EXCESSIVE WEIGHT GAIN AMONG YOUNG ADULTS
A New Target for Prevention

Between the ages of 18 and 55, approximately...

1 in 4 women + 1 in 8 men
...gain at least 44 lbs

Excessive weight gain during adulthood is increasingly common in America

Rate has more than doubled since the 1980s

NHANES² 1971-72 to 1981-84
CARDIA Study¹ 1985-86 to 1995-96
Health Professionals Follow-up & Nurses' Health Studies

Weight gain ≥ 44 pounds during early to middle adulthood significantly increases chronic disease risk.¹

More likely to develop:

MEN

- type-2 diabetes: 7.5 x higher risk
- coronary artery disease: 1.5 x
- obesity-related cancers: 1.5 x
- stroke: 1.5 x
- severe osteoarthritis: 1.4 x

WOMEN

- type-2 diabetes: 9.5 x higher risk
- coronary artery disease: 2.2 x
- obesity-related cancers: 1.7 x
- stroke: 1.6 x
- severe osteoarthritis: 1.4 x

1.5 x more likely to die prematurely among male non-smokers who gain ≥44 lbs from early to middle adulthood (21-55 year range)

1.4 x more likely to die prematurely among female non-smokers who gain ≥44 lbs from early to middle adulthood (18-55 year range)

RESEARCH to understand how major life transitions in young adults contribute to excessive weight gain ⁴

EXPLORE family-based interventions as cost-effective strategies to reduce premature death & disease

In family interventions for pediatric weight loss, parents also lose weight ⁵

Sources:
(1) Zheng et al., JAMA, 2017; (2) NHANES Epidemiologic Follow-up Study; (3) Coronary Artery Risk Development in Young Adults (CARDIA) Study; (4) Dietz, JAMA, 2017; (5) Wrotniak, Epstein, Paluch & Roemmich, JAMA, 2004

Connect with us:
obesity@gwu.edu | stopobesity.org | go.gwu.edu/RedstoneCenter
@STOPobesity | @RedstoneGWSPH

A product of the Strategies to Overcome & Prevent (STOP) Obesity Alliance at the Sumner M. Redstone Global Center for Prevention & Wellness

Common

Preventable

Harmful