



Prevalence of obesity in the past 10 years

It is well-documented that obesity is an ever-growing health problem in the United States. As obesity numbers grow, the instances of well-known diseases linked to obesity (such as Type 2 Diabetes, high blood pressure, and cardiovascular disease) are growing at equally alarming rates. The goal of this study was to understand better the trends of obesity based on many different socio-demographic characteristics.

This study is being conducted using the newly released Cerner EnvizaSM EHR Data. The EHR data has over 98 million patients over all venues of care. It is collected from 119 different health systems throughout the country, in ambulatory, emergency room, and inpatient settings. The value of the EHR Data in conducting such a study is the ability to collect height / weight measurements at scale.

For this study, we used all recorded height / weight in the EHR Data to calculate the Body Mass index (BMI). We used standard BMI calculations for adults based on their recorded heights and weights. Only the most recently recorded height and weight in any given year were used for each patient.

KEY FINDINGS

While many of results are not surprising and well-documented, there were a few key findings that are not as well-publicized and should be brought to light. These are:

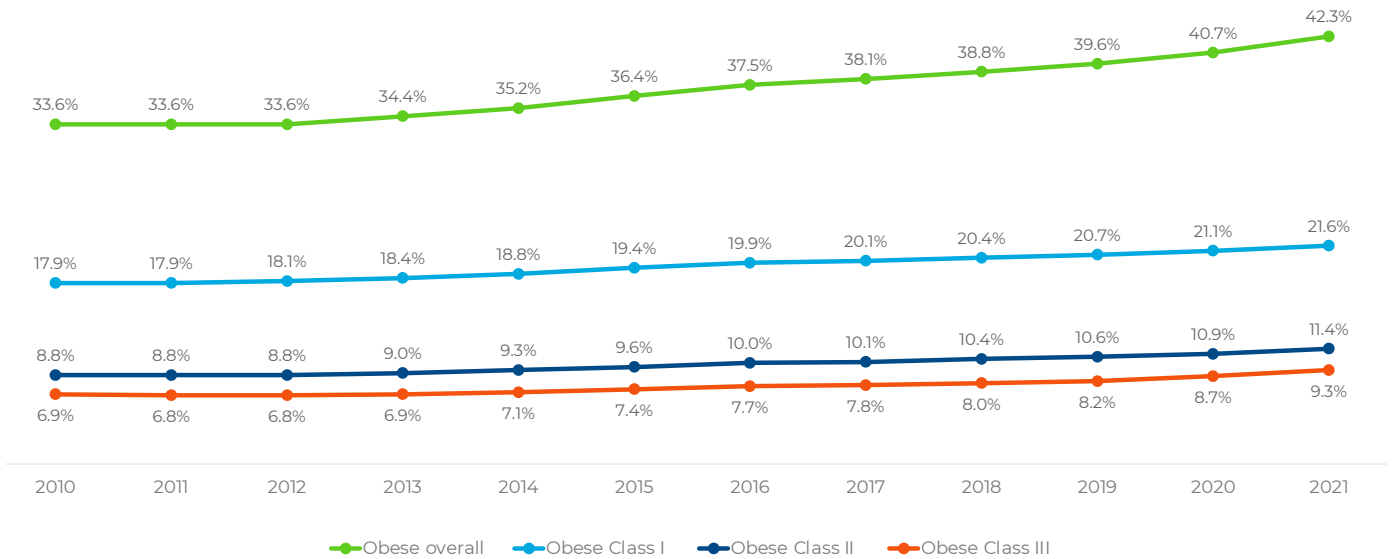
- While obesity levels grow for all ages, obesity for young adults (ages 18-34) is growing disproportionately faster than any other age. While obesity for most age groups grew by 5-20% since 2010, for young adults, obesity has almost tripled in prevalence.
- Severe obesity prevalence in African Americans is almost double those of any other race.

Obesity remains a common condition affecting a large proportion of the US population

There was an almost 10 points increase in obesity from 2010 to 2021 (33.6% to 42.3%)

The same trend was observed for all classes with the highest value in 2021: 21.6%, 11.4% and 9.3% for Class I, II and III respectively.

