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

% of adults gaining ≥44 lbs or ≥5 BMI units

NHANES² 1971-75 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.

More likely to develop:
- type-2 diabetes
- coronary artery disease
- obesity-related cancers
- stroke
- severe osteoarthritis

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

WOMEN
- 9.5 x higher risk
- 2.2 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 gain¹

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

STOP OBESITY ALLIANCE
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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