

## Obesity and Risk Factors

- As of 2009, nearly 1.5 million adults in Virginia – a quarter (25.5%) of the state adult population -- were obese, and an additional two million adults (35.1%) were overweight. The state obesity rate was comparable to the national rate of 26.9%.
- Between 1995 and 2009, the state obesity rates among adults increased by 63%.
- One-in-five (22%) youth aged 10-17 years in Virginia are overweight or obese. Pediatric data on WIC clients indicate that 39% of children under the age of five years from low income households are overweight or obese.
- Lack of physical activity and poor eating habits contribute to obesity. In Virginia, 22% of adults did not engage in any physical activity or exercise during the past month. Almost half (48.6%) of adults did not engage in sufficient amounts of physical activity in the past 30 days.
- Children are not getting enough physical activity. A third (35.5%) of children and youth aged 6-17 years did not participate in sufficient amounts of physical activity in the past seven days.
- Three out of four (72.7%) adults in Virginia eat less than five servings of fruits and vegetables a day on average.

## Disparities in Obesity

- Obesity and physical inactivity are more prevalent among women, blacks and Hispanics, and in lower socioeconomic groups.
- Obesity rates are also high in certain regions of the state, particularly in southwestern, central, and eastern Virginia.

## Obesity-Related Chronic Diseases and Deaths

- Obesity is a significant risk factor for developing diabetes and cardiovascular disease.
- CDC estimates that nearly 844,000 Virginia adults aged 20 years and older (13.8% of the adult population) have diagnosed or undiagnosed diabetes, and an additional 2.2 million Virginia adults (35% of adults) have diagnosed or undiagnosed pre-diabetes.
- Seven percent, or 418,000 adults, report having cardiovascular disease (i.e., angina, coronary artery disease) or experienced a previous heart attack or stroke.
- Over 1.6 million Virginia adults (27.5% of the population) report having diagnosed hypertension (high blood pressure), and 1.8 million adults (36.7%) have diagnosed high cholesterol.
- In 2009, there were over 13,300 deaths due to heart disease in Virginia, making it the second leading cause of death in the state. Cerebrovascular disease, including stroke, caused more than 3,200 deaths, making it the third leading cause of death.
- There were over 1,500 deaths from diabetes in 2009, making it the eighth leading cause of death in Virginia.

- In 2009, there were approximately 110,000 hospitalizations in Virginia for diseases associated with obesity – that is, heart disease, cerebrovascular disease, and diabetes -- at a total cost of over \$4 billion.
- Based on CDC estimates, nearly \$724 million is spent on treating heart disease, congestive heart failure, hypertension, stroke, and diabetes among Medicaid recipients in one year. Hypertension and diabetes are among the most expensive conditions to treat.
- Another study indicated that Virginia spent over \$1.8 billion in 2008 in obesity-attributable health care costs. These costs are likely to increase to \$6.8 billion by 2018, if current obesity trends continue.