TRENDS in behavioral risk factors that can be modified by individuals, friends and families, communities, and societies to reduce the risk of becoming overweight or obese.

At a basic level, these conditions are a result of too much energy intake (calories) compared to energy use. There is usually not one factor that affects a person’s weight; rather, it is the result of a complex interplay of multiple factors.

Overweight and obese people have an increased risk of developing several chronic health conditions. These conditions can include diabetes, heart disease, stroke, and some types of cancer.

WWW.CHD.DPHE.STATE.CO.US/WEIGHT/OBESITY-IN-COLORADO-INFOGRAPHIC.HTML

I

I

I

ELEVATING

Built environment

Economic costs

COMMUNITIES, ETC.

INSTITUTIONS

ADULTS

High school students

Children

Obesity Preventions

CURRENT COLORADO EFFORTS

STATEWIDE GOAL:

Reverse the upward obesity trend by aligning efforts to develop a

systematic plan of action.

Institutions, communities, and individuals must work together to prevent and treat obesity.

The economic costs of overweight and obesity are a significant burden on society.

The economic costs of overweight and obesity are a significant burden on society.

MORE THAN 1 IN 4 CHILDREN IN COLORADO IS OVERWEIGHT OR OBESE

MORE THAN 1 IN 4 CHILDREN IN COLORADO IS OVERWEIGHT OR OBESE

HEALTHY KIDS COLORADO SURVEY, CDPHE

THE STATE OF HEALTH: COLORADO’S COMMITMENT TO BECOME THE HEALTHIEST STATE

FINKELSTEIN EA, TROGDON JG, COHEN JW, DIETZ W. ANNUAL MEDICAL SPENDING

TROGDON JG, FINKELSTEIN EA, HYLANDS T, DELLEA PS, KAMAL-BAHL. INDIRECT

THE ECONOMIC COSTS OF OBESITY

Children

More than 1 in 4 children in Colorado is overweight or obese.

Colorado adults

More than 1 in 4 adults with Medicaid are obese.

Hispanic adults have a higher prevalence of obesity than heterosexual adults.

American Indian or Alaska Native, Black, and White, non-Hispanic adults have a higher prevalence of obesity than heterosexual adults.

Medicaid

Hispanic adults have a higher prevalence of obesity than heterosexual adults.