Missouri is now the 17th most obese state.

Missourians could prevent obesity-related diseases and dramatically reduce health care costs if they reduced their average body mass index (BMI) by just 5 percent by 2030. For a six-foot-tall person weighing 200 pounds, a 5 percent reduction in BMI would be the equivalent of losing roughly 10 pounds.

If BMIs were lowered by 5 percent, Missouri could save 7.9 percent in health care costs, which would equate to savings of $13.4 billion by 2030.

**Estimated health care costs related to obesity in 2008:**

$147 billion


<table>
<thead>
<tr>
<th>Potential cases of obesity related diseases avoided with a 5% reduction in BMI</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 2 Diabetes</td>
<td>90,942</td>
<td>179,659</td>
</tr>
<tr>
<td>Obesity-related Cancers</td>
<td>6,852</td>
<td>13,704</td>
</tr>
<tr>
<td>Coronary Heart Disease &amp; Stroke</td>
<td>73,330</td>
<td>152,070</td>
</tr>
<tr>
<td>Hypertension</td>
<td>77,117</td>
<td>133,798</td>
</tr>
<tr>
<td>Arthritis</td>
<td>40,031</td>
<td>75,434</td>
</tr>
</tbody>
</table>

Every dollar spent:

- On trails could save $3.00 in medical expenses.
- On wellness programs could save businesses $3.27 in medical costs and $2.73 in absenteeism costs.
- On interventions resulted in $1.17 worth of reductions in unhealthy eating and other risk factors.
- $0.84 of every $1.00 spent on health care goes to treat chronic illnesses, including diseases related to obesity.

Children treated for obesity are roughly 3 times more expensive to the health care system than the average insured child.

Take Action:

Invest in prevention by supporting healthy eating and physical activity.

- Support the Walking School Bus program.
- Support wellness incentives and education programs.

Cost per person for health care in the U.S.

in 1980: $1,110.00
in 2013: $9,810.00

9.2% of Gross Domestic Product.
17.9% of Gross Domestic Product.

The average health care costs for obese people are

$1,429

higher than for normal-weight individuals.