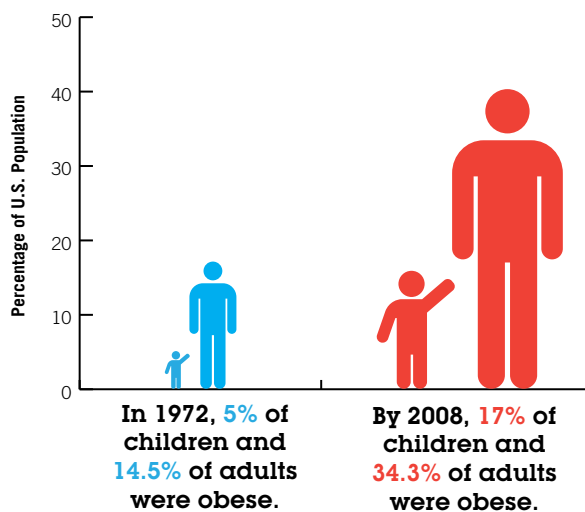


What **Makes** Us Healthy

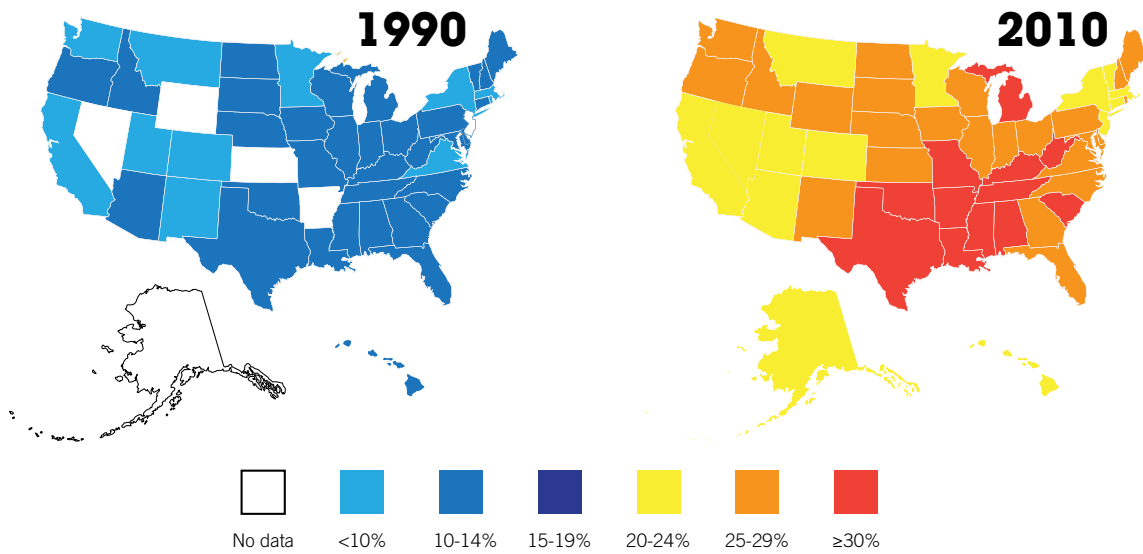


What We **Spend** On Being Healthy



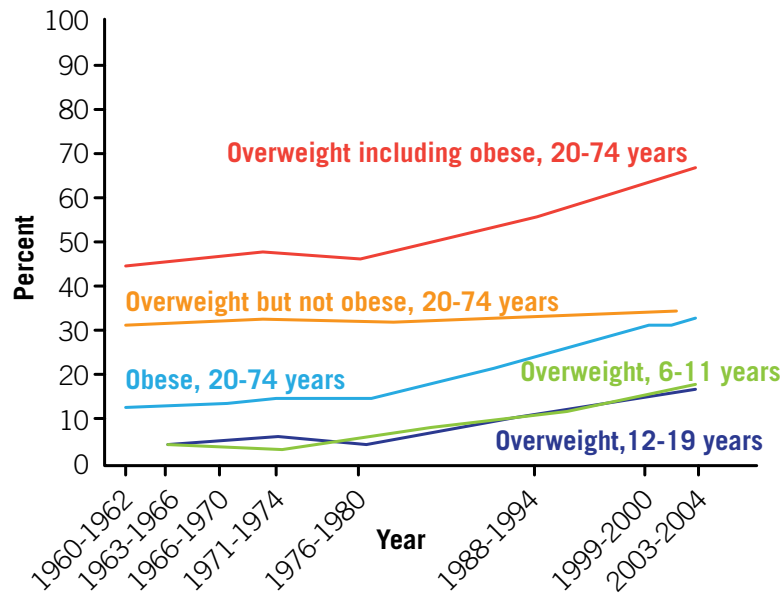
Rates of obesity (BMI \geq 30) in the U.S. population increased strikingly over the last 30 years, more than doubling for adults and more than tripling for children.

