

Investment in research saves lives and money



facts about:

Obesity

"If you think research is expensive, try disease."

— Mary Lasker 1901–1994

Physicians classify adults with a BODY MASS INDEX (BMI) of 30 or higher as obese. BMI is calculated using a formula that accounts for a person's height and weight. For example, an adult who is 5 ft. 6 in. tall and weighs between 155 and 179 lbs. has a BMI of 25-29 and is classified as "overweight;" someone of the same height who weighs 186 lbs. or more has a BMI of 30 and is classified as "obese." To find your own BMI, go to www.nhlbisupport.com/bmi.

The Cost:

- ⌘ In the U.S., medical expenditures for obesity and overweight are more than \$90 billion annually. Medicare and Medicaid pay about half of these costs.
- ⌘ For an obese person, average annual medical spending is 37% higher than for a normal-weight person.

SOURCE: FINKELSTEIN E.A. ET AL. HEALTH AFFAIRS. 2003; W3:219-226.

Today:

- ⌘ One-third, or more than 60 million American adults are obese.
- ⌘ Obese adults have a 50-100% greater risk of death from cardiovascular disease, and higher risks of high blood pressure, stroke, diabetes, arthritis, and cancer than adults whose BMI is in the normal range.
- ⌘ More young Americans are at greater risk for obesity as adults because the prevalence of overweight children and adolescents tripled in the past 30 years.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION (WWW.CDC.GOV) THE SURGEON GENERAL'S CALL TO ACTION TO PREVENT AND DECREASE OVERWEIGHT AND OBESITY, DEPARTMENT OF HEALTH AND HUMAN SERVICES, 2001

SAVING LIVES
SAVING MONEY

HOW RESEARCH SAVES LIVES:

- ⌘ Researchers estimate that increasing physical activity or decreasing food intake by just 100 calories a day—the equivalent of walking an extra mile or taking a few less bites of each meal—could prevent weight gain in most adults.*
- ⌘ Recent studies show that disability is rising among younger Americans and obesity accounts for about half of the increase among those aged 18-29.**

SOURCE: *HILL, J.O. ET AL. SCIENCE. 2003; 299:853-855. **LAKDAWALLA, D.N. ET AL. HEALTH AFFAIRS. 2004; 23:168-176.

HOW RESEARCH SAVES MONEY:

- ⌘ Obese Americans age 70 and older experience more disability and higher health care costs but live about as long as their normal-weight peers. Preventing obesity in one elderly American could save the U.S. \$39,000 in medical spending over their remaining lifetime.

SOURCE: LAKDAWALLA, D.N. ET AL. HEALTH AFFAIRS. 2005; W5: R30-R41.

survivor



NAME: MATTHEW PORCARO

AGE: 39

CONDITION: OBESITY

Matthew lives in Virginia where he runs his own computer consulting business. By age 30, after more than a decade of lack of exercise and bad eating habits, he had gained 55 pounds and was obese. An abnormality in blood lipids, detected during a routine check-up, and a subsequent liver biopsy showed he had nonalcoholic fatty liver disease. His doctor recommended a carefully balanced low calorie diet that would allow him to lose weight while providing his liver the nutrients it needed to heal.

Matthew admits that he was scared, "...with a cholesterol level of 300 at age 30, I was going to be dead by the time I was 35 if I didn't change my life."

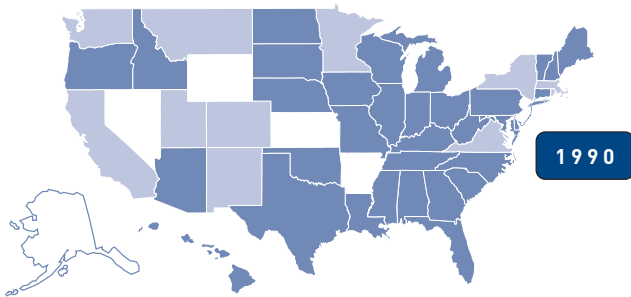
He lost 55 pounds over a two year period and has kept the weight off. "I keep on top of what food I should eat and the right quantities of that food. I have never felt better in my life and I also sleep much better since losing the weight."

Matthew recognizes that knowledge gained through long-term investments in medical research saved his life. His message to others who are struggling with obesity is simple, "Changing my life and diet 180 degrees brought everything back to normal."

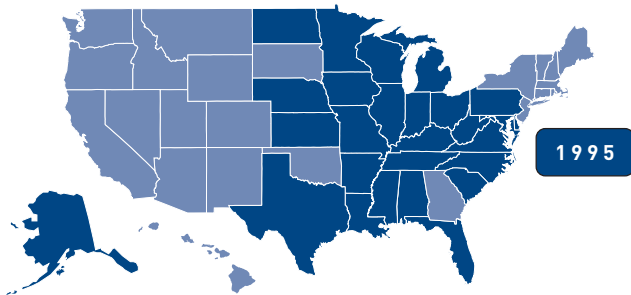
facts about: } Obesity

Obesity* Trends Among U.S. Adults

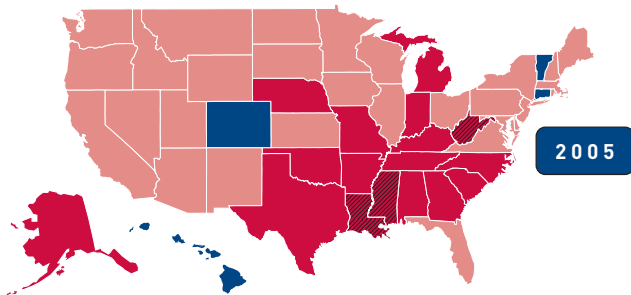
BRFSS, 1990, 1995, 2005
 (*BMI ≥ 30, or ~30lbs overweight for 5'4" person)



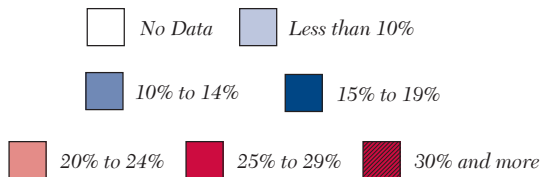
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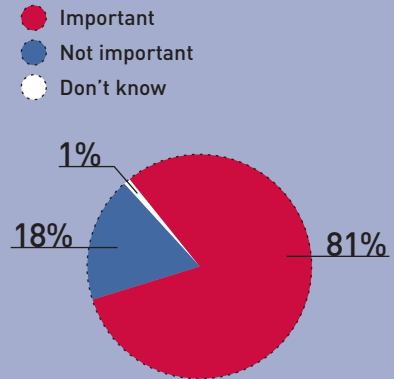
2005



SOURCE: BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, CDC.

Important to Invest in Obesity Research

How important is it for the U.S. government to invest in research to help reduce obesity among Americans?



SOURCE: NATIONAL POLL, 2006
 CHARLTON RESEARCH COMPANY FOR RESEARCH!AMERICA

Hope for the Future:

- ⌘ An estimated 200 new drugs to treat obesity are in development.*
- ⌘ The NIH established the Obesity Research Task Force to accelerate progress across a broad spectrum of obesity-related research including, genetic, behavioral and environmental studies.**

SOURCE: * BURRILL & COMPANY, BIOTECH 2006.

**NATIONAL INSTITUTES OF HEALTH (WWW.OBESITYRESEARCH.NIH.GOV)

The Bottom Line:

Research shows that a healthy lifestyle, which includes proper weight control, is the best defense against chronic illness and disability. Increased investments in all types of research to improve health are needed to turn back the tide of obesity in America.

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