



Kentucky continues to rank in the top 10 most obese states across all ages.¹

5th
Adults

1st
Adolescents

6th
Pre-K
Children

Obesity is a costly burden for the people of Kentucky.

Being overweight or obese greatly increases the risk of developing other chronic diseases and expensive health conditions like diabetes, stroke, arthritis, sleep apnea, asthma, heart attack, and certain cancers.⁸

\$ Being overweight or obese increases the medical bill by over \$100 billion per year—10% of all medical spending in the US.²

\$ The average taxpayer spends approximately \$175 per year to finance obesity-related medical expenditures among Medicare and Medicaid recipients.²

\$ Experts project that in 2018 Kentucky will spend \$6 billion in health care costs attributable to obesity.³

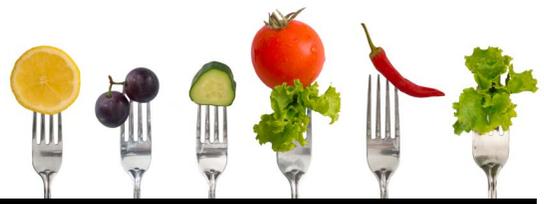


Kentucky Numbers

Adults (≥18 years old)⁵
35.6% are overweight
33.2% are obese

Adolescents (Grades 9-12)⁶
15.4% are overweight
18.0% are obese

Children (Pre-K)⁷
16.3% are overweight
15.6% are obese



Nutrition in Kentucky^{5, 6, 9}

- 45.9% of adults consumed less than 1 serving of fruit daily.
- 29.4% of adults consumed the recommended serving of vegetables per day.
- 36.2% of adolescents drink at least one sugary drink a day in an average week.
- Children between the ages of 6 and 11 consume 21 to 23 teaspoons of added sugar daily.

Adults need at least 2 servings of fruit and 3 servings of vegetables each day and limited sugary drinks.

Children need 5 or more servings of fruits and vegetables each day and NO sugary drinks.

Infants need exclusive breastfeeding for at least 6 months, and continued breastfeeding for at least the 1st year.

Physical Activity in Kentucky^{5, 6, 9}



- 82.7% of adults did not meet the CDC's recommended guidelines for aerobic and muscle strengthening physical activity.
- 29.3% of adults reported that during the past month, they had not participated in any physical activity.
- 77.5% of middle school students did not meet the CDC's recommendation for physical activity.
- 41.4% of middle school students and 34.5% of high school students used a computer for 3 or more hours per day.

Adults need at least 150 minutes of aerobic activity every week and muscle strengthening exercises on 2 or more days.

Children need at least 60 minutes of physical activity each day and no more than 2 hours of screen time.

Infants need tummy time and no screen time.

References

- ¹ Trust for America's Health and Robert Wood Johnson Foundation, *F as in Fat: How Obesity Threatens America's Future*, 2013.
- ² Finklestein, E., Trogon, E.A., Cohen, J.W., & Dietz, W. Annual Medical Spending Attributable to Obesity: Payer0 and Service-specific Estimates. *Health Affairs*, 28(5), 2009.
- ³ United Health Foundation, American Public Health Association and Partnership for Prevention. *The Future cost of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses*, 2008.
- ⁵ CDC, BRFSS — Overweight and Obesity, *US Obesity Trends by State*, 2013.
- ⁶ CDC, Division of Adolescent and School Health. *YRBS*, 2013.
- ⁷ CDC, 2010 Pediatric Nutrition Surveillance System, Table 6 (PedNSS).
- ⁸ NIH, Obesity Education Initiative. *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity*.
- ⁹ CDC, Division of Nutrition and Physical Activity, 2014.