Percent of Obese (BMI ≥ 30) U.S. Adults

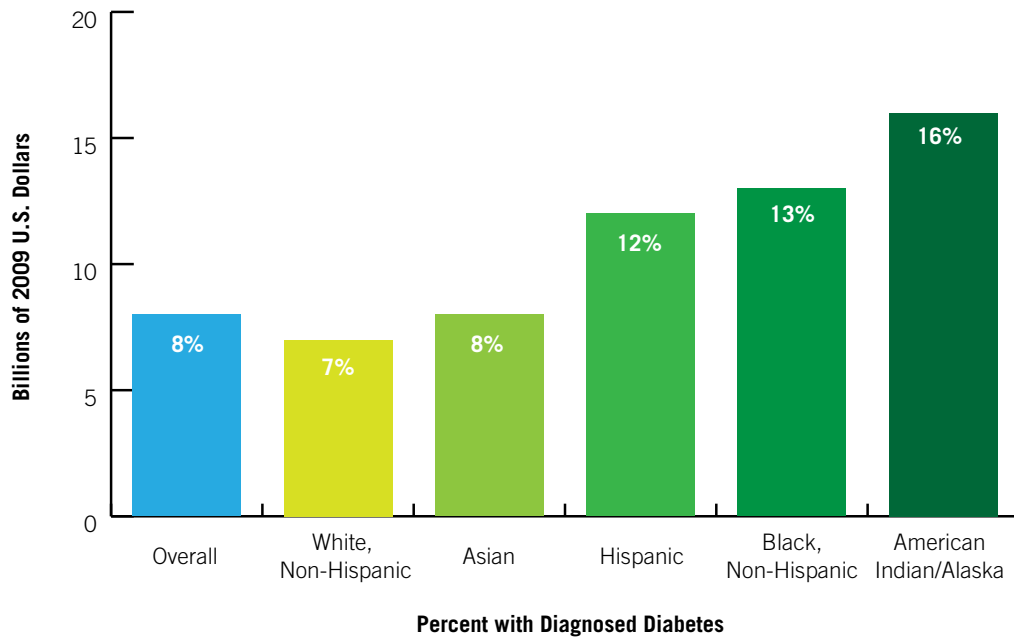


Source: Centers for Disease Control and Prevention (2012). Retrieved from <http://www.cdc.gov/obesity/data/adult.html>

Fraction of U.S. Population that Is Overweight or Obese

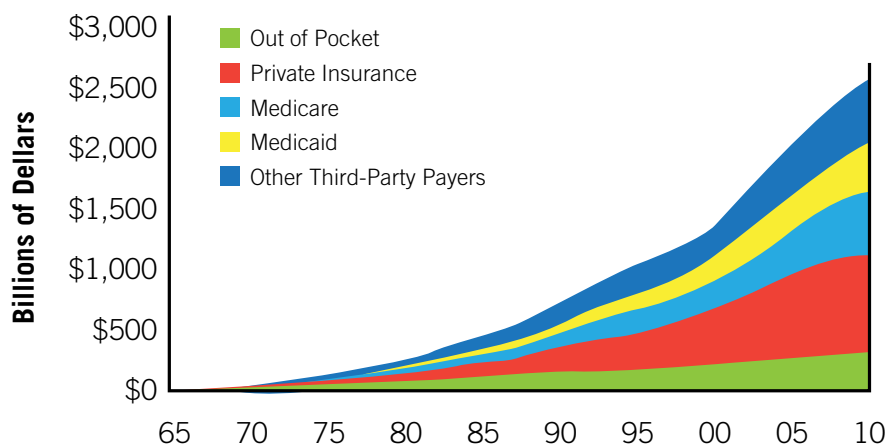


Diagnosed Diabetes Among Adults Age 20 Years and Older, By Race/Ethnicity, 2007-2009