Trend in obesity overall and by class in the US from 2010 to 2021

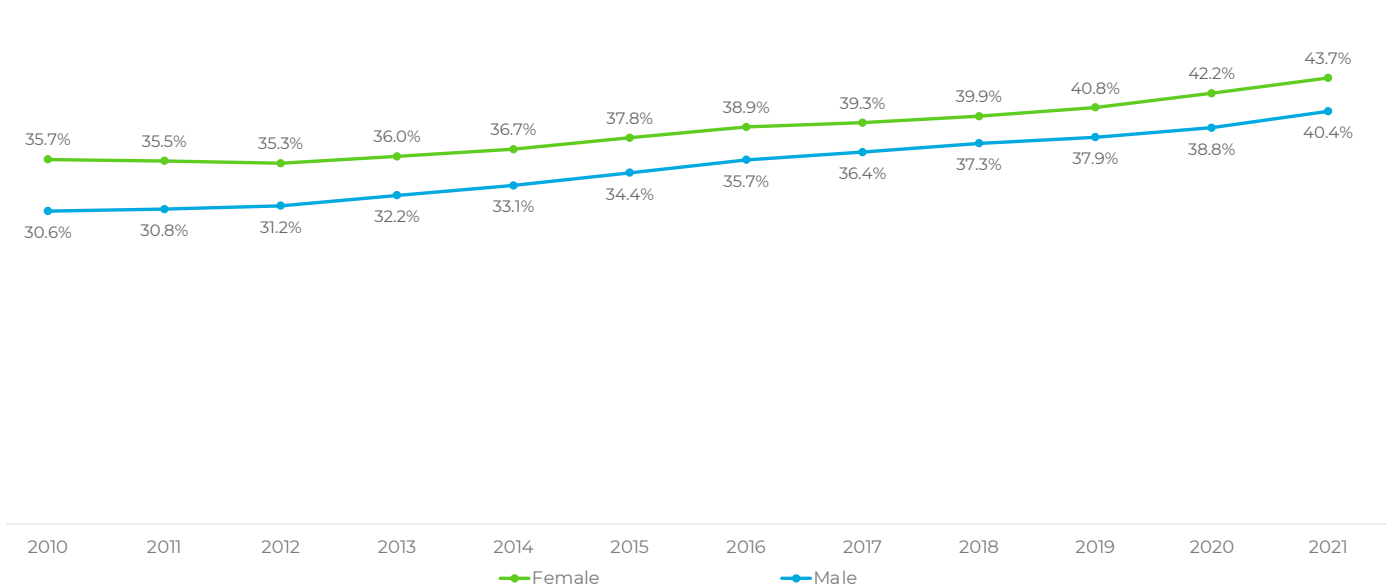


Obese overall: BMI ≥30.0 / Obese Class I: BMI = 30 to 34.9 / Obese Class II: BMI = 35.0 to 39.9 / Obese Class III: BMI ≥ 40.0

Obesity prevalence has increased differently across socio-demographic characteristics

Similarly, to the overall trend, there was a clear increase for both males and females over the past 10 years with obesity being always slightly more prevalent among females.

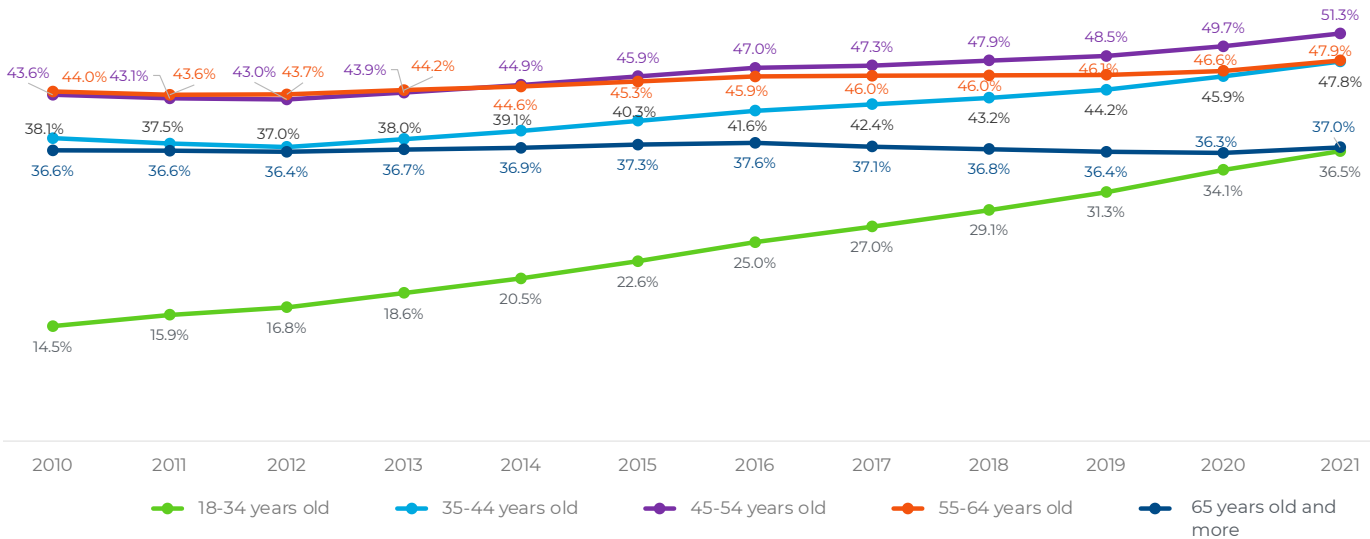
Trend in obesity by gender in the US from 2010 to 2021



