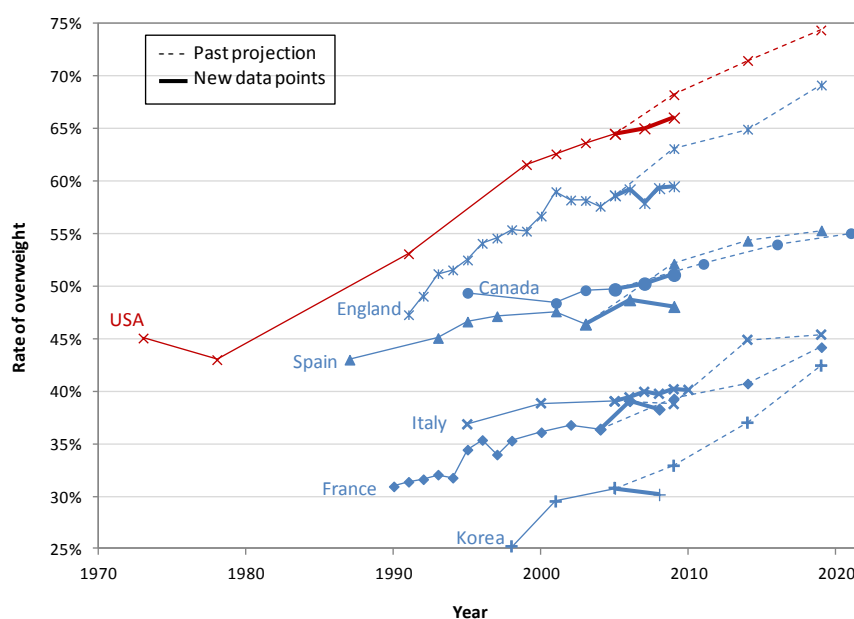


OBESITY AND THE ECONOMICS OF PREVENTION: FIT NOT FAT

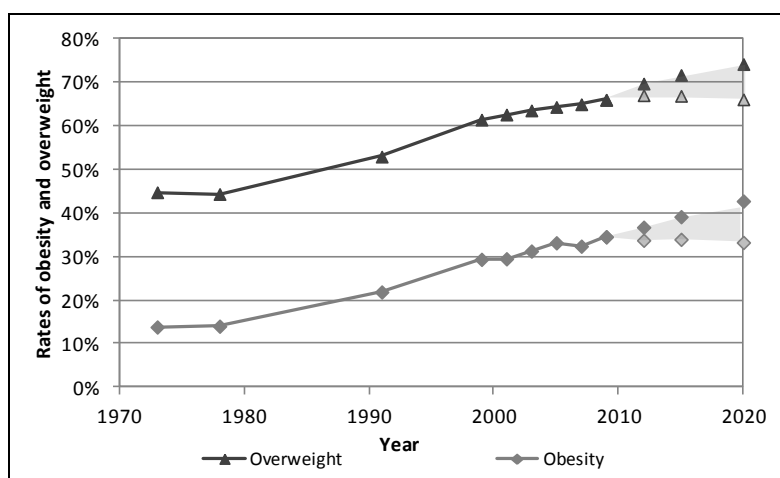
KEY FACTS – UNITED STATES, UPDATE 2012

A. ADULTS

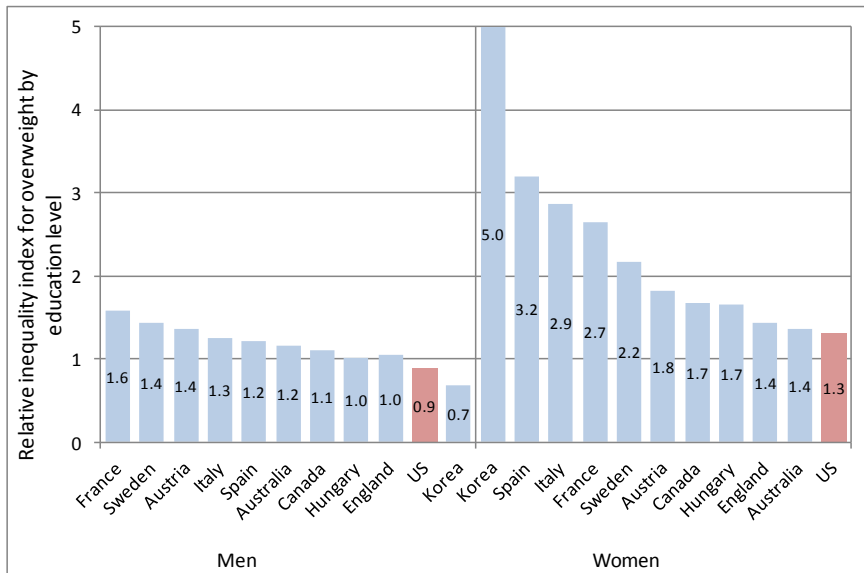
1. Soaring obesity rates make the US the fattest country in the OECD. Overweight and obesity rates increased steadily since the 1980s in both men and women. The latest data show that the proportion of adults who are overweight increased further since the early 2000s, although not as fast as previously projected by the OECD, which had foreseen a 1% per year growth until 2020, assuming past long-term trends would continue unabated. A recent CDC study found that the difference between 2009-10 and 2003-08 obesity rates was not statistically significant (Flegal *et al.*, 2012).