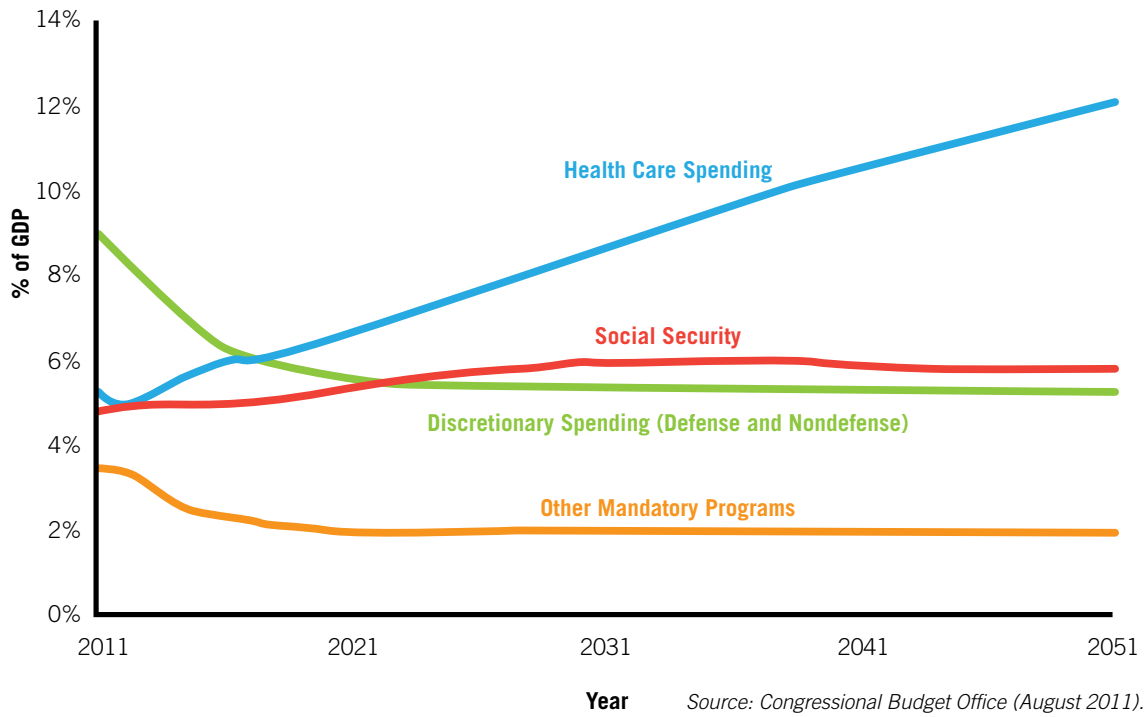


Source: 2011 National Diabetes Fact Sheet. Centers for Disease Control and Prevention.

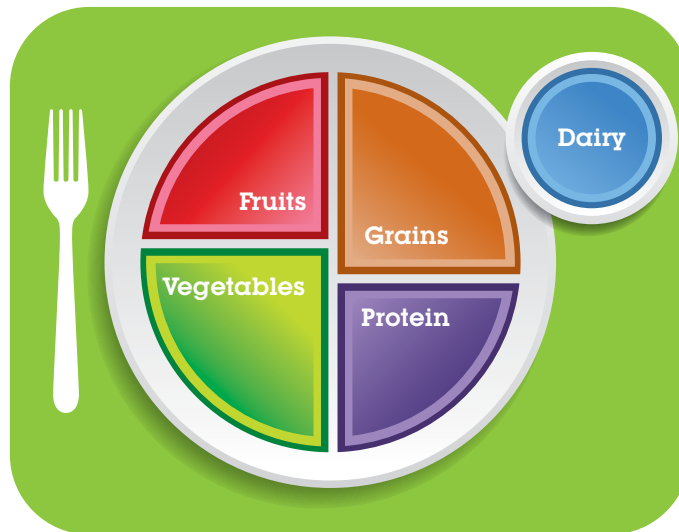
U.S. National Health Spending, 1965-2010