Interestingly, the youngest age group (18-34 years old) faced the highest increase in obesity prevalence from 14.5% in 2010 to 36.5% in 2021. Although remaining the age group with the lowest prevalence compared to the others.

However, the prevalence among the oldest age group (65 years old and more) remained stable across the past 10 years.

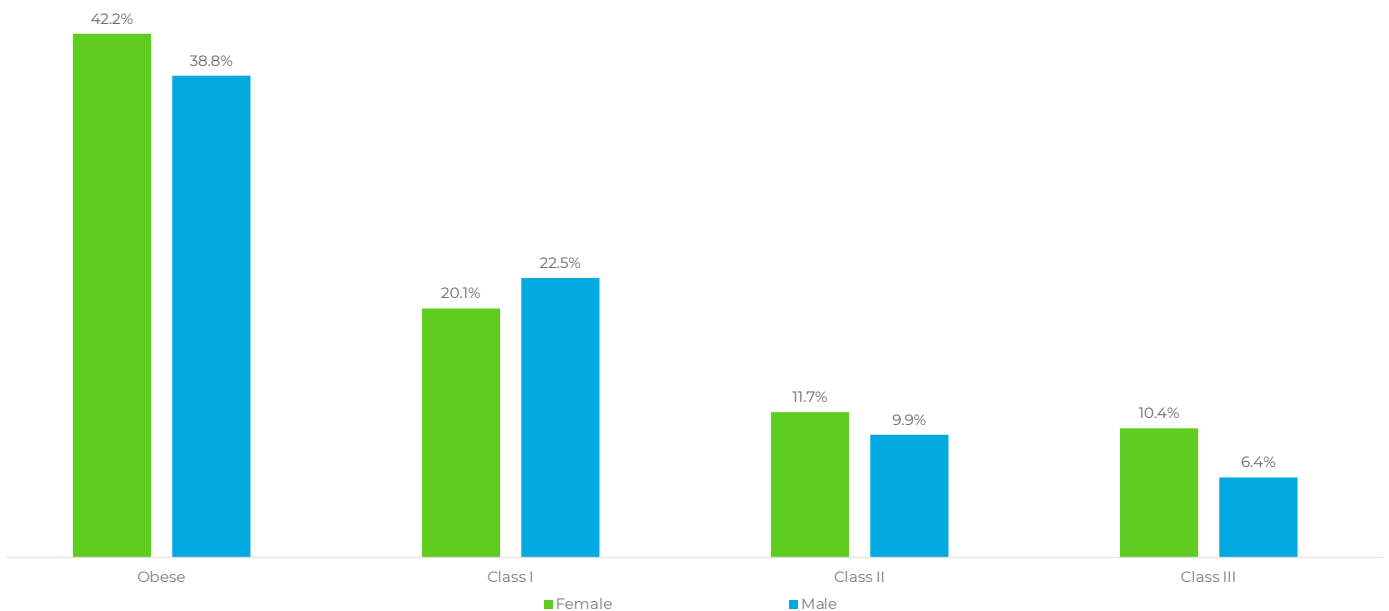
Trend in obesity by age group in the US from 2010 to 2021



How did obesity prevalence vary across demographics in 2020?

In 2020, the overall prevalence tended to be higher in females (42.2% vs. 38.8%) and the difference was particularly remarkable in severe obesity (class III).

