

HealthLeaders *Media* FACT FILE

AUGUST 2009

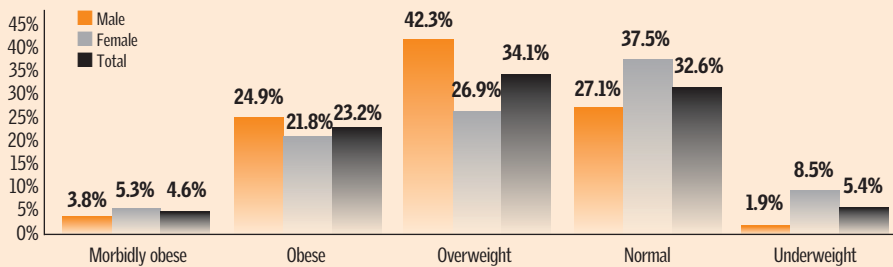
Wellness Trends

High costs continue to drive healthcare reform efforts. And one big contributor to those costs is the wellness—or lack thereof—of the American people. Most adults—61.9%—weigh more than they should; more than a

quarter of them are considered either obese (23.2%) or morbidly obese (4.6%). And most adults—61.3%—say they never engage in vigorous physical leisure-time activity lasting at least 10 minutes, not even once a week. ☒

WEIGHT BY GENDER

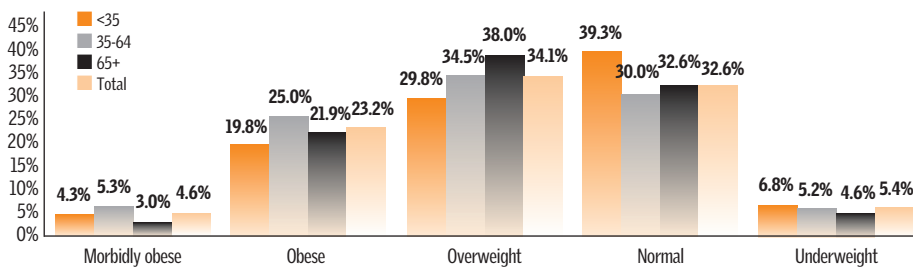
Women tend to do better than men in terms of weight, though they do edge out men in the percent who are morbidly obese, 5.3% to 3.8%. On the other end of the spectrum, however, 8.5% of females are underweight, while just 1.9% of males are in that category, and 37.5% of women are at normal weight, versus 27.1% for men.



SOURCE: Thomson Reuters 2009 PULSE™ Healthcare Survey.

WEIGHT BY AGE

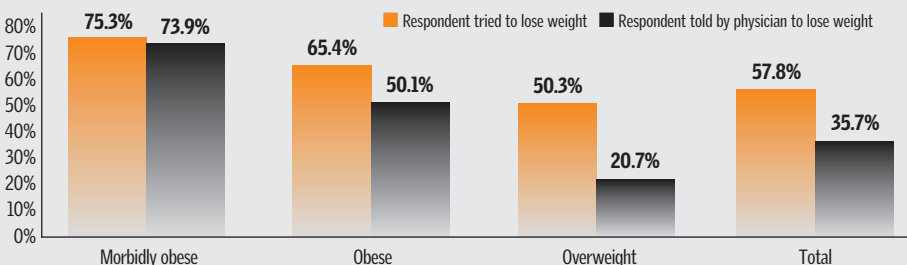
Young adults, those under age 35, represent the bulk of Americans at normal weight, but it's still only 39.3%. Nearly a quarter of adults reach obesity (19.8%, plus 4.3% morbidly obese) before they reach middle age. Of those 65 or older, only 32.6% are at normal weight.



SOURCE: Thomson Reuters 2009 PULSE™ Healthcare Survey.

WEIGHT LOSS EFFORTS

While most overweight folks have tried to shed pounds, their physicians are less likely to actually tell them they should lose weight. Setting aside the obese and morbidly obese, doctors have told only 20.7% of their overweight patients they should lose weight, while 50.3% have tried to do so.



SOURCE: Thomson Reuters 2009 PULSE™ Healthcare Survey.

Trying to Quit

Tobacco use continues to be a significant behavior that affects wellness. Many smokers recognize the ill effects, and do at least attempt to end their nicotine use. Here is a look at the percentage of smokers—broken down by state and gender—who stopped smoking for at least one day in the previous 12 months in an effort to quit.

