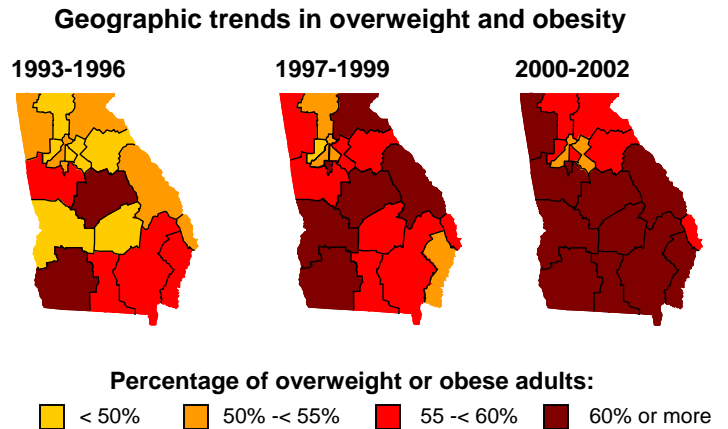


The percentage of overweight and obese adults is rising in Georgia.

- The percentage of overweight and obese adults has increased rapidly in all regions of the state.
- 3 in 5 (59%) adult Georgians are overweight or obese.
- Adult males (65%) are more likely to be overweight or obese than females (53%).
- Adults living in households earning less than \$15,000 are twice as likely to be obese as those living in households earning \$75,000 or more.



Poor diet and physical inactivity have contributed to the rise in obesity.

- Only 2 in 5 adults in Georgia are regularly active.
- Only 1 in 5 adults in Georgia eats the recommended 5 or more servings of fruits and vegetables daily.

Obesity costs Georgia an estimated \$2.1 billion every year.

- The annual cost of obesity in Georgia is estimated at \$2.1 billion (\$250 per Georgian each year), which includes direct health care costs and lost productivity from disease, disability, and death (indirect costs).
- 6,700 (10%) deaths were attributed to overweight and obesity in Georgia in 2002.
- The estimated average hospital length of stay for obese individuals is 85% longer than for normal-weight individuals nationwide.

Obesity increases risk for diabetes, stroke, hypertension, and some cancers.

Overweight and obese adults are at increased risk for:

- | | |
|--------------------------|------------------------|
| - Cardiovascular disease | - Gall bladder disease |
| - Diabetes | - Osteoarthritis |
| - Stroke | - Some cancers |
| - Hypertension | |

Definitions: Overweight: BMI 25.0-29.9, Obese: BMI \geq 30

For more information about obesity in Georgia, please contact: The Georgia Department of Human Resources, Division of Public Health, 2 Peachtree St. NW, Atlanta, GA 30303 or <http://health.state.ga.us/pdfs/familyhealth/nutrition/Obesityrep.DPH05.023HW.pdf>