

# CDC Vital Signs

## The Obesity Epidemic – What Can Be Done?

*This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

72 million adults in the U.S. are obese.

Obesity is excess body fat. A person becomes obese by eating too much food and not getting enough physical activity.

In 2009, more than 1 in 4 adults were obese. It's an epidemic that's affected the entire country. In *every* state, more than 15 percent of adults are obese, and in nine states, adult obesity rates are now 30 percent or more. The medical care costs of obesity are staggering. In 2008, they totaled 147 *billion* dollars.

What can you do? Help fight the epidemic.

- Eat more fruits and vegetables and fewer foods high in fat and sugar.
- Drink more water and less sugary drinks.
- Get more physical activity.
- Watch less television.
- Support breastfeeding.
- Promote policies and programs in your community that make *healthy* choices *easy* choices.

For more information, visit [www.cdc.gov/obesity](http://www.cdc.gov/obesity).

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*