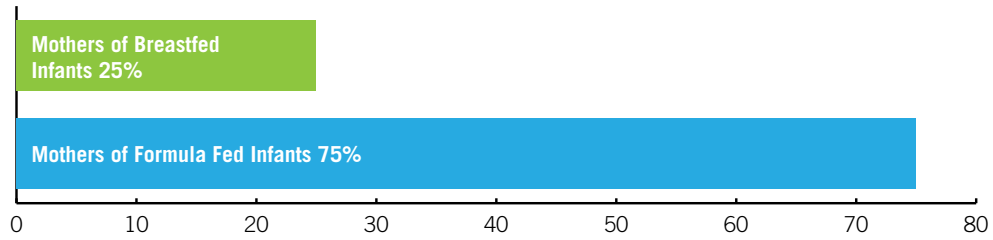
Health Care Costs are the Primary Driver of the Debt



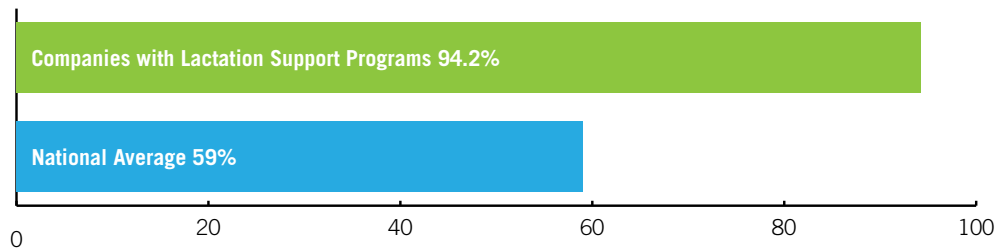
USDA MyPlate Icon



Percentage of Infant Illnesses Requiring 1-Day Maternal Absence from Work

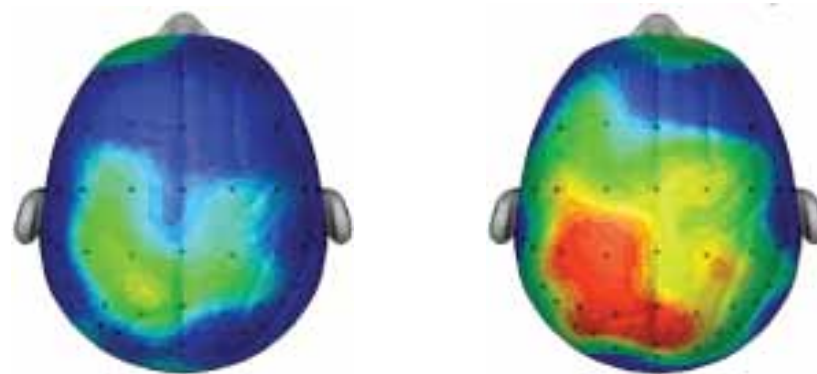


Retention Rate for Employees of Companies with Lactation Support Programs



Cognitive Effects of Exercise in Preadolescent Children

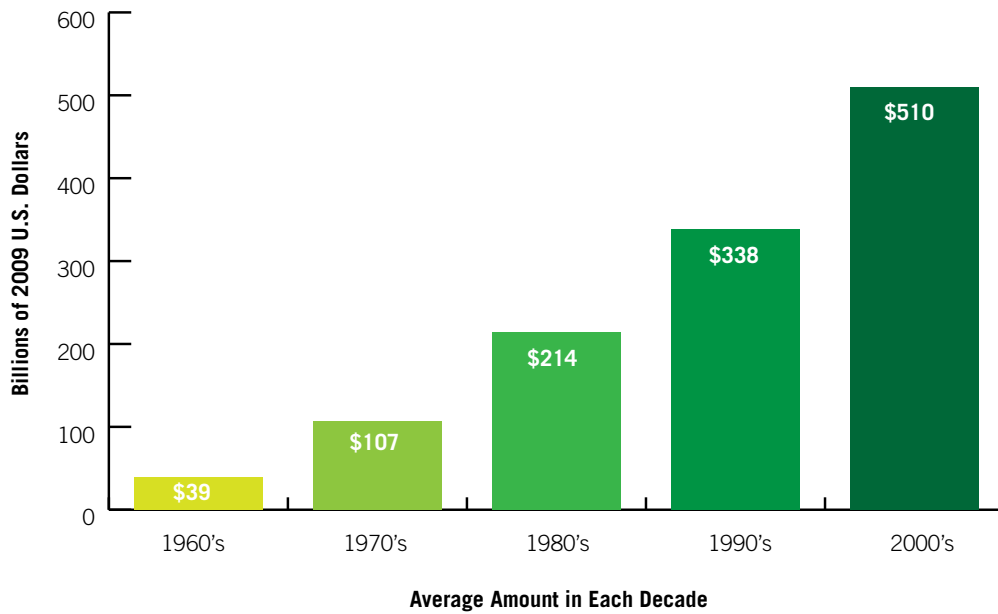
Average composite of 20 students' brains taking the same test after sitting quietly or taking 20 minute walk



Brain after sitting quietly

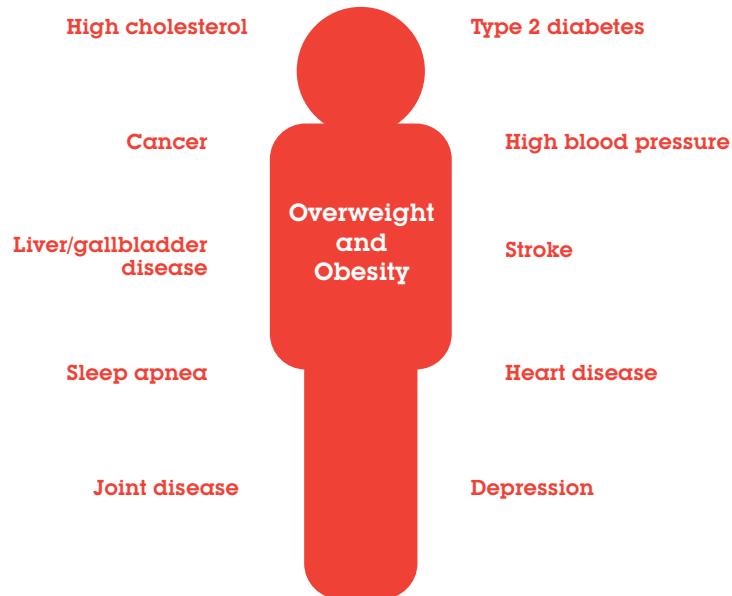
Brain after 20 minute walk

National Employer Costs for Private Group Health Insurance for Selected Time Periods, NIPA 1960-2009