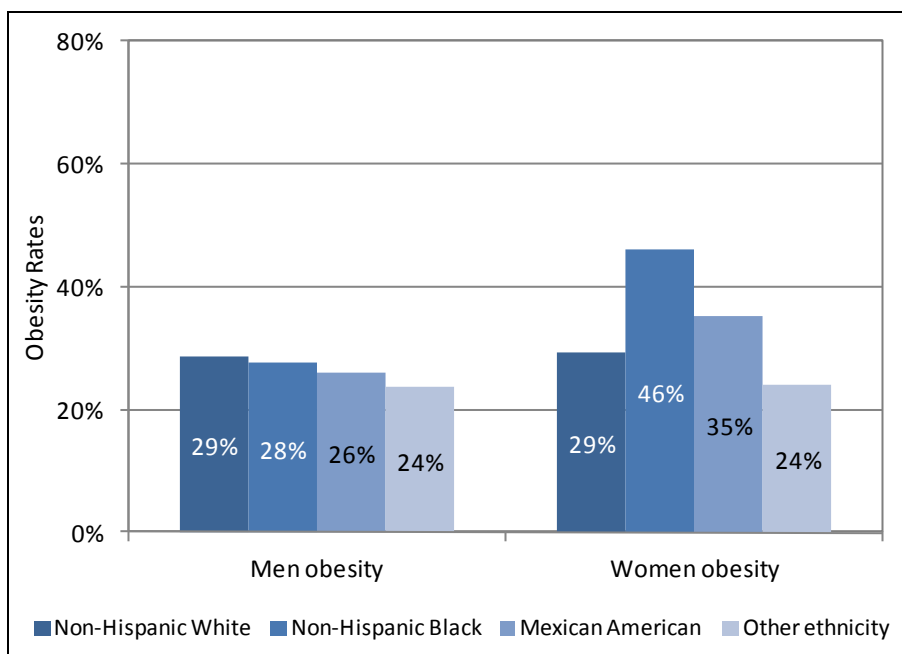
2. Taking account of the most recent data, new projection bands for 2010-2020 indicate that overweight and obesity rates are expected to grow, at most, by a further 8% during that period.



3. Socio-economic disparities in overweight and obesity are smaller than in most OECD countries. Women with poor education are 1.3 times more likely than more educated women to be overweight. Virtually no disparities exist between men of different educational levels. The degree of socio-economic inequality has remained virtually unchanged in recent years.

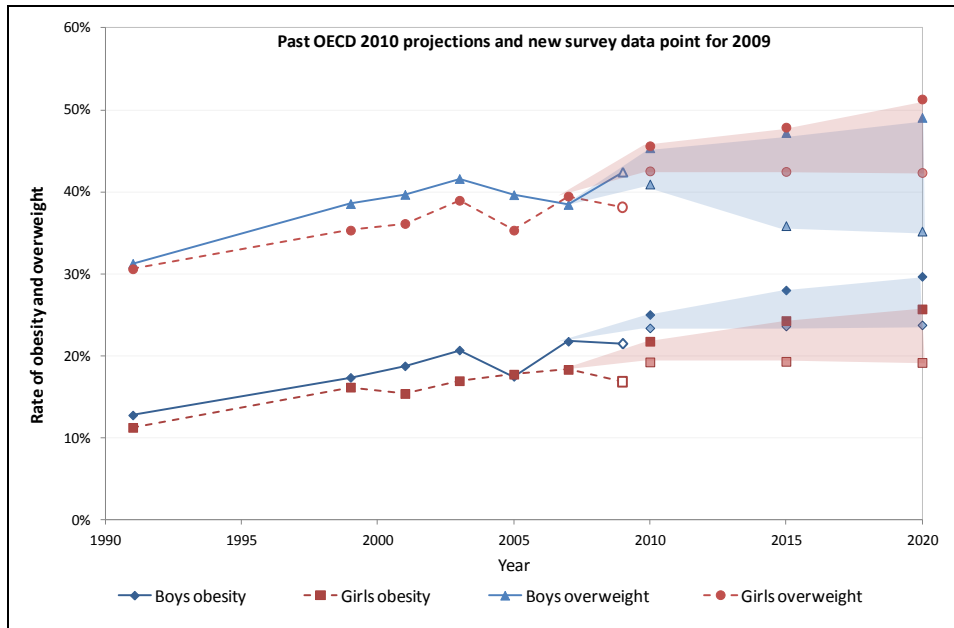


4. But ethnic disparities do exist in obesity rates, especially for women. Obesity rates are 17% higher in African-American women and 6% higher in Mexican-American women than in non-Hispanic white women.

