

Obesity



and its consequences

Obesity has risen to epidemic levels in the U.S. It causes devastating and costly health problems, reduces life expectancy, and is associated with stigma and discrimination. A combination of factors is believed to contribute to obesity, from inherent biological traits to environmental, socio-economic and behavioral factors.

Almost 60 % of Connecticut adults are obese or overweight.

Obesity is a risk factor for asthma and other respiratory problems, hypertension, high cholesterol or high levels of triglycerides, Type 2 diabetes, coronary heart disease, depression, gallbladder disease, osteoarthritis, sleep apnea, stroke, and some cancers (*endometrial, breast, and colon*).

Latinos suffer disproportionately from some of these conditions. There are also disparities in testing for obesity-related disorders.

In Connecticut...

64.6 % of Latinos are obese or overweight

64.5 % of blacks are obese or overweight

58.9 % of whites are obese or overweight

High Blood Pressure

14.5% of Latinos have high blood pressure

compared to:

33.4% of blacks

27.5% of whites

Cholesterol

38.9% of Latinos have never had their blood cholesterol checked

compared to:

24% of blacks

11.6% of whites

Diabetes

The prevalence of diabetes among Connecticut adults who are obese is almost 6 times greater than that among those of healthy weight.

Of Connecticut residents told by a doctor that they had diabetes in 2007:

11.4% were black

8.8% were Latino

6.7% were white

Latinos in Connecticut have 60% higher mortality rates from diabetes and diabetes-related causes

compared to whites, and nearly two-and-one-half times the risk of hospitalization for lower extremity amputation.

An estimated 4.3% of medical expenditure by Connecticut adults - \$856 million - are attributable to obesity.

Medicaid and Medicare pay for approximately 78% of the obesity-related medical expenditures in Connecticut - \$665 million (*\$419 million Medicaid and \$246 million by Medicare*).