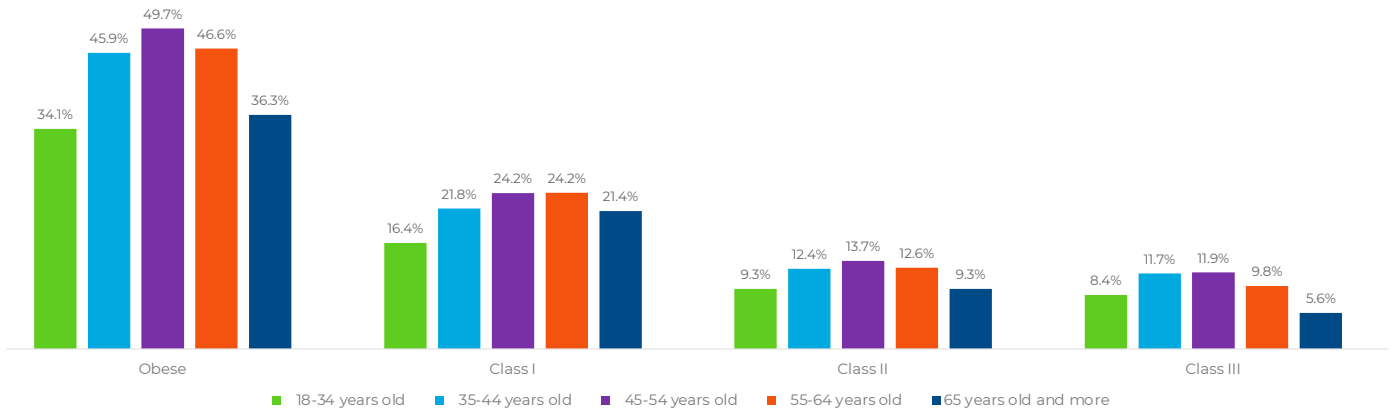
Prevalence of obesity overall and by class by gender in 2020



Obese overall: BMI ≥30.0 / Obese Class I: BMI = 30 to 34.9 / Obese Class II: BMI = 35.0 to 39.9 / Obese Class III: BMI ≥ 40.0

Overall prevalence and by class were lower in the youngest (18-34 years old) and the oldest (65 years old and more) age groups. Between 35 and 64 years old, the prevalence remained similar between age groups.

Prevalence of obesity overall and by class by age in 2020

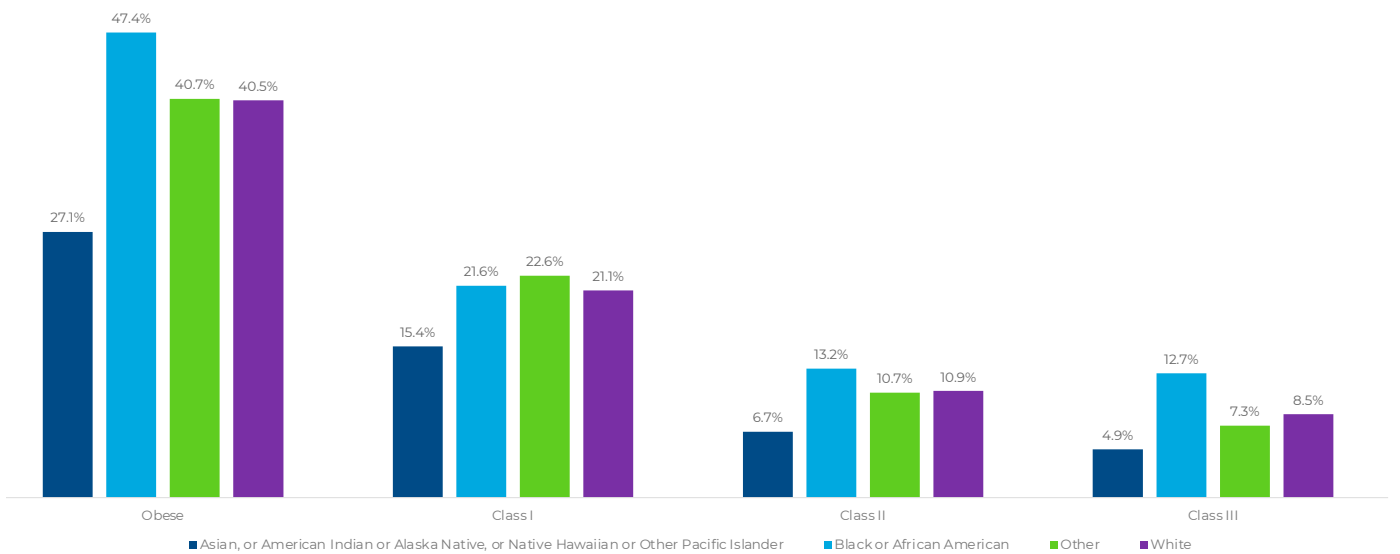


Obese overall: BMI ≥30.0 / Obese Class I: BMI = 30 to 34.9 / Obese Class II: BMI = 35.0 to 39.9 / Obese Class III: BMI ≥ 40.0

The Asian, American Indian or Alaska Native or Native Hawaiian or other Pacific Islander had a lower prevalence of overall obesity and by class compared to the other races.

