

# **MANAGING OBESITY:**

## **THE ECONOMIC AND HEALTH CONSEQUENCES OF OBESITY IN THE WORK PLACE**



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# THE CONTEXT: Lifestyle Decisions and Health

- The United States spends over \$5,500 per year for every man, woman and child on “Sickness Care”
- Healthcare costs more than steel in every automobile in the U.S.
- Economically not sustainable
- Enormous human burden

# CONTEXT:

- Average adult spends more waking hours in the work place than at home
- Costs include:
  - Direct costs
  - Loss of productivity
  - Lost work days
- Enormous challenge/opportunity

# The Epidemic of Obesity

- 67% of the adult population is overweight or obese
- The prevalence of overweight and obesity grew 40% in the last decade
- Childhood obesity has tripled in the last 20 years

# The Health Consequences of Obesity

- Obesity Causes:
  - 40-70% of hypertension
  - Over 50% of blood lipid problems
  - Over 80% of all diabetes
  - Almost 100% of metabolic syndrome

# Defining Overweight and Obesity

- Body Mass Index (BMI) =  $\frac{\text{wt (kg)}}{\text{ht (m}^2\text{)}}$
- Overweight BMI >25<30
- Obese BMI >30

# Health Risks of Overweight and Obesity

- Weight (fat)
- Adult weight gain
- Weight (fat) distribution

# The Economic Consequences of Overweight and Obesity

- 13.8% higher annual healthcare costs for overweight
- 37.7% higher annual healthcare costs for obese

# Many Of The Consequences of Obesity are Hidden

- Significant under-reporting of obesity
  - Obesity is listed on 0.3% of claims submitted by physicians
- Low back pain
- Injuries
- Decreased productivity
- Absenteeism

# Recent Scientific Studies on Weight Loss

- Weight loss lowers risk factors for cardiovascular disease
- Weight loss lowers risk of the metabolic syndrome
- Weight loss lowers the risk of diabetes
- Group meetings plus internet usage enhances weight loss

# The Role of Social Support in Weight Loss

- Meeting attendance strongly predicts weight loss and maintenance of weight loss
- Meeting attendance strongly predicts reduction of risk of diabetes

# Is Long Term Maintenance of Weight Loss Possible?

- Weight Watchers Lifetime Member Study
- National Weight Control Registry

To Outsource Or Not To  
Outsource That Is The  
Question

# The Science of Sustainable Weight Loss

- Weight loss that lasts
- Lifestyle Obesity Management
- Annals of Internal Medicine
- Weigh Your Options

# The Cornerstones of Long Term Maintenance of Weight Loss

1. Regular physical activity
2. Sound nutrition
3. Long term mind set
4. Social support

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