The link between obesity and diabetes is clear.

As many as 85 percent of people with diabetes have overweight or obesity.

Rates of obesity are disproportionately higher among minority populations.
What is obesity?

Obesity is a **chronic**, often **progressive** and **relapsing** disease with numerous medical, physical, and psychosocial complications, including a substantially increased risk for type 2 diabetes.

**BMI is an obesity screening tool: Body Mass Index** (a person’s weight in kilograms divided by the square of height in meters) of 30.0 or higher.

Centers for Disease Control and Prevention  [https://www.cdc.gov/obesity/basics/adult-defining.html](https://www.cdc.gov/obesity/basics/adult-defining.html)
OBESITY PREVALENCE CONTINUE TO RISE ACROSS THE UNITED STATES

22 States Have Adult Obesity Rates Above 35%

**FIGURE 2: Number of States with Adult Obesity Rates At 30 Percent or Higher, 2011-2022**

Source: TFAH analysis of BRFSS data

Obesity results in multiple co-morbid diseases and conditions

- Type 2 Diabetes
- Kidney Failure
- Osteoarthritis
- Obesity-related Cancers
- Increased risk of stroke and heart attack
- Sleep Apnea
- Increased Depression

CANCER AND OBESITY

Obesity is associated with 13 types of cancer
• Obesity is associated with 13 types of cancer
• These cancers make up 40% of all cancers diagnosed in the United States each year

Source: Centers for Disease Control and Prevention  https://www.cdc.gov/cancer/obesity/index.htm
Help Prevent Diabetes, Treat Obesity

Obesity is linked to more than 50 percent of new cases of diabetes every year.

Healthy weight management can help prevent and even reverse diabetes and most importantly leads to better health for those with or at risk for diabetes.
<table>
<thead>
<tr>
<th>Geographic Regions</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carissa Kemp</td>
<td><strong><a href="mailto:ckemp@diabetes.org">ckemp@diabetes.org</a></strong>&lt;br&gt;Alaska, Washington, Oregon, Idaho, Montana, Wyoming, North Dakota, South Dakota, Nebraska, Kansas, Minnesota</td>
</tr>
<tr>
<td>Gary Dougherty</td>
<td><strong><a href="mailto:gdougherty@diabetes.org">gdougherty@diabetes.org</a></strong>&lt;br&gt;Iowa, Wisconsin, Illinois, Michigan, Indiana, Kentucky, Tennessee, Ohio, West Virginia</td>
</tr>
<tr>
<td>Stephen Habbe</td>
<td><strong><a href="mailto:shabbe@diabetes.org">shabbe@diabetes.org</a></strong>&lt;br&gt;New Hampshire, Maine, Massachusetts, Rhode Island</td>
</tr>
<tr>
<td>Southwest (TBD)</td>
<td><strong><a href="mailto:vdelagarza@diabetes.org">vdelagarza@diabetes.org</a></strong>&lt;br&gt;Oklahoma, Texas, Missouri, Arkansas, Louisiana, Mississippi, Alabama, Georgia, South Carolina, Florida</td>
</tr>
<tr>
<td>Monica Billger</td>
<td><strong><a href="mailto:mbillger@diabetes.org">mbillger@diabetes.org</a></strong>&lt;br&gt;New York, Vermont, Connecticut, New Jersey, Pennsylvania, Delaware, Maryland, DC, Virginia, and North Carolina</td>
</tr>
</tbody>
</table>