



Effective Health Care

Obesity

Next Steps

The nominator is interested in the topic of obesity. This nomination is too broad and unfocused to develop given limited program resources. No further activity will be undertaken on this topic.

Summary

Topic Name and Number: Obesity Prevalence, #831

Date: 3/14/2019

- In 2015–2016, the prevalence of obesity was 39.8% in adults and 18.5% in youth.¹
- The estimated annual medical cost of obesity in the United States was \$147 billion in 2008 US dollars; the medical cost for people who have obesity was \$1,429 higher than those of normal weight.
- Obesity in adults was defined as a body mass index (BMI) of greater than or equal to 30. Obesity in youth was defined as a BMI of greater than or equal to the age- and sex-specific 95th percentile of the 2000 Centers for Disease Control and Prevention growth charts
- The nomination was broad and did not focus on a particular set of interventions.
- While we are unable to further assess this topic at this time, these resources may be useful to the nominator:
 - Community Preventive Services Task Force systematic reviews and recommendations to prevent and control obesity in schools²
 - Community Preventive Services Task Force recommendation on interventions including activity monitors for adults with overweight or obesity.³
 - United States Preventive Services Task Force systematic review and recommendation on behavioral interventions to promote weight loss to prevent obesity-related morbidity and mortality in adults.⁴
 - A patient-oriented resource based on this review is also available.⁵

References

1. Hales CM CM, Fryar CD, Ogden CL. . Prevalence of obesity among adults and youth: United States, 2015–2016. Hyattsville, MD: National Center for Health Statistics; 2017.
2. Summary of CPSTF Findings and Evidence: Intervention Approaches to Prevent and Control Obesity in Schools. Atlanta, GA: Centers for Disease Control and Prevention. <https://www.thecommunityguide.org/content/summary-cpstf-findings-evidence-intervention-approaches-prevent-control-obesity-schools>. Accessed on 14 March 2019 2019.
3. Physical Activity: Interventions Including Activity Monitors for Adults with Overweight or Obesity Community Preventive Services Task Force. Atlanta, GA: 2017. <https://www.thecommunityguide.org/sites/default/files/assets/PA-Activity-Monitors-Adults.pdf>
4. Final Update Summary: Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions. U.S. Preventive Services Task Force; 2018. <https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/obesity-in-adults-interventions1?ds=1&s=obesity>. Accessed on 14 March 2019 2019.
5. Jin J. Behavioral Interventions for Weight Loss. JAMA. 2018 Sep 18;320(11):1210. doi: 10.1001/jama.2018.13125. PMID: 30326497. <https://www.ncbi.nlm.nih.gov/pubmed/30326497>

