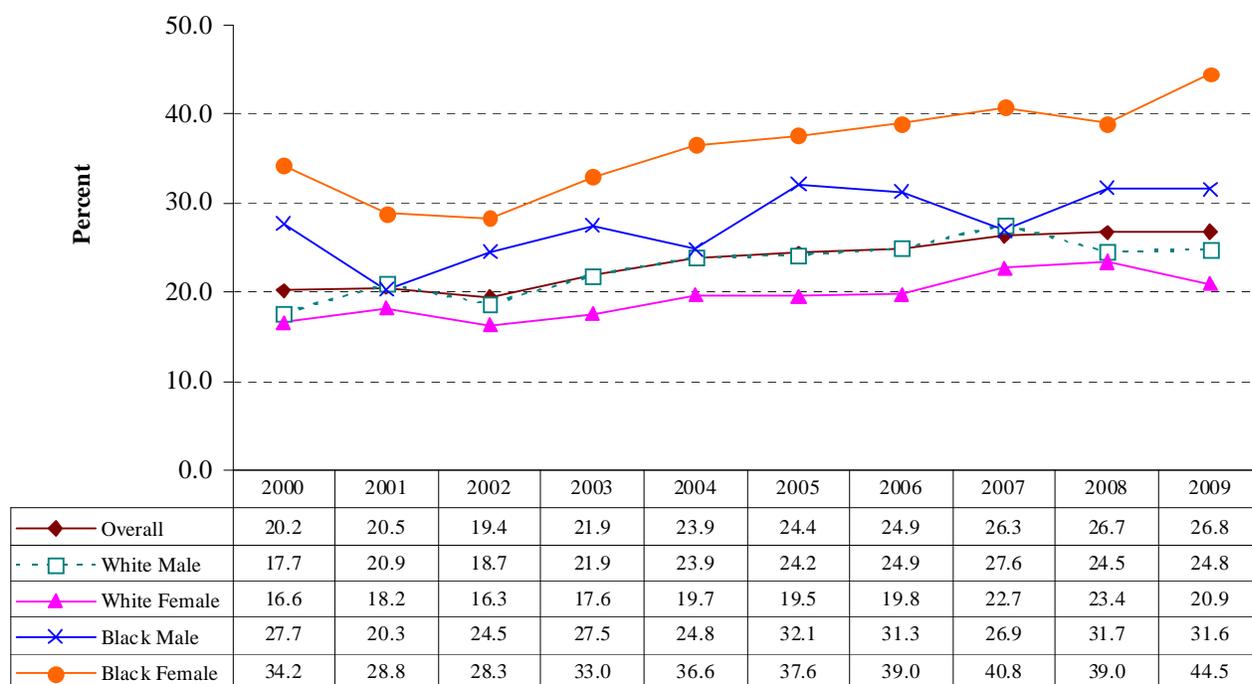


Burden of Obesity in Maryland September 2010

Overweight and obesity are important public health issues. Overweight is defined as having a body mass index (BMI) between 25 and 29.9. Obesity is defined as having a BMI greater than 30. Obesity is a result of consuming more calories than you use. Prevalence of obesity is influenced by environmental factors.

Obesity increases risk of chronic diseases--such as diabetes, hypertension, high blood cholesterol, coronary heart disease, stroke, arthritis, and some cancers (breast, colorectal, endometrial, and kidney). The impact of chronic disease is substantial in Maryland and the United States. According to the CDC, chronic diseases cause 7 out of 10 deaths each year and account for 75% of costs spent on medical care¹. From 1998-2000 Maryland's annual adult obesity medical expenditures were estimated to be \$1.5 billion, \$390 million of which were paid by Medicaid².

Figure 1. Prevalence of Obesity among Maryland Adults by Race and Gender, 2000-2009



Based on self-reported height and weight³, 62.9% of Maryland adults (2.58 million) were overweight or obese in 2009. Adult obesity prevalence increased by 33% over 10 years, from 20.2% in 2000 to 26.8% in 2009 (see Figure 1). Obesity rates are even higher among certain populations within the State. Black adults have a higher prevalence of obesity compared to white adults. Almost half of all black females are obese. Persons with lower levels of formal education and less income are also more likely to be obese.

1. Centers for Disease Control and Prevention. Chronic diseases: the power to prevent, the call to control, at-a-glance 2009. Atlanta, GA: U.S. Department of Health and Human Services, 2009. Accessed online 9/16/10. Retrieved from: <http://www.cdc.gov/workplacehealthpromotion/businesscase/reasons/rising.html>

2. Finkelstein E.A., Fiebelkorn I.C. and Wang, G. State-Level Estimates of Annual Medical Expenditures Attributable to Obesity. *Obesity Research*, 2004; 12(1):18-24.