The overall prevalence tended to be higher in Black or African American population (47.4%) and there was a higher difference in severe obesity (class III) compared to the others.

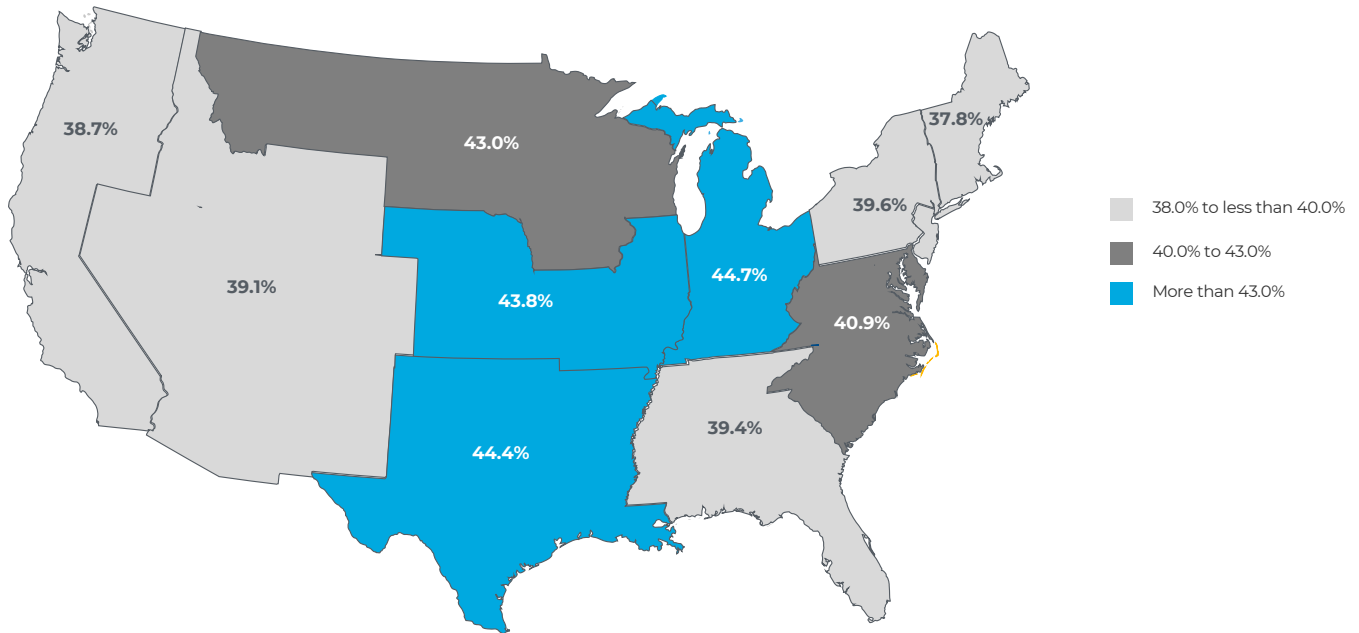
Prevalence of obesity overall and by class by race in 2020



Obese overall: BMI ≥30.0 / Obese Class I: BMI = 30 to 34.9 / Obese Class II: BMI = 35.0 to 39.9 / Obese Class III: BMI ≥ 40.0
Other includes Hispanic / Hispanic or Latino / Indian / Mixed racial group / Not Hispanic or Latino / Other Race

Overall prevalence varied by regions, indeed prevalence was the lowest (37.8%) in the region including Connecticut, Massachusetts, Maine, New Hampshire, New Jersey, Puerto Rico, Rhode Island, U.S. Virgin Islands, Vermont and the highest (44.7%) in the region including Indiana, Kentucky, Michigan and Ohio.

Prevalence of obesity overall by region in 2020



Obese overall: BMI ≥ 30.0

About Cerner Enviza

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