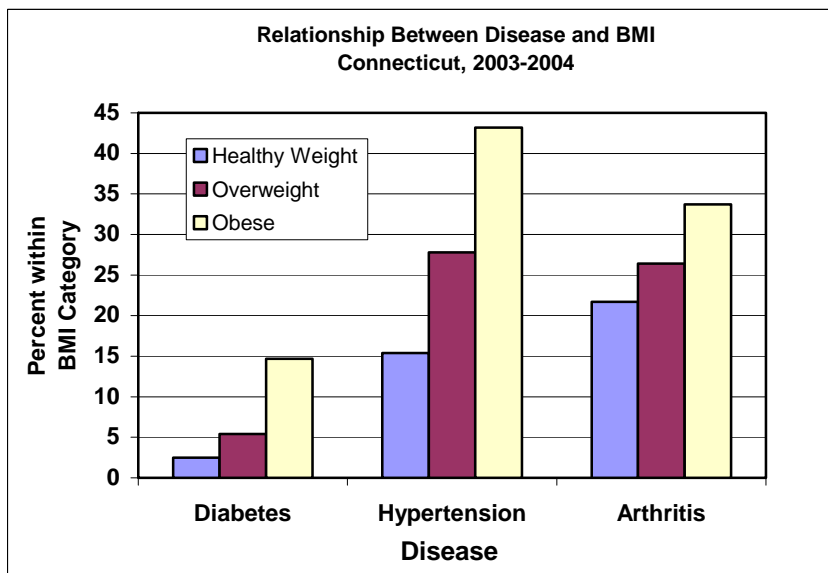
### THE BURDEN

#### ➤ Prevalence

- In 2004, 56.2% of Connecticut's adult population was either overweight (36.5%) or obese (19.7%).
- From 1990 to 2004, the prevalence of obesity among Connecticut adults increased 68% from 11.7% to 19.7%.
- Of the 1,759 high school students who responded to the Connecticut School Health Survey in 2003, 11.6% were overweight.
- In 2000, 13% of kindergartners and 24% of sixth graders in Hartford were overweight.
- In 2004, 15% of kindergarten and 21% of six grade students in Norwalk were overweight and an additional 17% of kindergarten and 19% of sixth grade students were at risk for being overweight.

#### ➤ Comorbidity

- Obesity is a contributing risk factor for asthma and other respiratory problems, hypertension, dyslipidemia (high cholesterol or high levels of triglycerides, type 2 diabetes, coronary heart disease, depression, gallbladder disease, osteoarthritis, sleep apnea, stroke, and some cancers (endometrial, breast, and colon).
- Nearly 9 out of 10 newly diagnosed type 2 diabetics are overweight.
- Being overweight decreases the average age of first heart attack by 3.6 years, and obesity decreases the average age of first heart attack by 8.2 years.
- Arthritis, diabetes, and hypertension among adults in Connecticut are positively correlated with Body Mass Index (BMI).



- The prevalence of diabetes among Connecticut adults who are obese is nearly 6 times greater than that among those of healthy weight (14.7% and 2.5%, respectively).
- Compared to those of healthy weight, the prevalence of hypertension among Connecticut adults who are obese is nearly 3 times greater (15.4% and 43.2%, respectively).
- The prevalence of arthritis among Connecticut adults who are obese is nearly 1.6 times greater than that among those of healthy weight (33.7% and 21.7%, respectively).
- An estimated 20-35% of cancer deaths are attributed to diet alone.

➤ **Economics**

- In Connecticut, an estimated 4.3% of adult medical expenditures or \$856 million are attributable to obesity.
- Medicare and Medicaid finance approximately 78% of the obesity-related medical expenditures in Connecticut (\$665 million - \$246 million by Medicare and \$419 million Medicaid)



Keeping Connecticut Healthy