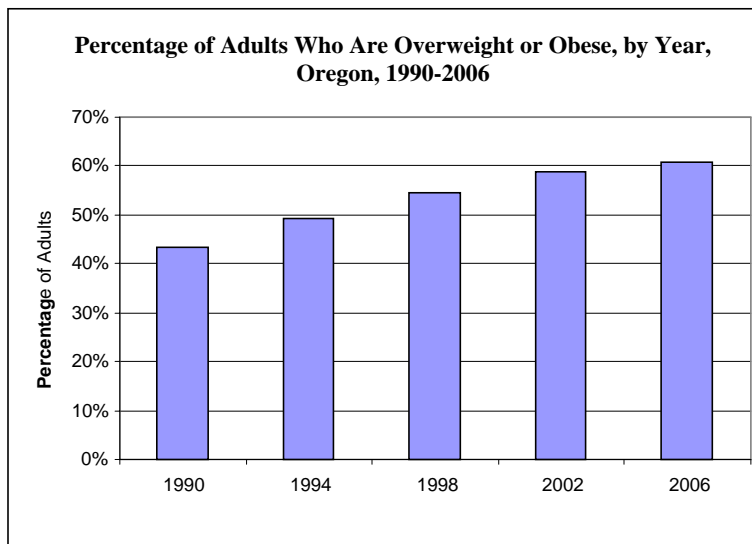


Obesity in Oregon



How many people are affected?

- More than six in ten adult Oregonians are above a healthy weight.
- In 2001, one in five 11th graders were above a healthy weight; now it is one in four.

What is the impact of obesity on Oregonians?

- Medical costs due to obesity are almost \$800 million a year.
- 1,400 Oregonians die prematurely each year due to obesity.
- Obesity is a risk factor for several chronic conditions including heart disease, stroke, hypertension, certain cancers, type-2 diabetes, and osteoarthritis.

How does activity level and eating healthy foods make a difference?

- Four in ten adults don't stay active enough to meet Centers for Disease Control and Prevention recommendations.
- Among youth, the fraction getting recommended activity drops from 60 percent in 8th grade to 46 percent in 11th grade.
- Providing opportunities for walking and biking has been shown to increase daily physical activity.
- Among both youth and adults, only one in four eat five or more servings of fruit and vegetables a day, and among kids, the numbers are falling.

For more information contact:

Department of Human Services, [Health Promotion and Chronic Disease Prevention Program](#)
(971) 673-0984