

# Obesity Among Older People

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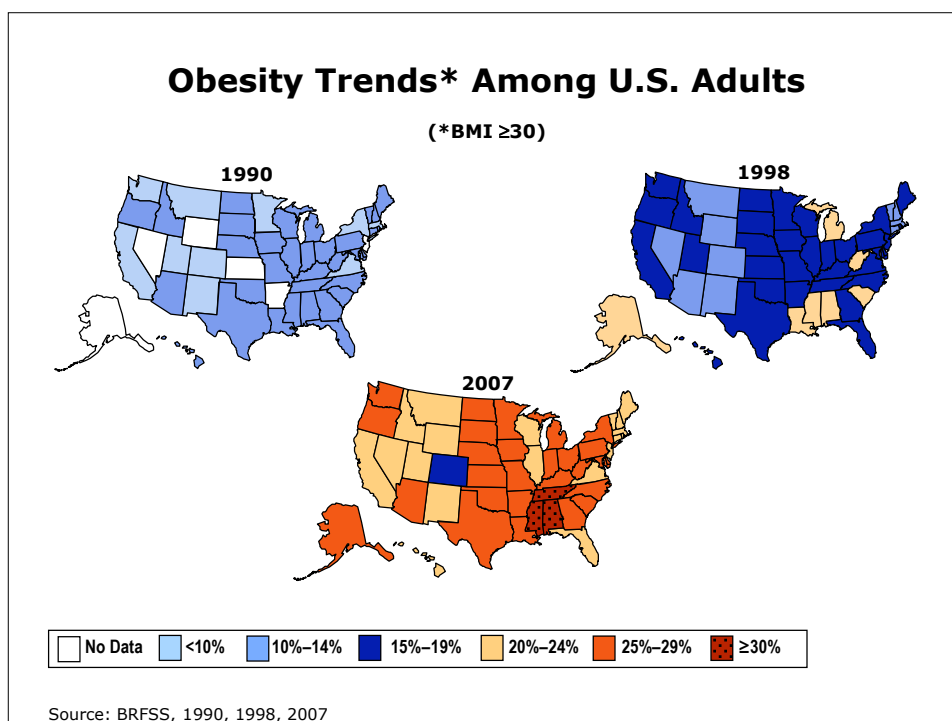
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Diseases in the Shadows

## Context

- America has been getting older
  - Dramatic Decline in Fertility Rates
  - Changes in Life Expectancy
- Lifestyles have changed
  - More time in education
  - Work life is less physically challenging
  - Faster transportation and communication
  - More competition for our time
  - Abundance of prepared meals
  - Retirement

## Trends and Expectations

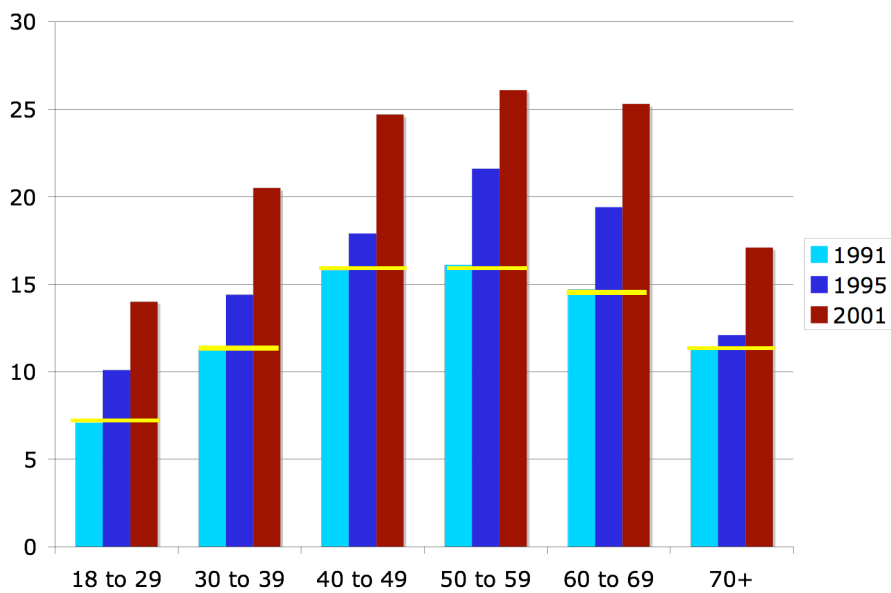
1. America has been getting heavier
2. Obesity is highly correlated with chronic health conditions
3. Obesity is highly correlated with chronic health conditions that lower the quality of life
4. Obesity is highly correlated with chronic health conditions that increase the cost of health care
5. America will continue to get older