Rank (1=low 51=high)	Male	Female
United States	56.9%	58.4%
1. North Dakota	55.0%	50.2%
2. Missouri	58.4%	51.6%
3. Kentucky	47.0%	51.7%
4. Delaware	55.2%	51.9%
5. Arizona	64.6%	52.8%
6. Florida	52.6%	53.3%
7. West Virginia	56.0%	55.0%
8. Kansas	54.1%	55.7%
9. Indiana	53.2%	55.9%
10. Iowa	55.0%	56.1%
11. Tennessee	57.5%	56.3%
12. South Dakota	57.5%	56.6%
13. Mississippi	56.6%	56.8%
14. Nebraska	44.8%	56.9%
15. Pennsylvania	57.2%	57.2%
16. California	58.5%	57.5%
17. North Carolina	56.0%	57.6%
18. Virginia	53.2%	57.7%
19. Hawaii	64.8%	57.8%
19. Illinois	59.5%	57.8%
21. Ohio	52.8%	58.2%
22. Arkansas	55.2%	58.3%
22. Maine	57.0%	58.3%
24. South Carolina	58.9%	58.5%
25. Wyoming	54.6%	58.7%
26. Washington	56.5%	58.9%
27. Nevada	53.7%	59.0%
28. Louisiana	51.2%	59.2%
29. Colorado	54.1%	59.3%
30. Massachusetts	59.5%	59.8%
31. Idaho	54.8%	60.0%
32. Utah	63.1%	60.2%
33. Connecticut	56.9%	60.4%
33. Rhode Island	55.7%	60.4%
33. Wisconsin	55.0%	60.4%
36. New Mexico	55.0%	60.5%
37. Oregon	56.5%	60.6%
38. Texas	55.3%	60.7%
39. Michigan	60.9%	60.9%
40. Alabama	57.4%	61.0%
40. Oklahoma	53.7%	61.0%
42. Maryland	63.3%	61.1%
43. Minnesota	55.6%	61.2%
44. Alaska	62.5%	61.3%
45. Vermont	53.7%	61.4%
46. Georgia	53.0%	62.0%
47. New Hampshire	55.9%	62.3%
48. Montana	58.4%	62.4%
49. District of Columbia	61.5%	63.2%
50. New York	62.1%	63.4%
51. New Jersey	64.9%	63.5%
Guam	66.9%	60.5%
Puerto Rico	66.0%	63.7%
Virgin Islands	53.1%	64.1%

SOURCE: The Henry J. Kaiser Family Foundation, www.statehealthfacts.org.

Upcoming Topic:
» Planning for Profitability

FACT FILE PARTNER:



THOMSON REUTERS

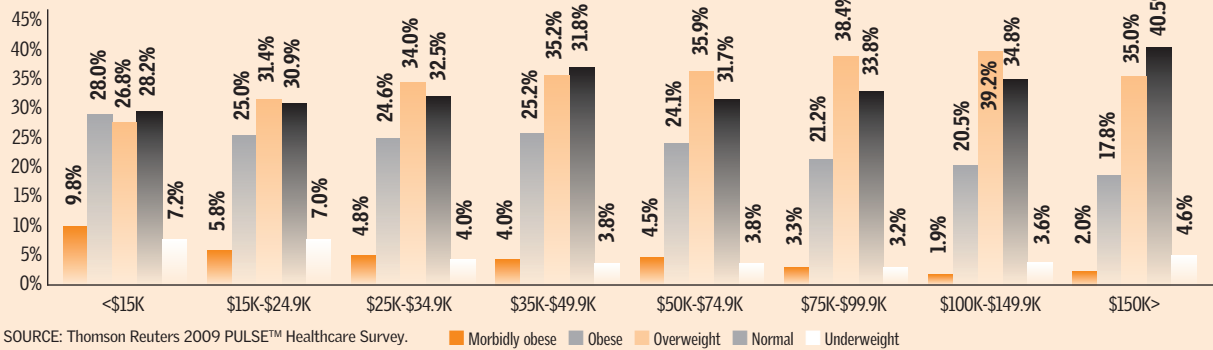
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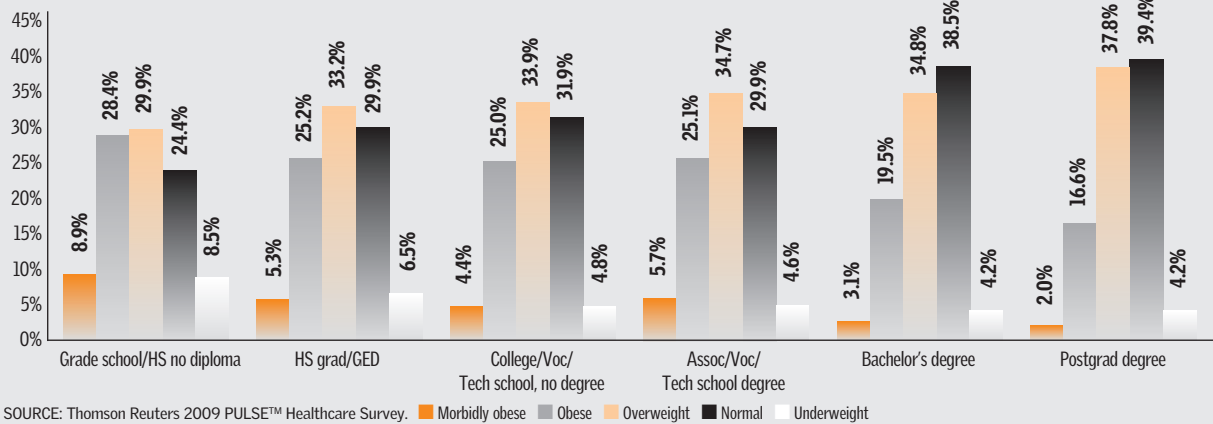
WEIGHT BY INCOME

Lower-income adults tend to have higher percentages of morbid obesity as well as underweight. For example, for those with incomes under \$15,000, 9.8% are morbidly obese and 7.2% are underweight, with just 28.2% in the normal range. For those earning more than 10 times that amount, just 2.0% are morbidly obese and 4.6% are underweight, with 40.5% where they should be.



WEIGHT BY EDUCATION

Similar to income, those with lower education levels also tend to have lower rates of normal weight. Just 24.4% of those with no high school diploma are at normal weight, for example. By comparison, 39.4% of those with postgraduate degrees are at normal weight.



LACK OF EXERCISE

Only 13.1% of men and 9.8% of women engage in 10 minutes or more of vigorous leisure-time physical activity five or more times a week. The majority of Americans never once break a sweat.

