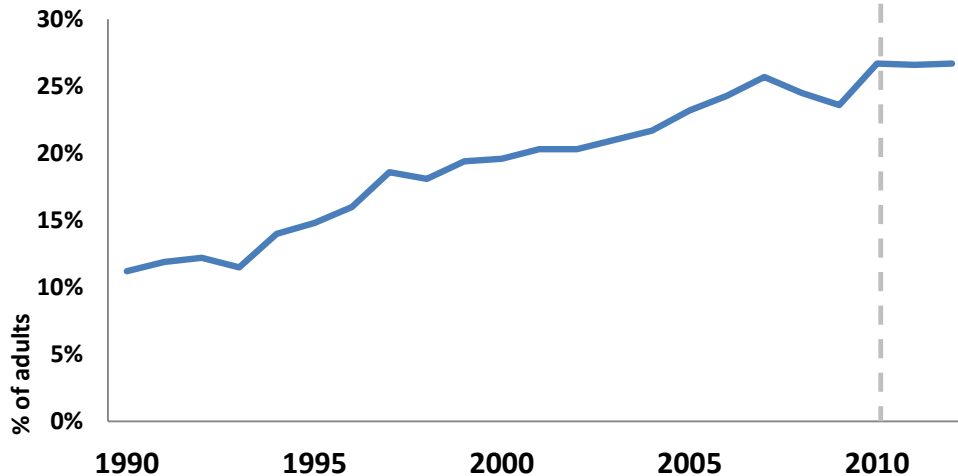


## Obesity in Oregon

Obesity among Oregon adults, 1990 to 2012



Note: The vertical dashed line denotes a different weighting method and inclusion of cellular phones in the sample.  
Estimates are age-adjusted.

### Obesity in Oregon

- Approximately 27 percent (800,000) of Oregon adults are considered obese. (See graph)
- Obesity is a risk factor for diabetes, cancer, high blood pressure, high cholesterol, heart disease, and stroke.

### What are the related deaths and economic costs of obesity?

- About 1,500 Oregonians die each year due to obesity. Currently obesity is the number two preventable cause of death among Oregonians, after tobacco use.
- In Oregon, medical costs related to obesity among adults were estimated to have reached \$1.6 billion in 2006.

For more information, contact:

Oregon Health Authority  
[Health Promotion and Chronic Disease Prevention Program](#)  
971-673-0984.

### How does physical activity and healthy eating make a difference?

- Providing opportunities for walking and bicycling has been shown to increase daily physical activity, which in turn assists in the prevention and control of obesity.
- 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 and healthy diet, and contribute to the prevention and control of obesity.
- In 2012, approximately one in six adults did not take part in physical activity outside of work, and therefore are at higher risk for obesity.
- In 2011, only one in four adults and youth consumed five or more servings of fruits and vegetables a day.
- Among youth in 2013, those getting the recommended activity level drops from 59.5 percent in 8<sup>th</sup> grade to 51.2 percent in 11<sup>th</sup> grade.