

# OBESITY IN MAINE

Obesity is a leading cause of chronic disease and medical costs.

Obesity increases a person's risk of:



Cancer



Cardiovascular Diseases



Diabetes



Breathing Problems



Low Quality of Life



Premature Death



Obesity results in more than **\$450 million** in medical costs in Maine every year.



Physical activity and healthy eating can **prevent** the health consequences of obesity.



Maine is facing a serious obesity problem.

**1 in 3** (30%) Maine adults



and **1 in 7** (14%) Maine high school students are **obese**.



**Only a quarter** (21%) of Maine high school students and **half** (54%) of adults get the recommended amount of **daily physical activity**.



**A quarter** (23%) of Maine high school students drink at least one **sugar-sweetened beverage** daily, while **less than half** (44%) eat at least one **vegetable** daily.



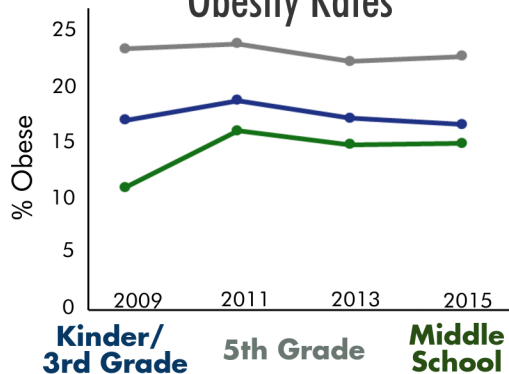
Public health programs are making a difference.

## Breastfeeding



**6 in 10** (60%) Maine infants born in 2014 were **breastfed** at 6 months, up from only 4 in 10 (42%) in 2009. Breastfeeding protects against obesity.

## Obesity Rates



The increase in obesity rates among Maine students has started to **plateau**.

## School Nutrition



The percentage of Maine schools selling "less healthy" foods and beverages to their students is **improving** (39% in 2014 from 48% in 2012).

## What can you do?

- ✓ Participate in community coalitions or partnerships to address obesity.
- ✓ Support the development of policies that make the healthy choice the easy choice.
- ✓ Be a role model; promote active and healthy living.

For more information, please visit: [www.choosemyplate.gov](http://www.choosemyplate.gov) or [www.cdc.gov/healthyweight/physical\\_activity/getting\\_started.html](http://www.cdc.gov/healthyweight/physical_activity/getting_started.html)



### Sources:

Todd Gabe, Professor of Economics, University of Maine. Medical costs of childhood obesity in Maine. University of Maine School of Economics Staff Paper 603, November 2012.; Behavioral Risk Factor Surveillance System; Maine Integrated Youth Health Survey; National Immunization Survey; School Health Profiles; U.S. Centers for Disease Control and Prevention.



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