The burdens of obesity

- The number of obesity-related deaths each year: 112,000

Children who are obese are more than twice as likely to die before age 55 as children with a healthy weight.

Direct costs = $152 billion on medical care per year

$73 BILLION

There is hope…

For the first time in recent years, obesity rates have declined.

Public health in your community

Public health improves food choices and creates opportunities for physical activity, helping to curb obesity.

- Violence in neighborhoods and fear for safety keeps many kids indoors and decreases opportunities for physical activity.

Safe Streets Baltimore helped make streets safer:
- 56% reduction in homicides
- 34% reduction in nonfatal shootings

Healthier food options lead to better nutrition

- U.S. breastfed infants were 13-22% less likely to be obese than formula-fed infants.

The built environment provides options for physical activity

- Kids participating in the Fresh Fruit and Vegetable Program eat 1/3 cup more fruits and veggies per day than other kids.

To have a healthier nation, we must continue to fund public health programs

- 38% of public health funding, including the prevention fund, will be on the chopping block year after year if we don’t find a better solution to deficit reduction.

- In 2013, 38% was cut from the prevention fund, helping to curb obesity.

- To keep winning the fight against obesity, we need to support our public health programs.

We have a growing problem

- Obesity has nearly tripled among kids and teens over the past 30 years.

- In 1980, the obesity rate for adults was 15%. Today, that rate has more than doubled to 35%.

- One in three U.S. kids ages 2-19 is overweight or obese.

- More than 5 million kids in the U.S. received nutritious food in one year, thanks to farm-to-school programs.

- U.S. breastfed infants were 13-22% less likely to be obese than formula-fed infants.

- To keep winning the fight against obesity, we need to support our public health programs.

- Kids who live closer to parks are more likely to be physically active and maintain a healthy weight later in life than those who live further away.

- Safe Routes to School in California helped increase the number of children walking or biking to school by 15%.

- Funded in part by Community Transformation Grants through the Prevention and Public Health Fund.