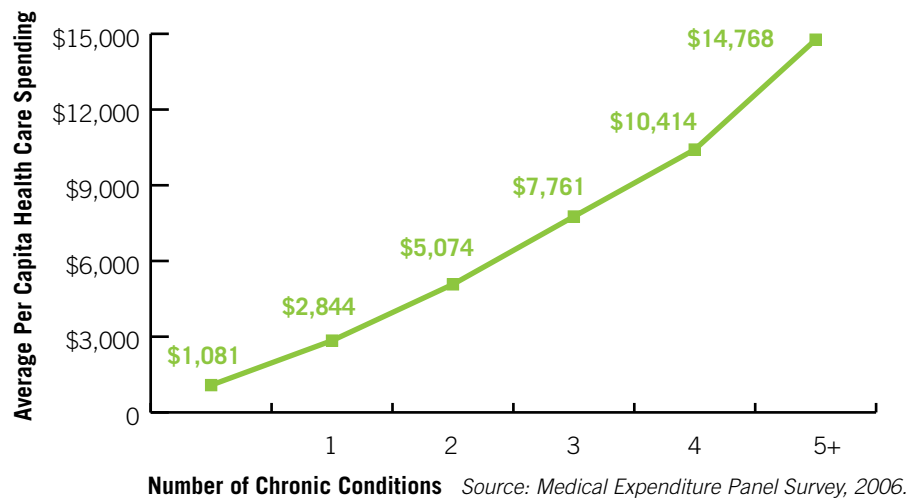


Source: U.S. Department of Commerce, Bureau of Economic Analysis,
National Income and Product Accounts, 1960-2009.

