



HEALTHY EATING & ACTIVE LIVING



Obesity, Physical Activity, and Healthy Diet among Adults

Obesity among adults is a major risk factor for cancer. In the United States, it's been estimated that 14 percent of cancer deaths in men and 20 percent in women are related to excess body weight. While it appears that obesity rates have leveled off among adults, they have stabilized at an incredibly high rate. And while excess weight affects the majority of Americans, some groups are more severely affected than others.

- Between 1976-1980 and 1999-2000, the prevalence of obesity among adults ages 20-74 doubled from 15 percent to 30.9 percent. Since 2003, obesity prevalence among adults ages 20 and older has remained stable at around 32-34 percent.
- In 2011-2012, more than two-thirds of American adults ages 20 and older were overweight (33.6 percent) or obese (34.9 percent).
- Prevalence of extreme obesity (BMI \geq 40) among adults ages 20-74 increased from 1.4 percent in 1976-1980 to 6.6 percent in 2011-2012.

Obesity rates among adults differ by age, race, ethnicity, and sexual orientation.

- Non-Hispanic blacks have the highest rates of obesity (47.8 percent), followed by Hispanics (42.5 percent), non-Hispanic whites (32.6 percent), and non-Hispanic Asians (10.8 percent).

- Among non-Hispanic whites, lesbians are more likely to be overweight (55.3 percent) compared to heterosexual women (50.5 percent), while gay men are less likely to be overweight (56.6 percent) compared to heterosexual men (69.4 percent).
- In 2013, obesity prevalence varied widely by state, ranging from 21.3 percent in Colorado to 35.1 percent in Mississippi.

Many adults do not meet recommendations for physical activity.

- In 2013, 30.5 percent of adults reported no leisure-time physical activity during an average week.
- About one-half (50.1 percent) of adults reported engaging in at least 150 minutes of moderate or 75 minutes of vigorous activity per week (men: 54.3 percent, women: 46.2 percent) in 2013.

Intake of vegetables and fruit is inadequate among adults.

- In 2013, 15.1 percent of adults consumed three or more servings of vegetables per day.
- A median of 29.8 percent of adults reported eating two or more servings of fruits daily in 2013.



Obesity, Physical Activity, and Healthy Diet among Youth

Childhood obesity is a major health problem in the United States. With nearly 23 million children and adolescents overweight or obese, they could be the first generation in US history to be sicker and have shorter lives than their parents' generation. This is particularly concerning when it comes to cancer. Obese kids are more likely to become obese adults, which is a major risk factor for cancer. These high rates of obesity threaten to undo the substantial progress that has been made against the disease in the past few decades.

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.

- The percentage of obese children ages 6-11 in the United States increased from 7 percent in 1980 to nearly 18 percent in 2012.
- The percentage of obese adolescents ages 12-19 increased from 5 percent to nearly 21 percent during that same time period.
- Approximately 17 percent (or 12.7 million) of children and adolescents ages 2-19 are obese.

Childhood obesity is more common among certain racial and ethnic groups.

- In 2011-2012, the prevalence among children and adolescents was higher among Hispanics (22.4 percent) and non-Hispanic blacks (20.2 percent) than among non-Hispanic whites (14.1 percent). Obesity was lowest among non-Hispanic Asian youth (8.6 percent).

On a positive note, we are starting to see slight progress in younger children. Despite this progress, rates of childhood obesity overall remain too high.

- The prevalence of obesity among children ages 2-5 decreased significantly from 13.9 percent in 2003-2004 to 8.4 percent in 2011-2012.

Physical activity is also inadequate among youth.

- In 2012, only 24.8 percent of youth ages 12-15 met recommended levels of physical activity (being physically active for at least 60 minutes daily).