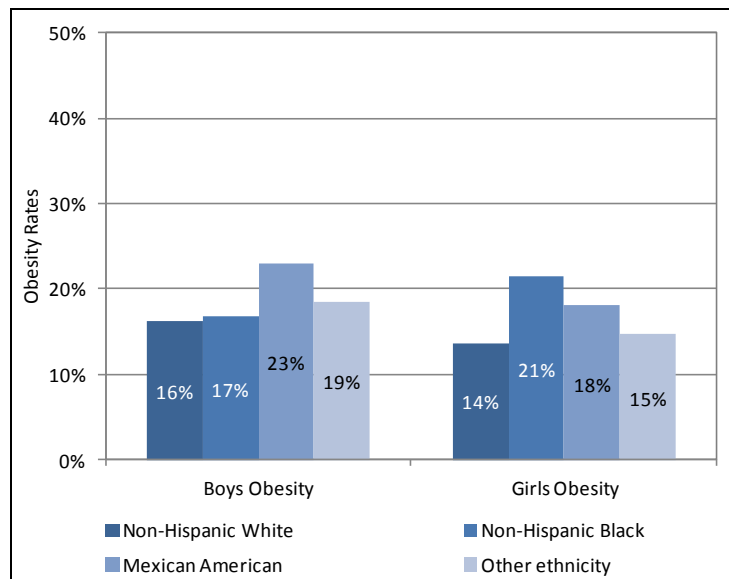


B. CHILDREN

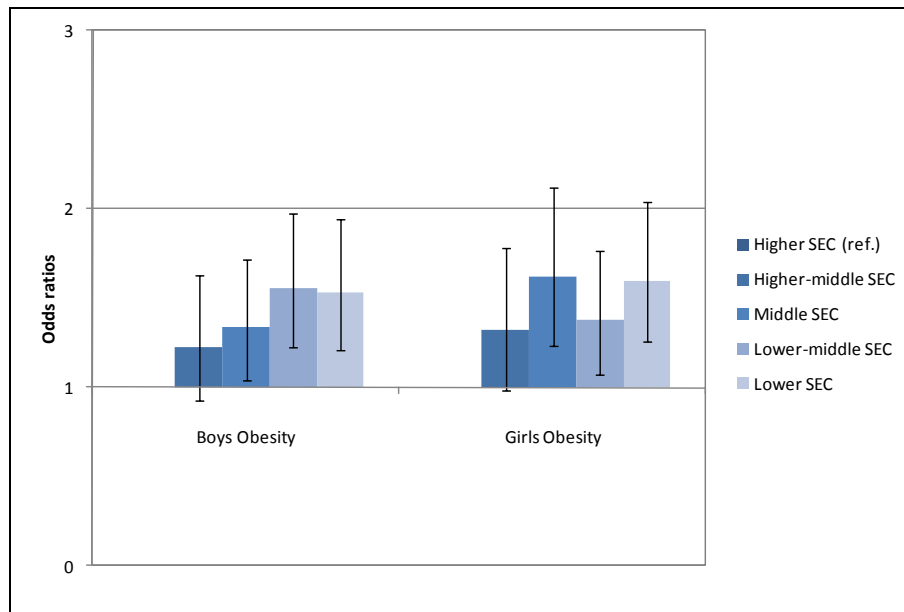
5. Child obesity rates are the highest in the OECD, but growth in obesity has slowed down. 40% of American children are currently overweight. Of these, half are obese. Rates have become relatively stable in the last ten years. The most recent data show slight declines in obesity rates. The rates recorded in 2009 are well below the previously projected range for obesity in girls and boys and for overweightin girls. But the overweight rate in boys is at the higher end of previous OECD projection ranges.



6. Hispanic boys and African-American girls have the highest obesity rates. These two groups stand out with 50% higher obesity rates than white non-Hispanic boys and girls, respectively.



7. Socio-economic disparities are larger in children than adults. Less well off children are up to 1.6 times more likely to be obese than children from higher income groups.



Reference:

Flegal *et al.*, 2012. Prevalence of Obesity and Trends in the Distribution of Body Mass Index Among US Adults, 1999-2010. JAMA, Published online January 17, 2012.

Released: 21 February 2012.

For more information, consult <http://www.oecd.org/health/prevention>.