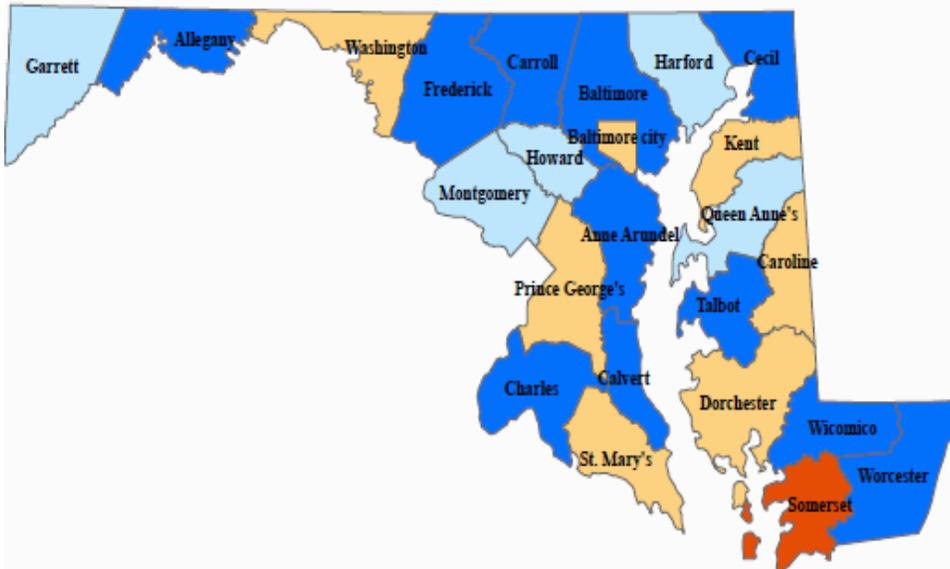
3. Maryland Department of Health and Mental Hygiene, Maryland Behavioral Risk Factor Surveillance System, BRFSS-1995-2008 Cumulative Results, Retrieved from: www.marylandbrfss.org

Obesity Prevalence Worsened in Maryland in the Past Decade

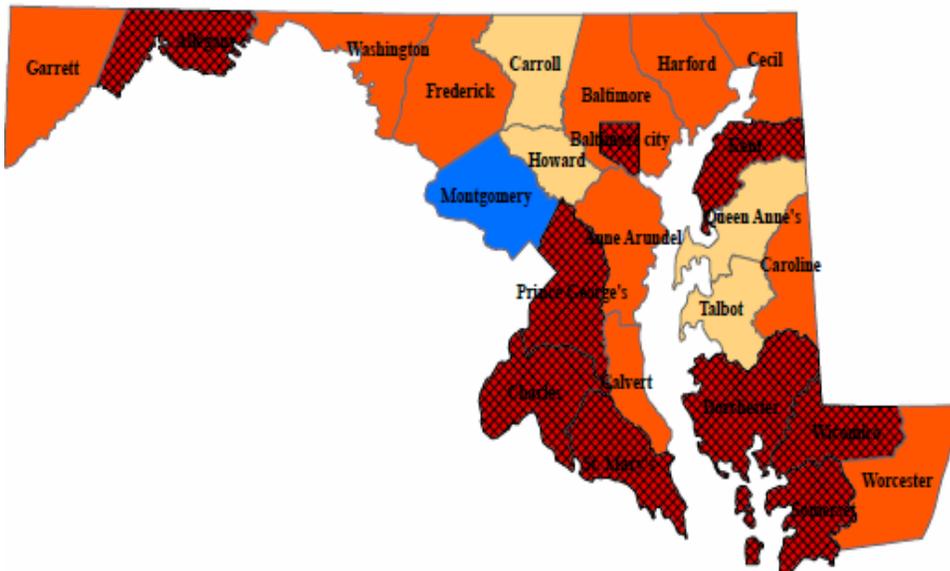
From 1995-1997, only 1 of 24 Maryland jurisdictions had a prevalence of obesity greater than 25%, but by 2006-2008 this increased to 19 jurisdictions. No Maryland jurisdiction has reached the Healthy People 2010 target for adult obesity prevalence less than 15%.

Map 1. Prevalence of Obesity among Maryland Adults by Jurisdiction*

1995-1997



2006-2008



Percent (%)  10.0 - 14.9  15.0 - 19.9  20.0 - 24.9  25.0 - 29.9  30.0 - 45.0