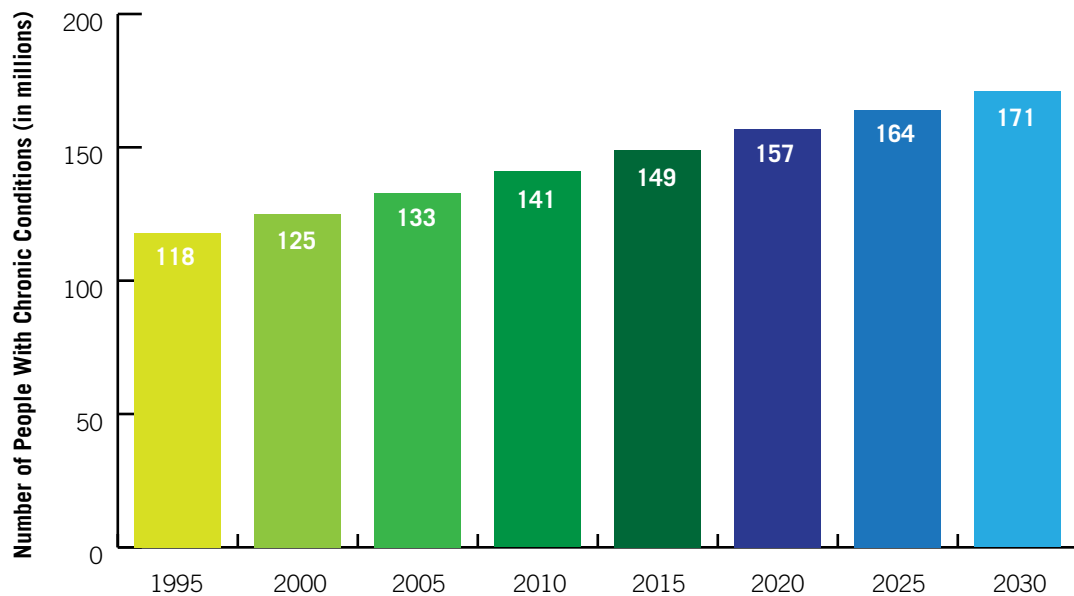
Health Consequences of Obesity



Health Care Spending Increases with the Number of Chronic Conditions

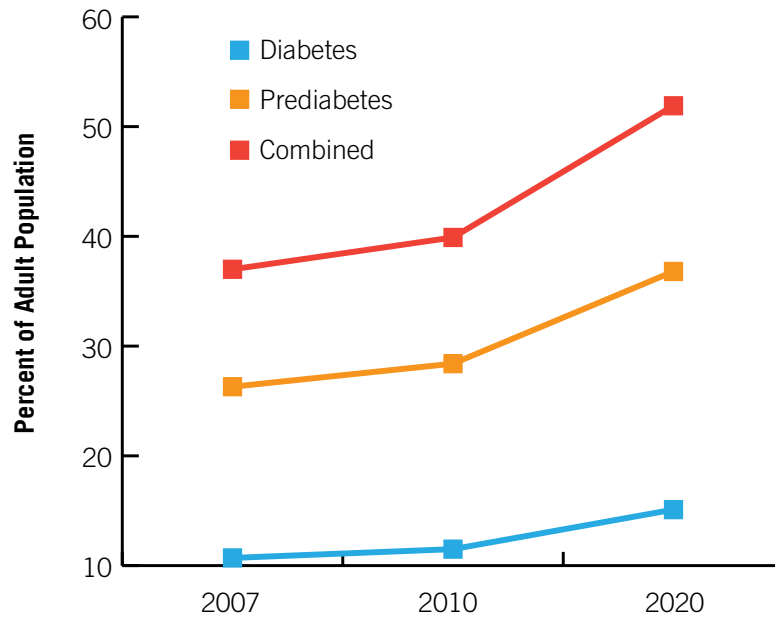


The Number of People with Chronic Conditions is Rapidly Increasing



Source: Wu, Shin-Yi and Green, Anthony. Projection of Chronic Illness Prevalence and Cost Inflation.
RAND Corporation. October 2000.

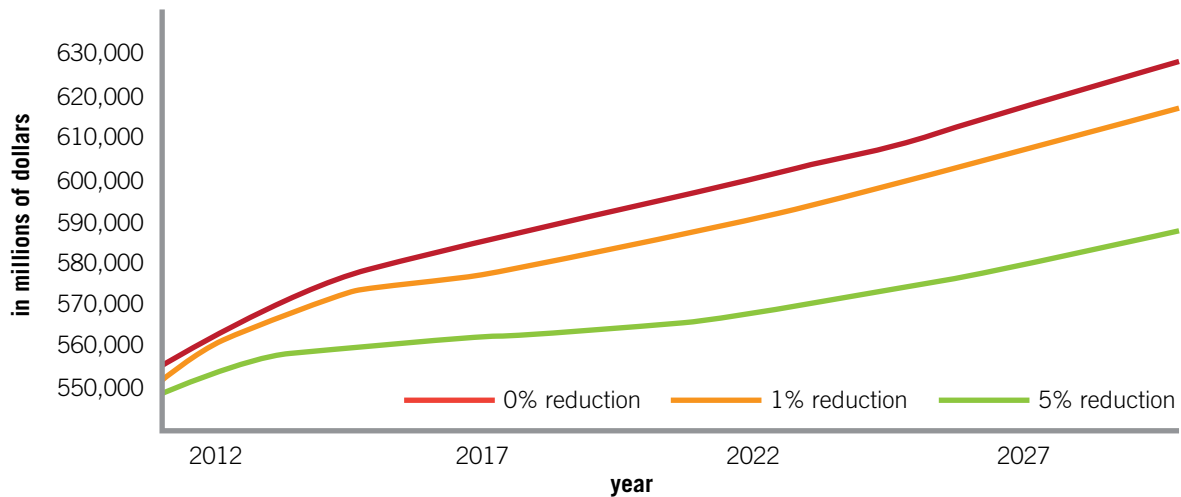