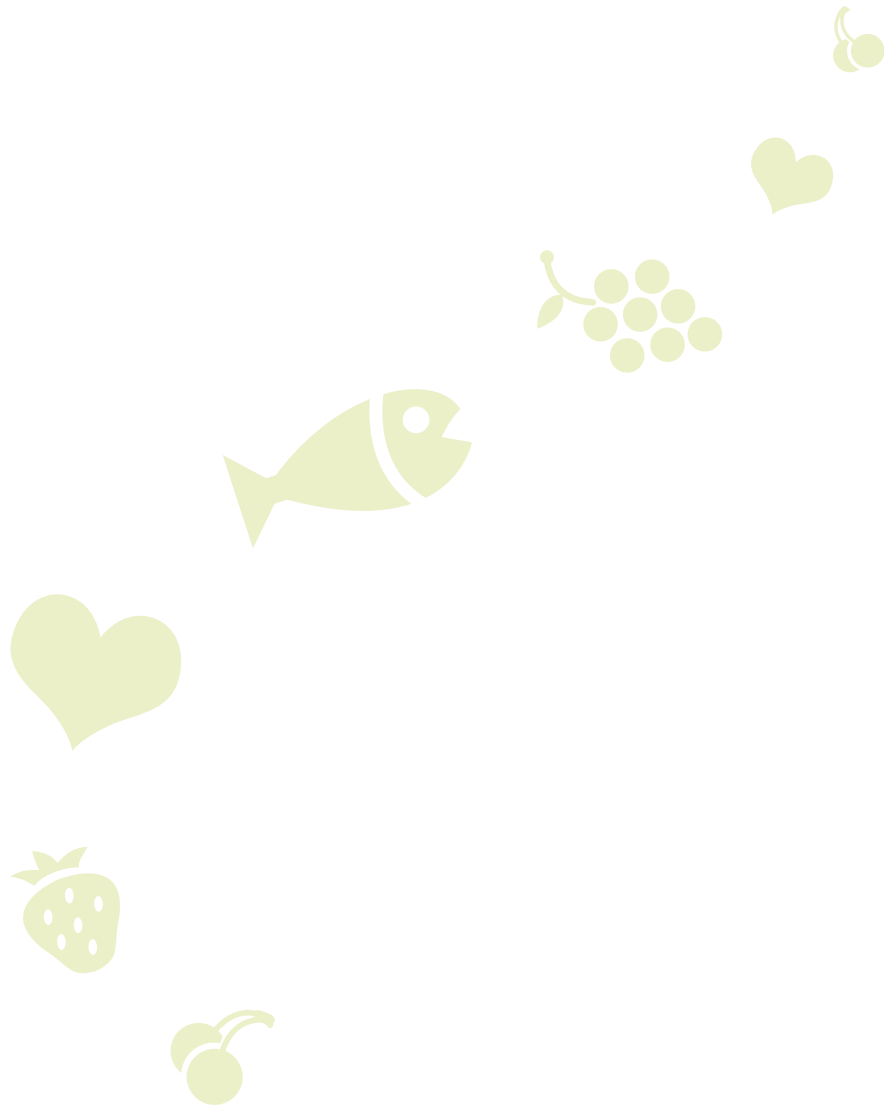
- In 2013, nearly 75 percent of US high school students did not meet recommended levels of physical activity, and only 29.4 percent attended PE classes daily.
- In 2013, 32.5 percent of US high school students reported watching three or more hours of television per day, and 41.3 percent played video games or used a computer for something that was not school work for three or more hours a day.

Kids also aren't eating enough fruits and vegetables.

- In 2013, only 15.7 percent of high school students reported consuming vegetables three or more times per day. About 1-in-3 (33.2%) US high school students consumed 100 percent fruit juice or fruit two or more times a day.

Resources

- o *Cancer Prevention & Early Detection Facts & Figures, 2015-2016:* <http://www.cancer.org/acs/groups/content/@research/documents/webcontent/acspc-045101.pdf>
- o Centers for Disease Control and Prevention – Childhood Obesity Facts: <http://www.cdc.gov/obesity/data/childhood.html>
- o Centers for Disease Control and Prevention – Adult Obesity Facts: <http://www.cdc.gov/obesity/data/adult.html>



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