



## Obesity Statistics and Facts

### United States

- Nearly half of the children in North and South America will be overweight by 2010, up from what recent studies say is currently about one-third of the children in North and South America. (*International Journal of Pediatric Obesity*)
- The Centers for Disease Control and Prevention (CDC) report that nearly one-third of children and adolescents in the United States are overweight or at risk of becoming overweight, increasing the chances they will develop health problems such as Type II diabetes, high blood pressure and high cholesterol. (*Centers For Disease Control and Prevention*)
- Children who are overweight are at greater risk for bone and joint problems, sleep apnea and social and psychological problems such as stigmatization and poor self-esteem. (*National Center for Chronic Disease Prevention and Health Promotion*)
- Since the early 1970s, the number of overweight children ages 2-5 and 12-19 has doubled and the number of overweight children ages 6-11 has tripled. Today, more than 16% of young people ages 6-19 are overweight. (*U.S. Department of Health and Human Services*)
- There is a strong likelihood that being overweight as a child will lead to being overweight as an adult - an almost 80% chance that overweight adolescents will be overweight as adults. (*Centers For Disease Control and Prevention*)
- Nine million children are now considered to be overweight. (*Centers For Disease Control and Prevention*)
- Between 1970 and 1995, food purchased away from home went from 25% to 45%. Between the late 1970s and the mid 1990s, the number of calories in food prepared away from home rose from 18% to 34%. Away from home foods are proven to be higher in fat and lower in fiber and

calcium than foods prepared at home. (*U.S. Department of Health and Human Services*)

- Obesity-associated annual hospital costs for children and youth more than tripled over two decades, rising from \$35 million in 1979-1981 to \$127 million in 1997-1999. (*Institute of Medicine of the National Academies*)
- Only 8% of elementary schools, 6.4% of middle schools and 5.8% of high schools provide physical activity education. (*Healthy Kids Challenge*)
- The percentage of overweight African American, Hispanic and Native American children is about 20%. (*The President's Council on Physical Fitness and Sports*)
- There are predictions that the average life expectancy of Americans could decrease 2-5 years in the coming decades as a result of the effects of obesity. (*The New England Journal of Medicine*)
- Obesity is second only to tobacco use as a threat to public health. (*Obstetrical & Gynecological Survey*, July 2005)

## **Canada**

- According to Statistic Canada's findings from the Canadian Community Health Survey, 26% of Canadian children and adolescents aged 2-17 were overweight or obese in 2004. Between 1978 and 2004, the obesity rate among 12-17 year olds increased from 3% to 9%. (*Canadian Association for Health, Physical Education, Recreation and Dance*)
- Obesity rates among Canadian children and adults have increased substantially during the past 25 years. In 1978-1979, 3% of children aged 2 to 17 were obese. By 2004, an estimated 500,000 children were obese. (*Canadian Community Health Survey*)

## **Mexico**

- More than 50% of the adult population and nearly one third of children in Mexico are overweight or suffer from obesity. This accounts for slightly more than 32,671,000 million people. (*National Library of Medicine and the National Institutes of Health*)
- Obesity rates are more than 25% among children ages 4-10 in Mexico, Chile and Peru. (*Annie Collins Weight Reduction Program*)

- As many as 80% of cases of Type II diabetes in Mexico are linked to obesity, particularly abdominal obesity. The disease was once thought to be limited to adults, but obese children are now developing the illness. In Mexico, not only are obesity and Type II diabetes advancing rapidly in the country, but also cardiovascular disease, linked with high prevalence of both hypertension and metabolic syndrome, as reported by scientists based on Mexican National Health Survey 2000 data. (*National Library of Medicine and the National Institutes of Health*)

## **United Kingdom**

- In the European Union, about 38 percent of all children will be overweight if present trends continue, up from about 25% in recent surveys. (*International Journal of Pediatric Obesity*)
- In the UK, 1 in 5 children are overweight, and 1 in 25 children are obese. (*Scottish Intercollegiate Guidelines Network*)
- The most recent (2001) estimates for England suggest that some 8.5% of 6-year-olds and 15% of 15-year-olds are obese. (*Parliamentary Office of Science and Technology*)
- Obesity in the young is now seen as a soaring health crisis in the UK, with 1 in 5 of all nine-year-olds estimated to be overweight, and 1 in 10 of all nine-year-olds estimated to be obese, a rate that has doubled in the last two decades. (*The Guardian*)