Prevalence of Diabetes and Prediabetes in the Adult Population 2007-2020



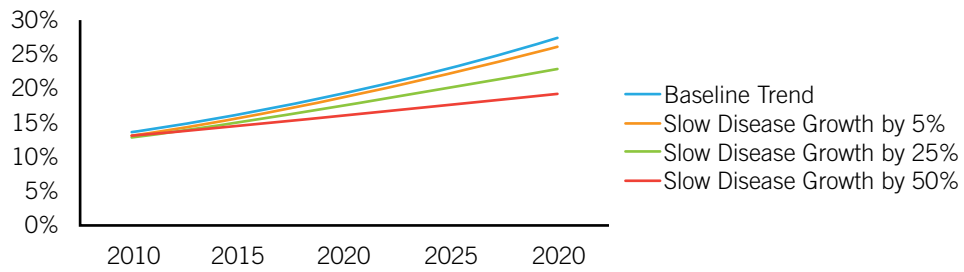
Source: UnitedHealth Group modeling, 2010.

Impact of BMI Reduction on Health Care Costs 2010-2030

Predicted BMI-related direct health costs; 0%, 1%, and 5% reduction in absolute BMI



Difference in Growth of Diabetes Among Adults Aged 45-65 Assuming Varying Success in Prevention



Difference in Growth of Diabetes Among Adults Aged 65+ Assuming Varying Success in Prevention

