

EXCESSIVE WEIGHT GAIN AMONG YOUNG ADULTS

A New Target for Prevention

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

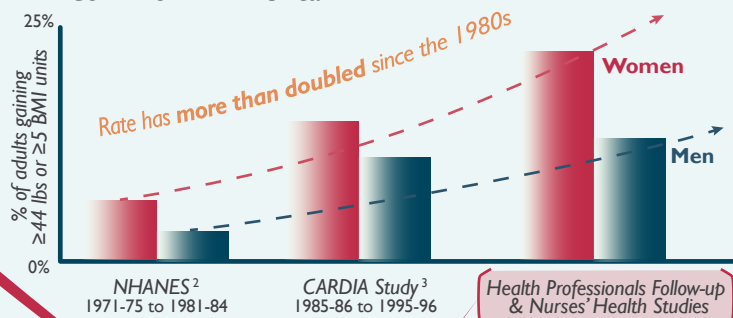
1 in 4
women
+
1 in 8
men



... gain at least¹

44 lbs

Excessive weight gain during adulthood is **increasingly common** in America



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

MEN

7.5x higher risk

1.6x

1.5x

more likely to die prematurely

among male non-smokers who gain ≥44 lbs from early to middle adulthood (21-55 year range)

1.5x

1.5x

1.4x

More likely to develop:

type-2 diabetes

coronary artery disease

obesity-related cancers

stroke

severe osteoarthritis

WOMEN

9.5x higher risk

2.2x

1.7x

1.6x

1.4x

1.4x

more likely to die prematurely

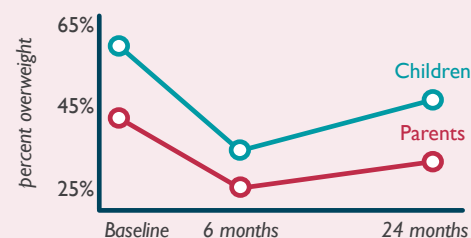
among female non-smokers who gain ≥44 lbs from early to middle adulthood (18-55 year range)

RESEARCH to understand how major life transitions in young adults contribute to excessive weight gain⁴

Independent living Full-time job Child rearing Loss of a loved one



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 1 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



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

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