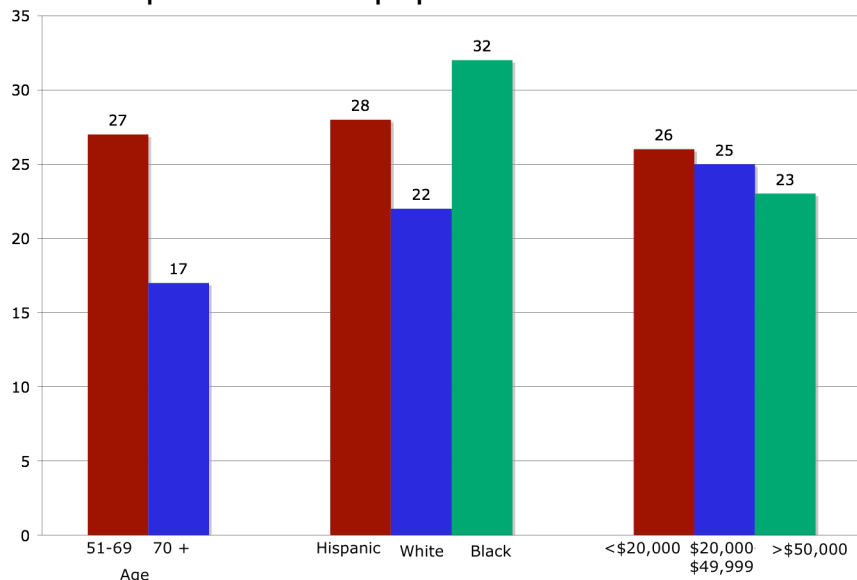
## Children grow up

- There are just as many children (under 18) as older adults who are obese.
- Medical conditions related to obesity are less likely to present until children are much older.

