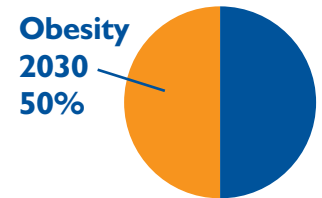
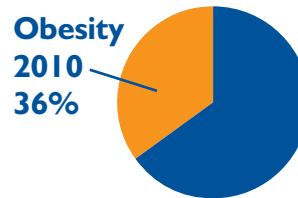


HALF OF AMERICANS COULD BE OBESE BY 2030... OR WE COULD INVEST IN THE PREVENTION FUND

An analysis conducted by the National Heart Forum, based on a peer-reviewed model published last year in *The Lancet*, estimates that that 50 percent of Americans are on track to be obese in the next 20 years.¹ Obesity could even top 60 percent in 13 states. Right now, 36 percent of Americans are obese.



Obesity-Related Diseases, 2012		Rise in Obesity-Related Diseases, 2030	
Type 2 diabetes	25 million Americans	Type 2 diabetes	6 million new cases
Coronary heart disease and Stroke	27 million Americans	Coronary heart disease and stroke	5 million new cases
Stroke	795,000 strokes per year		
Obesity-Related Cancer	One in three cancer deaths is related to obesity, poor nutrition or physical inactivity – approximately 190,650 per year	Obesity-Related Cancer	400,000 new cases

Obesity-Related Health Care Costs, 2012	Rise in Obesity-Related Health Care Costs, 2030
\$147 billion	\$147 billion + between \$48 billion and \$66 billion

Community Transformation Grants: Reducing Obesity by 5 Percent

Community Transformation Grants (CTGs) are one of the key pieces of the Prevention Fund. A performance measure of CTGs is to reduce the rate of obesity by 5 percent using evidence-based nutrition and physical activity programs that

have proven results. In 2011, 61 communities received \$103 million in the first round of CTGs. In the first year of the program, more than 2,000 communities applied for CTGs, but there was only enough funding for 61.

Impact of Reducing Obesity

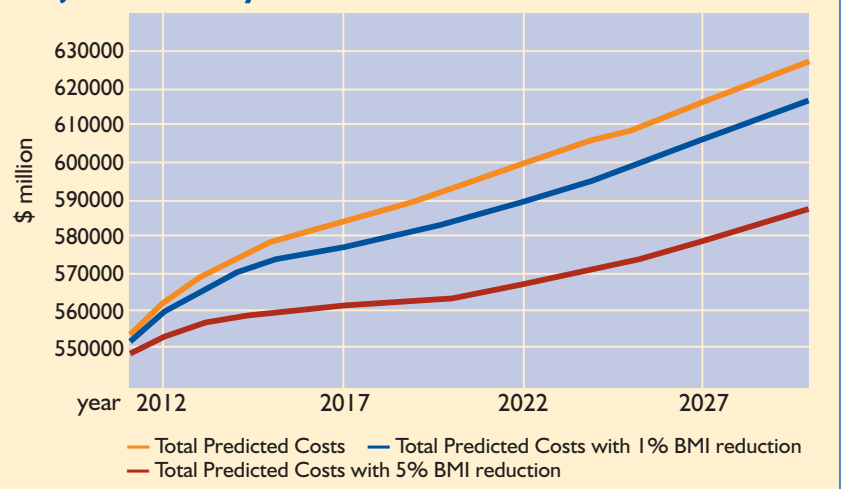
A 2012 analysis by the National Heart Forum found that reducing obesity, specifically by reducing body mass index (BMI) by 5 percent in states by 2030, millions of Americans could be spared from diseases and billions could be saved in health care spending.²

If BMIs were lowered by 5 percent by 2030, the number of Americans who could be spared from developing major obesity-related diseases could range from:

- Type 2 diabetes: 14,389 in Alaska to 796,430 in California;
- Coronary heart disease and stroke: 11,889 in Alaska to 656,970 in California;
- Obesity-related cancer: 809 in Alaska to 52,769 in California.

And, nearly every state by could save between 6.5 percent and 7.9 percent in obesity-related health care costs.

Projected Obesity-Related Health Care Costs 2010 to 2030



ENDNOTES

1 National estimates published in: Wang YC et al. Health and Economic Burden of the Projected Obesity Trends in the USA and the UK. *The Lancet*, 378, 2011. State analysis study published in: Trust for America's Health and Robert Wood Johnson Foundation. *F as in Fat: How Obesity Threatens America's Future*, 2012.

2 Trust for America's Health and Robert Wood Johnson Foundation. *F as in Fat: How Obesity Threatens America's Future*, 2012.