



# Obesity in Oregon

Since 1990, obesity among Oregon adults has more than doubled, increasing from 11% to 27% in 2014.

**27%**  
of Oregon adults are  
considered obese

About 1,500  
Oregonians die each  
year as a result  
of obesity.



Obesity-related diseases and  
conditions cost our health care  
system \$1.6 million annually.

Obesity is a risk factor for diabetes, heart disease, stroke, high blood pressure, arthritis and some cancers. It is the second leading cause of preventable death in Oregon, after tobacco use.

The Oregon State Health Improvement Plan (SHIP) lists obesity as one of seven top priorities, and calls for the following population-wide interventions:

Increase the price of sugary drinks.

Increase the number of public and private businesses and other places that adopt standards for healthy foods and beverages, physical activity and breastfeeding.

Increase opportunities for physical activity for adults and youth.

Improve the availability of affordable, healthy food and beverage choices.

## Obesity among Oregon adults and youth, 1990–2014

