

Obesity is a complex, chronic disease of excessive or abnormally accumulated body fat.

Prevalence



9.2%



Percentage of adults in the U.S. with severe obesity (body mass index, or BMI, of 40 or higher)

41.9%



Percentage of adults in the U.S. with obesity (BMI of 30 or higher)

\$1,861

Average yearly increase in medical costs for adults with obesity, compared to those without obesity



40-59

Age group with the highest rate of obesity in the U.S.



Complications

Obesity increases your risk for many chronic illnesses, including:



High blood pressure



Type 2 diabetes mellitus



Heart disease



Osteoarthritis



Obstructive sleep apnea



Liver disease



Certain cancers

Three Stages of Obesity

Stage 1

Stage 2

Stage 3

Obesity with no obesity-related complications

Obesity with one or more mild to moderate obesity-related complications

Obesity with one or more severe obesity-related complications

Obesity Management

Treatment options based on the severity of complications include:



Healthy eating



Physical activity



Weight-management medications



Obesity surgery



Behavioral therapy and support groups

Weight Bias and Stigma

Can worsen psychological conditions like depression, anxiety, stress, and disordered eating

Can interfere with weight-management and health-improvement efforts

Talk to your health care professional if you are affected by these issues.



You Are Not Alone

An endocrinologist can help evaluate your health, set realistic goals, and develop a personalized obesity treatment plan.



28,000+

health care professionals in the AAACE endocrine community are available to support you.

[Find endocrine care near you](#)



Visit the

[AAACE Journey For Patients With Obesity](#)



for a roadmap of up-to-date information and resources to help you navigate your obesity journey, treatment options, and wellness goals.

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