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

**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

---

**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.\(^3\)
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.

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.

References

5 CDC, Division of Adolescent and School Health. YRBS, 2013.
6 CDC, 2010 Pediatric Nutrition Surveillance System, Table 6 (PedNSS).
8 CDC, Division of Nutrition and Physical Activity, 2014.