Percent of obese adults by age in select years

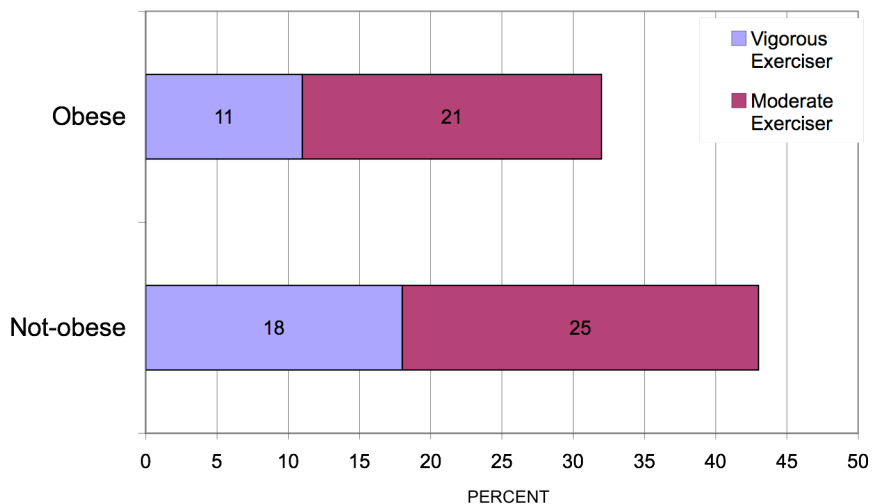


### Proportion of the population that is Obese



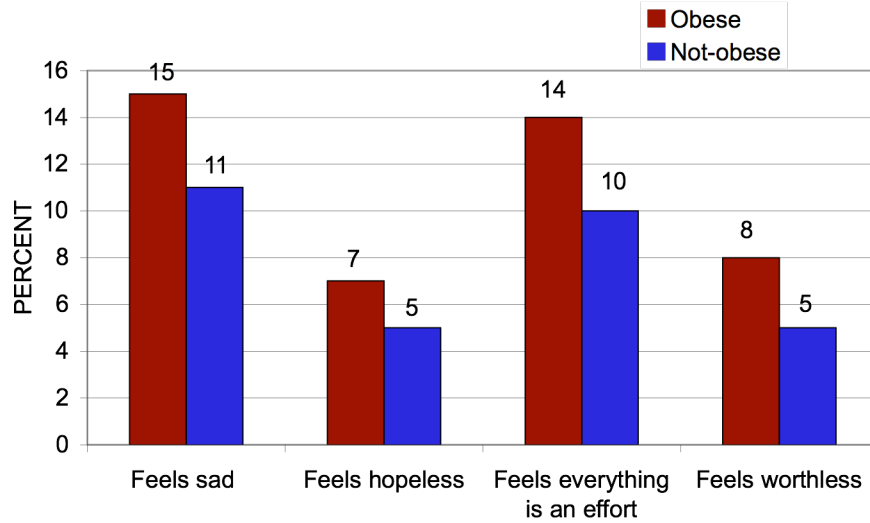
Source: 2000 NHIS and HRS

### BMI of those who exercise 3 times a week



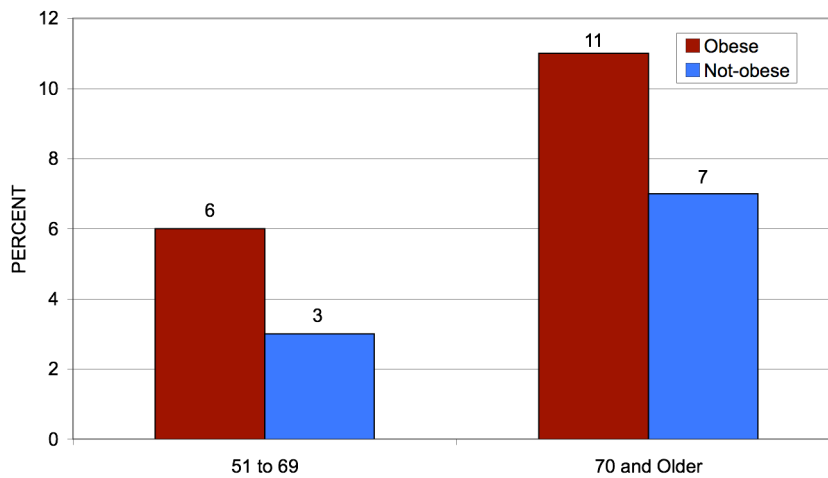
SOURCE: Center on an Aging Society analysis of data from the 2000 National Health Interview Survey.  
 NOTE: A vigorous exerciser is someone who participates in an activity for at least 10 minutes, three times a week that causes heavy sweating. A moderate exerciser is one who spends at least 10 minutes, three times a week doing an activity that causes light sweating.

### Proportion of Adults Age 51 and Older with Symptoms of Depression, by Age



SOURCE: Center on an Aging Society analysis of data from the 2000 National Health Interview Survey.  
 NOTE: A person is defined as experiencing the symptom if he or she does so all, most, or some of the time.

### Proportion of Adults Age 51 and Older Having Difficulty with 3 or More ADLs, by Age



SOURCE: Center on an Aging Society analysis of data from the 2000 Health and Retirement Study.

## Diseases associated with obesity

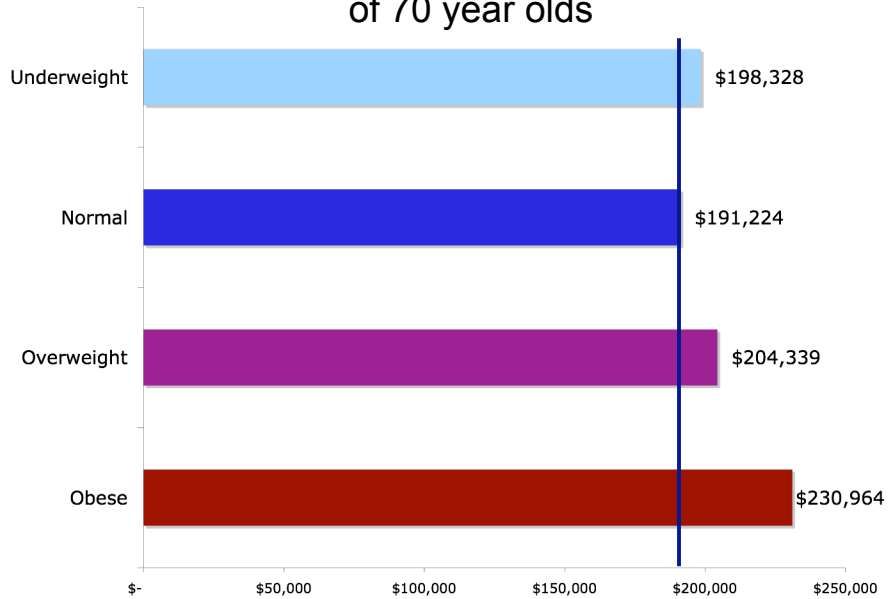
- Type II diabetes
- Cardiovascular disease
- Certain types of breast, kidney and colon cancers
- Musculoskeletal disorders
- Gallbladder disease
- Sleep apnea

### Percent of the Population With Chronic Conditions, by Age

Chronic Condition	51 TO 69		70 AND OLDER	
	Obese	Not-obese	Obese	Not-obese
Heart Condition	19	14	34	30
Diabetes	24	9	27	14
High Blood Pressure	58	35	66	53
Arthritis	58	45	77	62
Stroke	5	4	10	10
Cancer	9	9	17	17

Source: 2000 Health and Retirement Study

## PV of expected health care expenditures from the cohort of 70 year olds



Darius Lakdawalla, Dana Goldman, and Baoping Shang, The Health and cost Consequences of Obesity Among the Future Elderly, *Health Affairs*, Web Exclusive, W5 R30-R41, 26 September 2005.

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