VIRGINIA
Obesity Fact Sheet

ADULT OBESITY FACTS:

Obesity affects more than 31.9% of Virginians.

29.6%

More than 29.6% of male Virginians are affected by obesity.

34.2%

More than 34.2% of female Virginians are affected by obesity.

45-64

The age group most affected by obesity in Virginia is 45-64 (37.8%).

26/51

Virginia is ranked 26/51 in states impacted by obesity.

21st

Virginia ranks 21st in adults with Type 2 Diabetes (10.9%).

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.

About The OAC:
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

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.

CHILDREN AFFECTED BY OBESITY IN VIRGINIA:

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

15.8%

13.2%

Ages 2-4

Ages 10-17

CHILDREN AFFECTED BY OBESITY IN VIRGINIA:

The total cost of obesity in Virginia

$52.94 BILLION

The cost of obesity for Medicare in Virginia

$8.32 BILLION

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

$34.92 BILLION

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