

# Obesity



## Risk Factors

- **Genetics/family history**  
At least 15 genes affect obesity. Family members also tend to share similar eating and activity habits.
- **Race/ethnicity**  
Non-Hispanic Black and Hispanic adults have the highest prevalence of obesity.
- **Poor dietary habits**  
Diets that are high in saturated fats and added sugar can increase risk.
- **Poor sleep**
- **High stress levels**
- **Sedentary lifestyle**  
High amounts of TV, computer, or video games are associated with higher BMI.
- **Low income household**  
These households often lack access to affordable, healthy food.
- **Lower education level**  
Men and women with college degrees have



Overweight and obesity are defined as weight that is higher than what is considered healthy for a given height. Obesity is a chronic condition that can be caused by various factors such as eating patterns or genetic history. It is linked to health problems such as heart disease and type II diabetes.

**Body mass Index (BMI)** is a measure of body fat in relation to an individual's height and is often used as a screening tool for obesity.

**Adults** with a BMI greater than 30.0 are considered to have obesity.

## Facts

- In 2020, 31.9% of US adults ages 18 or older had obesity.
- The prevalence of obesity has increased over 10% between 1999—2000 through 2017—March 2020.
- In 2019, the medical cost of obesity in the US was nearly \$173 billion dollars.

## Resources

**Dietary Guidelines for Americans**  
[www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

**Calculate your BMI**  
[www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

For more information and data go to

[www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

Community Health Statistics Unit:  
619-692-6667

## Increases the risk of other diseases:

- **Hypertension**  
Hypertension can lead to heart problems like stroke.
- **Type II diabetes**
- **Osteoarthritis**  
Obesity puts extra pressure on joints.
- **Cancers** such as liver and kidney
- **COVID-19 outcomes**  
Obesity increases risk of severe illness from COVID-19, and may triple the risk of hospitalization due to COVID-19.
- **Depression, shame and guilt, and social isolation**

## Prevention

- Eating the correct amount of calories. The DASH Eating Plan can help plan nutritional goals.
- Get regular physical activity. At least 75—150 minutes weekly is recommended for adults.
- Get enough good-quality sleep. Adults ages 18 to 64 are recommended to get 7 to 9 hours of sleep per night.