

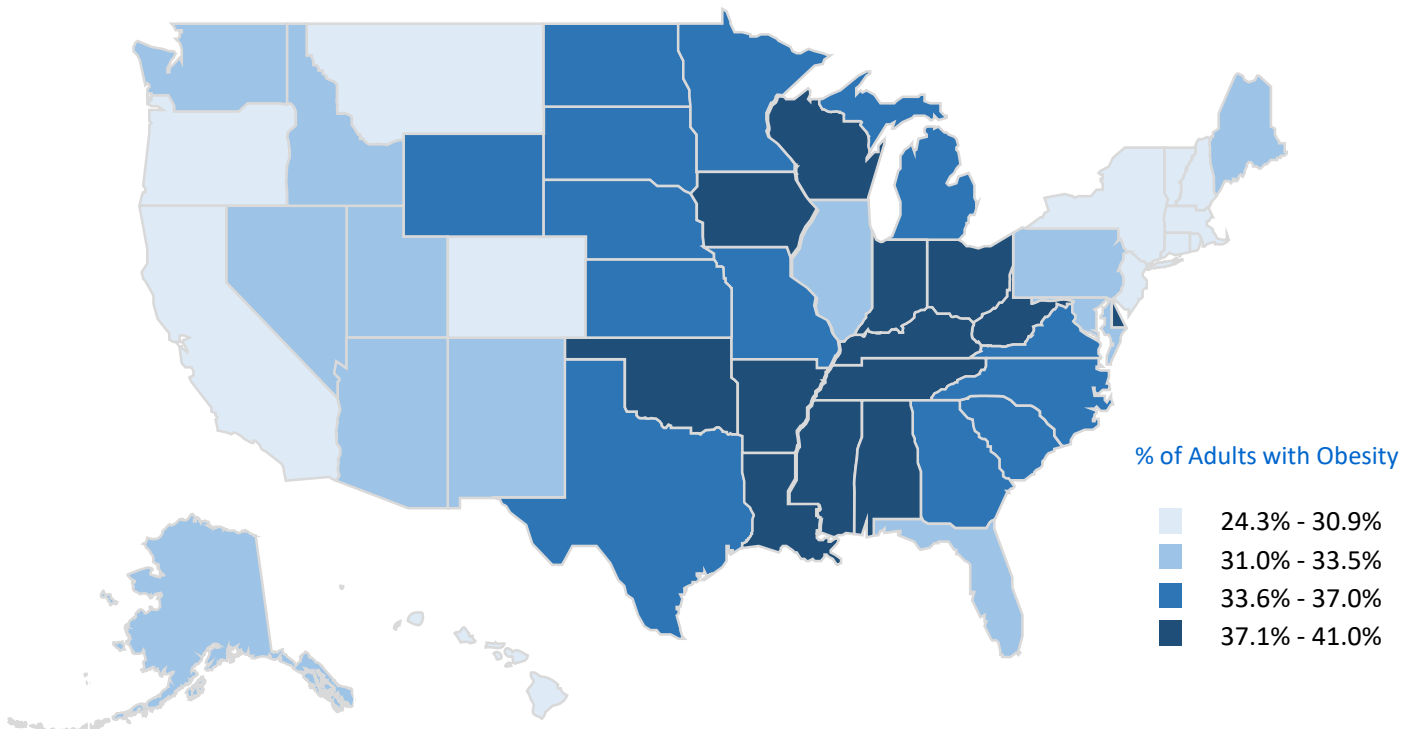


Legislative Budget Office of LSC

Adult Obesity in Ohio

Adult Obesity Statistics

Percent of Adults who have Obesity, 2022



Ohio had the **7th** highest percentage of adults who have obesity in the nation in 2022 - **38.1%**

- ❖ Washington D.C. has the lowest - **24.3%**
- ❖ West Virginia has the highest - **41.0%**
- ❖ National percentage - **33.3%**
- ❖ The Midwest and South had the highest prevalence of obesity.

Obesity is defined as having a Body Mass Index (BMI) ≥ 30 . BMI is a calculation that estimates an individual's body fat based on height and weight.

Obesity affects certain racial/ethnic groups more than others. The percentage of Ohio adults with obesity by race/ethnicity is:

- ❖ Non-Hispanic Black – **43.9%**
- ❖ Non-Hispanic White – **36.7%**
- ❖ Hispanic – **36.3%**
- ❖ Non-Hispanic Asian – **12.8%**

Risk factors for obesity include: lack of physical exercise or sleep, unhealthy eating, too much screen time, stress, and environment.

Health and Economic Impacts Associated with Adult Obesity



In 2019, obesity cost the US healthcare system **\$173.0 billion**. Lost productivity costs associated with obesity-related absenteeism were estimated to be between **\$3.4 billion** and **\$6.4 billion** nationwide.

Medical costs are **higher** for persons with obesity. Annual medical costs for adults with obesity are **\$1,860** higher than for adults with healthy weight. Adults with severe obesity have even higher annual medical costs – **\$3,100** higher than adults with healthy weight.