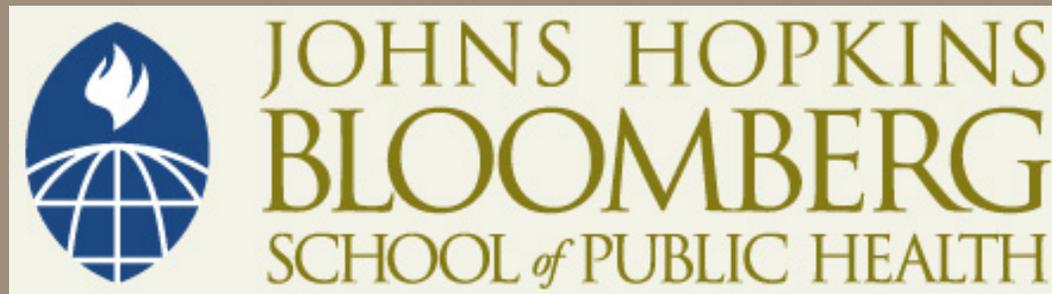


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Basic Facts of Obesity as Presented by Finkelstein

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Section A

Basic Epidemiology

Acknowledgement

- Many of the principles outlined in this lecture are derived from the work of Eric A. Finkelstein and Laurie Zuckerman, authors of *The Fattening of America*.

Weight Gain and Caloric Intake

- Does a change in caloric intake have to be large to account for weight gain?
 - No

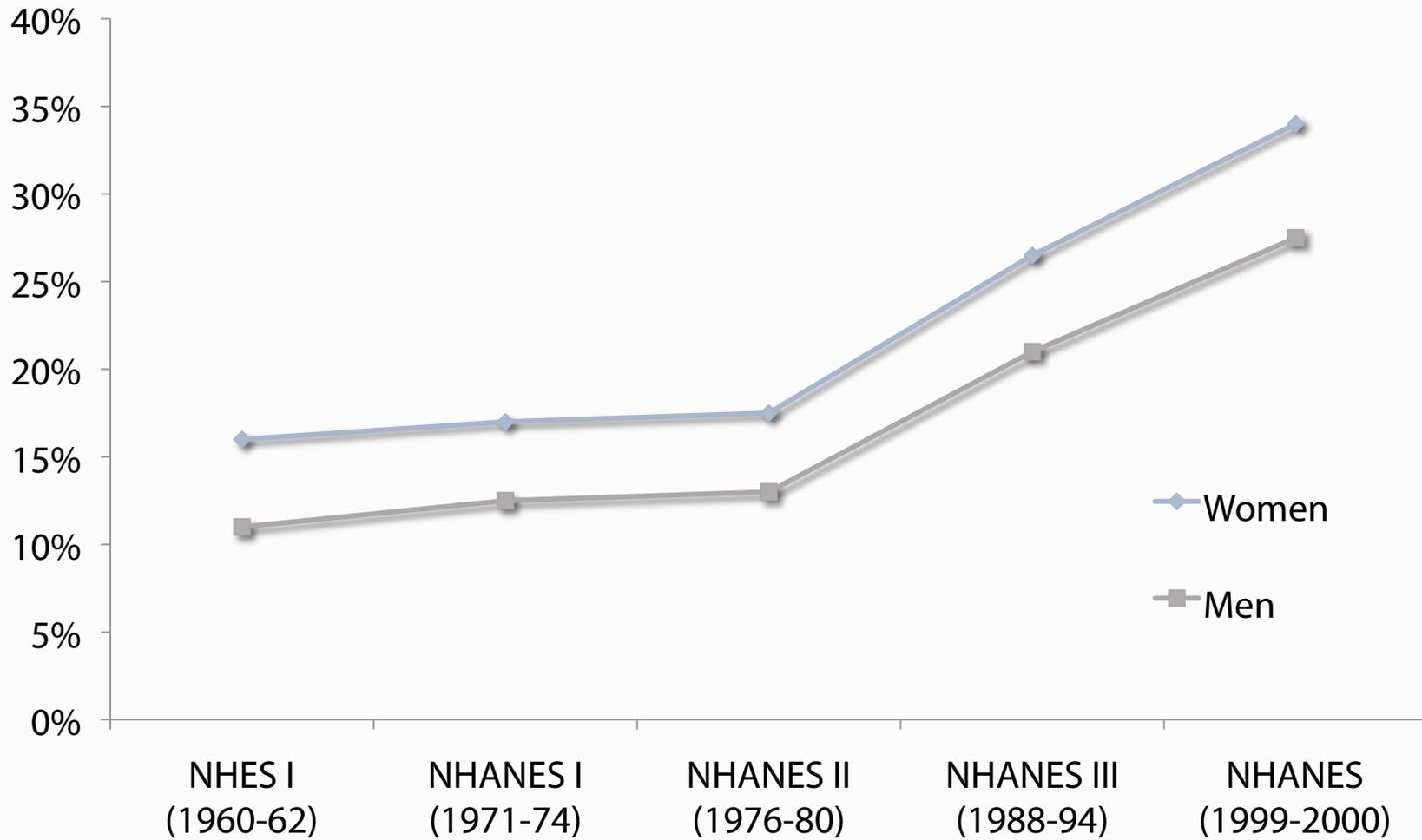
- Approximately 100 calories per day on average could account for the change
 - What has 100 calories or more?
 - ▶ An extra can of sugared soda
 - ▶ An extra candy bar
 - ▶ Even an extra granola bar
 - It does not take much if we don't either substitute away something else or increase activity
 - ▶ We would have to make a tradeoff

- Is this fact something most consumers understand?

U.S. Statistics

- Increasing prevalence of overweight and obesity among children
- Adults have also had increasing prevalence of overweight and obesity
- Income level differences in prevalence were greater in the past than at present
 - Now, higher income groups are catching up to the lower income groups
- Little race/ethnic difference in males with all increasing over time
- African American females have had and continue to have the highest prevalence rates

Adult Prevalence of Obesity



Adapted from Finkelstein E. A., et al (2005). Economic causes and consequences of obesity. *Annu Rev Public Health*, 26, 239-57.

Health Effects

- Obesity has an effect on many organ systems
- Obesity has an effect during pregnancy
- Obesity has become more manageable because of improving medical care

International Comparisons

- Iceland, Spain, New Zealand, Czech Republic, and Saudi Arabia have all experienced greater increases in the prevalence of obesity since the early 1990s
- Only Saudi Arabia's prevalence was actually higher than the United States in 2006

Lifetime Cost Impact of Obesity

- Highlights from a Dutch study in 2008
- Imagine three 20-year-olds
 - One overweight
 - One smoker
 - One who is neither overweight nor a smoker
- In each year all three are alive, the healthy one spends the least
- Who spends the most on medical care over a lifetime?
 - The non-overweight non-smoker
 - Concept of present value—different from cash flow