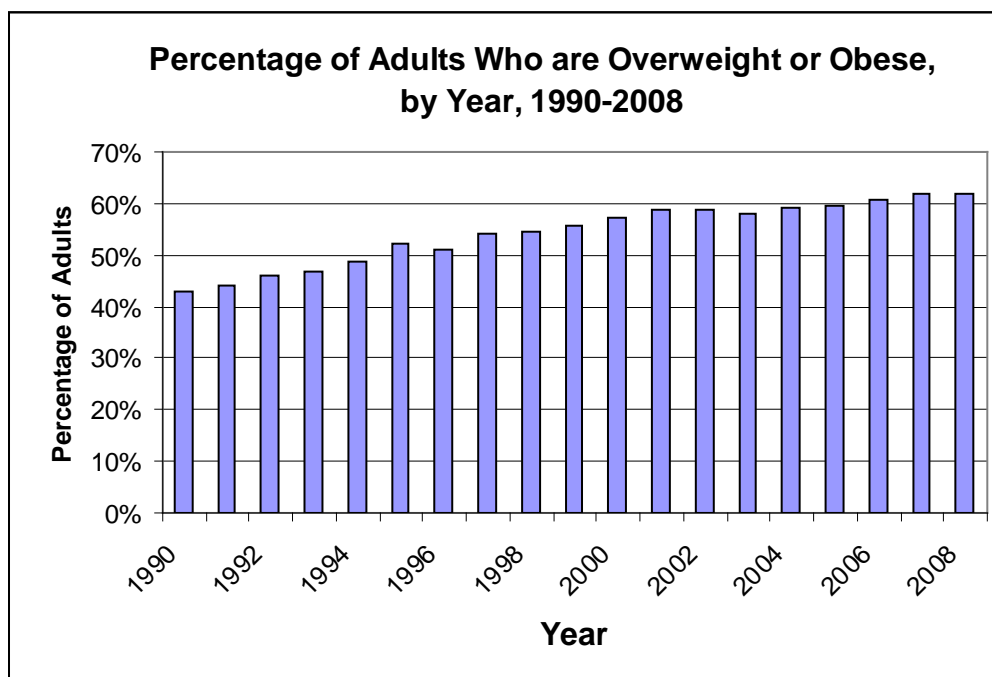


Obesity in Oregon



How many people are affected?

- More than six in 10 adult Oregonians are above a healthy weight.
- In 2001, one in five 11th-graders was 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.
- About 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.

For more information, contact:

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

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

- Four in 10 adults don't stay active enough to meet Centers for Disease Control and Prevention recommendations.
- Among youth, the fraction getting recommended activity drops from 58 percent in eighth grade to 50 percent in 11th grade.
- Providing opportunities for walking and bicycling has been shown to increase daily physical activity.
- Only one in five adults consumed five or more servings of fruits and vegetables a day.
- Among youth, only one in four eats five or more servings of fruits and vegetables a day, and the numbers are falling.
- Healthy environments in schools, workplaces, and the community-at-large that promote easy, affordable access to healthy foods, physical activity and chronic-disease self-management programs assist people in maintaining a healthy weight.