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.

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

MINNESOTA
Obesity Fact Sheet

ADULT OBESITY FACTS:

Obesity affects more than 30.1% of Minnesotans.

Minnesota is ranked 34/51 in states impacted by obesity.

Minnesotans Affected by Obesity by Race
- 29.5% Caucasians
- 32.9% African Americans
- 33.5% Hispanics

The age group most affected by obesity in Minnesota is 45-64 (35.2%).

40th

Minnesota ranks 40th in adults with Type 2 Diabetes (8.8%).

CHILDREN AFFECTED BY OBESITY IN MINNESOTA:

Minnesota is NOT one of 15 states that receives CDC grant funds for training to help with obesity prevention in Early Childhood Education settings.

CHILDREN AFFECTED BY OBESITY

Ages 2-4
Ages 10-17

12.4%
9.4%

COST OF OBESITY IN MINNESOTA:

The total cost of obesity in Minnesota
$30.80 BILLION

The cost of obesity for Medicare in Minnesota
$7.22 BILLION

The cost of employment for the population with obesity is more than the normal weight population.

$16.72 BILLION

NATIONAL COST OF OBESITY:

$1.7 TRILLION
The total cost of obesity

$1.24 TRILLION
The total indirect cost of obesity

$480 BILLION
The total direct healthcare cost of obesity

$14 BILLION
The direct costs of childhood obesity

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.

MINNESOTA IS NOT one of 15 states that receives CDC grant funds for training to help with obesity prevention in Early Childhood Education settings.

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Ages 2-4
Ages 10-17

12.4%
9.4%

MINNESOTA

If you have any questions regarding the above information or if you would like to receive free educational materials on obesity, please contact the OAC National Office at (800) 717-3117 or info@obesityaction.org.