Vermont ranks 47th in states impacted by obesity.

Adults with Obesity, Overweight, & Normal Weight

- **26.3%** Adults with Obesity
- **38.1%** Normal Weight
- **35.6%** Overweight

**Adults with Obesity by Race & Ethnicity**

<table>
<thead>
<tr>
<th>Race &amp; Ethnicity</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Indian/Alaska Native</td>
<td>5.9%</td>
<td>5.9%</td>
</tr>
<tr>
<td>Asian</td>
<td>28.5%</td>
<td>28.5%</td>
</tr>
<tr>
<td>Black</td>
<td>22.9%</td>
<td>22.9%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>20.7%</td>
<td>20.7%</td>
</tr>
<tr>
<td>Native Hawaiian/Other Pacific Islander</td>
<td>11.7%</td>
<td>11.7%</td>
</tr>
</tbody>
</table>

**Adults with Obesity by Gender**

- **Males**: 26.1%
- **Females**: 28.8%

**Adults with Obesity by Age Group**

- Ages 18-24: 15.2%
- Ages 25-44: 26.9%
- Ages 45-64: 30.2%
- Ages 65+: 26.1%

**Children 10-17 with Obesity by Race & Ethnicity**

- **American Indian/Alaska Native**: 28.5%
- **Asian**: 5.9%
- **Black**: 22.9%
- **Hispanic**: 20.7%
- **Native Hawaiian/Other Pacific Islander**: 11.7%

**Healthcare Costs**

- Healthcare costs are 34% higher for people with obesity.
- Only one state makes weight-based discrimination illegal. Weight bias negatively impacts those affected financially, mentally, socially, and physically.
- Healthcare coverage for obesity and weight management is inadequate and insufficient, and varies significantly by each health plan.

**OAC’s Beliefs and Demands**

**OAC BELIEVES THAT** obesity is a complex chronic disease, not a matter of personal choice or moral deficiency.

**OAC DEMANDS THAT** people who are affected by obesity deserve access to affordable, individualized medical coverage for science-based treatments in the same way other chronic diseases are managed, and to be treated with the dignity, respect, and equality that is offered to their peers.

**Take Action Today!**

OAC works to educate the public and key decision makers about weight bias, access to care, and much more! Visit OAC’s website today to learn more about how you can be involved!

[ObesityAction.org]

OAC’s Action Center provides tools that you can use to take action today!

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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.

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

[https://www.tfah.org/report-details/state-of-obesity-2021/]