The Obesity Action Coalition (OAC) exists to serve the needs of and give a voice to the individuals affected by the disease of obesity while helping them along their journey toward better health through education, advocacy and support. Please visit www.ObesityAction.org to learn more about the disease of obesity, treatment options, weight bias and much more.

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**ADULT OBESITY FACTS:**

- Obesity affects more than 36.1% of Alabamans.
- More than 36.0% of male Alabamans are affected by obesity.
- More than 36.2% of female Alabamans are affected by obesity.
- The age group most affected by obesity in Alabama is 45-64 (41.3%).
- Alabama is ranked 7/51 in states impacted by obesity.
- Alabama ranks 3rd in adults with Type 2 Diabetes (14.0%).

**CHILDREN AFFECTED BY OBESITY IN ALABAMA:**

- Ages 2-4
  - 16.2%
- Ages 10-17
  - 16.1%

Alabama is one of 15 states that receives CDC grant funds for training to help with obesity prevention in Early Childhood Education settings.

**COST OF OBESITY IN ALABAMA:**

- The total cost of obesity in Alabama: $4.52 BILLION
- The cost of obesity for Medicare in Alabama: $5.91 BILLION
- The cost of employment for the population with obesity is $3.77 BILLION more than the normal weight population.

**NATIONAL COST OF OBESITY:**

- The total cost of obesity: $1.7 TRILLION
- The total indirect cost of obesity: $1.24 TRILLION
- The total direct healthcare cost of obesity: $480 BILLION
- The direct costs of childhood obesity: $14 BILLION
- Healthcare costs for individuals affected by obesity is 34% higher
- For people living with obesity, 28.2% of their annual healthcare costs are spent treating obesity-related conditions.

**ALABAMA IS:**

- One of 15 states that receives CDC grant funds for training to help with obesity prevention in Early Childhood Education settings.
- Ranked 7/51 in states impacted by obesity.
- One of 15 states receiving CDC grant funds.
- 7th ranked state in obesity prevalence.
- 3rd state in adults with Type 2 Diabetes (14.0%).
- 7/51 states impacted by obesity.

**Alabamans Affected by Obesity by Race:**

- Caucasians: 33.5%
- African Americans: 45.0%
- Hispanics: 33.6%

**Obesity Fact Sheet**

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**References:**

- Centers for Disease Control
- Clinical Chemistry
- Milken Institute
- Obesity Action Coalition
- Trust for America’s Health