



Obesity and Older Adults

Carrying extra body weight adds a challenge to the aging process.

According to the Centers for Disease Control and Prevention, by 2050 the number of older adults (persons aged 65 and over) in the U.S. is expected to more than double, from **40.2 million** to **88.5 million!**



>> A study that looked at **36,611 women** who enrolled in a long-term health initiative when they were **66–81 years old** found that **25%** of them who had a waist circumference greater than 88 centimeters (about 35 inches) were disabled at age 85, compared with **14%** of them who had smaller waists.

THE PREVALENCE OF DEPRESSION AMONG MEN AND WOMEN

IN THEIR 60s, 70s AND 80s RISES IN TANDEM WITH BMI.

DEPRESSION AFFECTS ABOUT **17%** OF PEOPLE

WITH A **BMI OF 30** OR HIGHER,

COMPARED WITH ABOUT **11%**

OF THOSE WITH A

NORMAL BMI

(18.5–24.9).



For elderly men

who were overweight or obese at age 65, **lifetime healthcare expenditures** were 6%–13% higher than they were for men in the same age cohort whose weight was normal at 65.

“For both men and women, grade one obesity (body mass index of 30–34.9) increases mortality risk by about

40%–60% after age 65.

JAMA

According to The Journal of the American Medical Association, there has been a “significant increase in obesity” among women aged 60 and older—from **31.5%** in 2003/2004 to **38.1%** in 2011/2012.