

OVERVIEW

*Balance it Out: Arkansas*SM is designed to encourage the state's children and their families to embrace healthier eating and behaviors. While many of the expected enrollees are overweight and at risk for obesity, they are not all considered obese. Pfizer Health Solutions believes that successful health care initiatives focus on preventative care and encourage behavioral changes to ensure people have a healthier future.

ABOUT OBESITY

Obesity is defined as an excess proportion of total body fat that is more than 20 percent above normal weight.

- ▶ Currently, 61 percent of American adults (108 million individuals) are overweight or obese.
- ▶ Over the past decade alone, there has been a 12 percent increase in overweight individuals and a 70 percent increase in obese individuals in the U.S.¹
- ▶ The most common numerical measure of obesity is the body mass index (BMI); a person is considered obese if his/her BMI is more than 30.
- ▶ A significantly elevated BMI of 40 or higher, may severely interfere with a person's health or normal function.

CONSEQUENCES OF OBESITY

Obesity increases the risk of many chronic diseases and health conditions, including:

- ▶ Hypertension
- ▶ Dyslipidemia
- ▶ Type 2 diabetes
- ▶ Coronary heart disease
- ▶ Stroke
- ▶ Gallbladder disease
- ▶ Osteoarthritis
- ▶ Sleep apnea and respiratory problems
- ▶ Some cancers (endometrial, breast, and colon)
- ▶ Depression¹

Millions of Americans suffer from chronic diseases that can be associated with obesity. Currently in the U.S. there are:

- ▶ 12.6 million people who have coronary heart disease
- ▶ 1.1 million people who have a heart attack in a given year
- ▶ 17 million people who have diabetes; 90 to 95 percent have type 2 diabetes, which is associated with obesity and physical inactivity²

¹ Congressional Prevention Coalition, U.S. Congress, June 23, 2005; National Center for Health Statistics, 2005; CDC, 2005

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CHILDHOOD OBESITY

Approximately nine million children nationwide are currently overweight or obese.

- ▶ In the U.S., rates of childhood obesity have tripled from 1970 to 2000.
- ▶ Childhood obesity puts youth at risk for the same physical ailments as adults and may also have psychological effects that impair socialization skills and impact self esteem.

Prevalence of Obese Children and Adolescents at the 95 th percentile of (BMI) ³	Children Ages 6 to 11	Adolescents Ages 12 to 19
1999 to 2000	15.3%	15.5%
1988 to 1994	11%	11%
1976 to 1980	7%	5%

OBESITY IN ARKANSAS

- ▶ Arkansas has an adult obesity rate of 26.4 percent, making it the 7th heaviest state in the nation.⁴
- ▶ Nearly 38 percent of Arkansas children and adolescents are overweight or at risk for becoming overweight.⁵
- ▶ In Arkansas, between 1998 and 2000:
 - 6 percent of the population spent \$663 million on the treatment of obesity and related conditions.
 - 11.5 percent of the Medicaid population spent \$180 million dollars on the treatment of obesity and related conditions.⁶

THE COST OF OBESITY

- ▶ Total direct and indirect costs attributed to obesity in the U.S. are estimated at \$117 billion per year, or \$400 for every man, woman and child in the country.¹
- ▶ The direct healthcare costs associated with obesity represent a significant portion of total annual U.S. healthcare expenditures, with estimates at more than \$90 billion per year.
- ▶ Medicare and Medicaid finance as much as half of these costs.
- ▶ Each taxpayer is responsible for about \$180 per year for obesity related medical costs for public sector health plans.

² *Physical Activity Fundamental to Preventing Disease*. DHHS, ASPE, 2002; National Institutes of Health, 2000; Pratt et al. Higher Direct Medical Costs Associated with Physical Inactivity, *The Physician and Sports Medicine*, 2000.

³ American Obesity Association. Childhood Obesity: Prevalence and Identification. <http://www.obesity.org/subs/childhood/prevalence.shtml>

⁴ Trust for America's Health (TFAH). *Report, F as in Fat: How Obesity Policies Are Failing in America* 2006. <http://healthymamericans.org/reports/obesity2006>

⁵ Arkansas Center for Health Improvement (ACHI). *Tracking Progress: The Third Annual Arkansas Assessment of Childhood and Adolescent Obesity*, August 2006

⁶ Centers for Disease Control and Prevention (CDC). *Overweight and obesity: Economic Consequences. Estimated Adult Obesity-Attributable Percentages and Expenditures, by State (BRFSS 1998-2000)* Finkelstein, EA, Fiebelkorn, IC, Wang, G. State-level estimates of annual medical expenditures attributable to obesity. *Obesity Research* 2004;12(1):18-24. http://www.cdc.gov/nccdphp/dnpa/obesity/economic_consequences.htm

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