Colorado Obesity Statistics

While Colorado is often touted as America’s “leanest” state, we are not immune to the growing health crisis of obesity.

**Adults**

- 58% of Colorado adults are overweight or obese.¹
- If trends continue, only 33% of Colorado adults will be a healthy weight by 2020.²
- The obesity rate for Colorado adults 18-64 has risen from just below 20% to 22% in the last year.³
  - While we remain the leanest state for adults, prior to 2011, we were the only state with an obesity rate below 20%. Colorado now loses that point of distinction.
  - This current adult obesity rate, which makes Colorado the “leanest” state in the nation today, would have made it the “fattest” state in 1995.⁴

**Children**

- 23% of Colorado children (ages 2-14) are overweight or obese.⁵
- With a ranking of 23rd in the nation, Colorado’s childhood obesity rate is rising at the second-fastest rate of increase in the nation.⁶
- Between 2003 and 2007, Colorado’s childhood obesity national ranking dropped from 3rd leanest to 23rd and the number of obese 10-17 year olds rose from 48,000 to 72,000.⁷

**Economy**

- In 2009, Colorado spent $1.637 billion treating diseases and conditions related to obesity.⁸

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² Adjusted forecast by the Colorado Health Institute based on the average yearly change in obesity rates in Colorado data from the 1995-2010 Behavioral Risk Factor Surveillance System.
³ Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention, 2010
⁴ Centers for Disease Control and Prevention, Obesity Trends
⁵ Colorado Child Health Survey, Colorado Department of Public Health and Environment, 2010
⁶ 2007 National Survey of Children’s Health
OBESITY STATISTICS AT A GLANCE:
IMPACTS ON OUR STATE, COUNTRY AND ECONOMY

National Obesity Statistics

Across the country, the obesity epidemic is taking a toll on our health, our children, our schools, our communities, our workforce and our bottom line.

Adults

- More than two-thirds (68%) of American adults are either overweight or obese.\(^9\)
- Adult obesity rates have grown from 15% in 1980 to 34% in 2008.\(^{10}\)
- One-third of American adults are now obese.\(^{11}\)
- The percentage of Americans who are obese translates to an estimated total of nearly 73 million adults.\(^{12}\)
- If current U.S. trends continue, 83% of men and 72% of women will be overweight or obese by 2020.\(^{13}\)
- Linear time trend forecasts suggest that by 2030, 51% of the population will be obese.\(^{14}\)
  - This includes a 33% increase in obesity prevalence and a 130% increase in severe obesity prevalence over the next 2 decades.
- More than two-thirds of states (38) now have adult obesity rates above 25%. Eight states have rates above 30%.\(^{15}\)
- One in 10 U.S. adults has diabetes. The prevalence is expected to rise sharply over the next 40 years with as many as one in three having the disease, primarily type 2 diabetes.\(^{16}\)
- If obesity trends continue, it is predicted that there will be 7.8 million extra cases of diabetes, 6.8 million more cases of coronary heart disease and stroke, and 539,000 extra cancer cases in the U.S. by 2030.\(^{17}\)

Children

- One out of three American children is overweight or obese.\(^{18}\)
- The prevalence of obesity among children nationwide has risen from 5 to 17% in the past 30 years.\(^{19}\)
- The percentage of Americans who are obese translates to an estimated total of nearly 12 million children and adolescents.\(^{20}\)

Economy

- There is an estimated $190.2 billion price tag for annual medical costs due to obesity in the U.S., or nearly 21 percent of annual U.S. medical spending.\(^{21}\)

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\(^{9}\) *F as in Fat*, Trust for America’s Health and Robert Wood Johnson Foundation, 2010
\(^{10}\) *F as in Fat*, Trust for America’s Health and Robert Wood Johnson Foundation, 2010
\(^{11}\) *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. Institute of Medicine; The National Academies Press, 2012.
\(^{13}\) Study by Mark Huffman MD, assistant professor in preventative medicine and medicine-cardiology at Northwestern University Feinberg School of Medicine, 2011
\(^{15}\) *F as in Fat*, Trust for America’s Health and Robert Wood Johnson Foundation, 2010
\(^{16}\) The Lancet, Volume 378, Issue 9793, Pages 742–744, 27 August 2011
\(^{17}\) The Lancet, Volume 378, Issue 9793, Pages 744–746, 27 August 2011
\(^{18}\) *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. Institute of Medicine; The National Academies Press, 2012.
\(^{19}\) *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. Institute of Medicine; The National Academies Press, 2012.
\(^{21}\) *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. Institute of Medicine; The National Academies Press, 2012.