

Backgrounder on the HMSA *go* Campaign 2005

Q: Why do Hawaii's residents need more activity in their lives?

A: Hawaii has a serious problem with obesity and inactivity.

Here are some grim statistics

- In Hawaii, over 50 percent of adults are overweight or obese. ([American Public Health Association](#))
- Adolescent obesity in Hawaii has doubled over the past 20 years. ([Hawaii State Legislature](#))
- Hawaii's youth obesity rate is 22 percent – twice the national average. ([Honolulu Star-Bulletin](#))
- Overweight adolescents have a 70-percent chance of becoming overweight or obese adults. (This increases to 80 percent if one or more parent is overweight or obese.) ([U.S. Department of Health & Human Services](#))
- 80 percent of obese adolescents remain obese as adults. ([Hawaii State Legislature](#))
- In Hawaii, 23 percent of adults report getting no physical activity. ([American Public Health Association](#))
- More than 50 percent of Americans age 12 and older do not get enough physical activity to provide health benefits. ([Centers for Disease Control and Prevention](#))
- Inactive people typically require more medication, physician visits and hospitalization. ([Centers for Disease Control and Prevention](#))
- Overweight and obesity are major contributors to preventable causes of death. ([Health Trends in Hawai'i](#))
- Inactive people are nearly twice as likely to develop heart disease than more active people. ([Federal Citizens Information Center](#))
- In the United States, physical inactivity and poor diet contribute to 400,000 preventable deaths each year. ([The President's Council on Physical Fitness and Sports](#))
- Combined, poor diet and physical inactivity are rapidly approaching tobacco (435,000 deaths per year) as the leading cause of preventable death. ([The President's Council on Physical Fitness and Sports](#))

- Obese individuals have a (50- to 100-percent increased risk of premature death. ([American Public Health Association](#))
 - In Hawaii, treatment of medical conditions related to obesity costs the health care system an estimated \$290 million per year. ([Honolulu Star-Bulletin](#))
 - People who are overweight or obese increase their risk for health problems such as:
 - Heart disease
 - Asthma
 - Diabetes
 - Arthritis-related disabilities
 - High blood pressure
 - Breast, colon and prostate cancers
- ([Centers for Disease Control and Prevention](#))

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