

Startling statistics for today's major health challenges

OBESITY

- Obesity rates over the past 35 years have increased by 250%.
- 72.3 percent of women and 64.1 percent of men are considered overweight or obese.
- Medical spending averages \$1,400/year more for the obese than normal-weight people.
- Obesity is to the second strongest risk factor for cancer. It may increase the risks of mortality for some forms of cancer
- Nearly 1 billion additional gallons of gasoline are used every year because of increases in car passengers' weight since 1960.

DIABETES

- Diabetes is the #1 reason for adult blindness, kidney failure and limb amputation, and is a major contributor to heart attacks and strokes.
- By 2020 health care costs for diabetes will top \$500B – about 10% of total health care costs.
- Up to 75% of men with diabetes will develop some degree of erectile dysfunction.
- Diabetics have a fourfold higher risk of developing Alzheimer's disease, while pre-diabetics have triple the risk.

ALZHEIMER'S DISEASE

- There is no known cure for Alzheimer's disease.
- Since Jan. 1, 2011 our 79-million-strong baby boom generation has started turning 65 at the rate of one every eight seconds. The likelihood of developing Alzheimer's symptoms doubles every 5 years after age 65. By age 85 (the fastest growing segment of the American population), 50% (30 million) of this group
- will have developed Alzheimer's disease.
- More than 5,000,000 Americans currently carry this diagnosis. It is responsible for \$172 billion in associated costs. By 2020 the cumulative price tag in current dollars is predicted to be 2 trillion, and by 2050 \$20 trillion.