

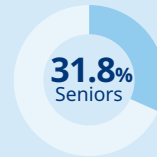
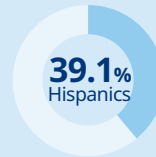
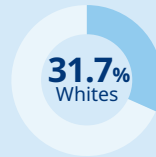
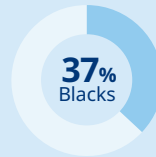
The State of Obesity in Alaska



185,346
Adults living with obesity^{1,2,a}

33.5%
Percentage of adults with obesity²

Prevalence of obesity varies depending on the population³:



^aObesity is defined as BMI ≥30 kg/m². Class 2 or 3 obesity is defined as BMI ≥35 kg/m².⁴
BMI=body mass index.

These counties have the highest percentage of people with obesity in Alaska⁵:



43%
Kusilvak



42%
Northwest Arctic



39%
Dillingham

Obesity is a major risk factor for cardiometabolic disease.⁶

In Alaska, the prevalence of cardiometabolic comorbidities of obesity include:



30.4%
Hypertension⁷



32%
High cholesterol⁸



8.3%
Diabetes^{9,b}

^bEstimates do not differentiate between type 1 and type 2 diabetes (T2D). T2D accounts for 90-95% of all diabetes cases and the data presented here are more likely to be characteristic of T2D.

National Obesity Statistics

The direct and indirect costs of obesity for employers



Employees with obesity can incur up to a **2.5X increase in costs** vs employees of normal weight^{10,c}



Absence due to illness or injury is **increased 128%** for employees with obesity, or **3 additional days** per year¹¹

\$14,341 to \$28,321

Cost per employee with obesity per year^{10,d}

\$271 to \$542

Annual productivity loss per employee with obesity¹¹

^cIncludes medical, pharmacy, sick days, disability, presenteeism, and workers' compensation costs. Cost increase depends on class (severity) of obesity.

^dRange is based on class (severity) of obesity.

Anti-obesity Medications (AOMs) and Coverage for Alaska Residents¹²

AOMs are FDA-approved medications for the management of obesity.



Nationwide Coverage^a

AOMs are covered by over 90% of National Pharmacy Benefit Managers.



Alaska Plan Coverage^a

AOMs are covered on the following plans in Alaska:

- State Employee Health Plan(s)

^aCoverage data as of January 2023.

References: **1.** U.S. Census Bureau. 2020: ACS 1-year estimates subject tables. Accessed March 31, 2023. <https://data.census.gov/table?t=Age+and+Sex&g=0100000US0400000&y=2021&tid=ACSS1Y2020.S0101&moe=false&tp=true> **2.** Nutrition, physical activity, and obesity: data, trends and maps. Centers for Disease Control and Prevention website. Accessed March 31, 2023. https://nccd.cdc.gov/dnpao_dtm/rdPage.aspx?rdReport=DNPAO_DTM.ExploreByTopic&isClass=OWS&isTopic=OWS1&go=GO **3.** BRFSS prevalence & trends data: BMI categories. Centers for Disease Control and Prevention website. Accessed February 13, 2023. https://nccd.cdc.gov/BRFSSPrevalence/rdPage.aspx?rdReport=DPH_BRFSS.ExploreByTopic&irbLocationType=StatesAndMMSA&isClass=&isTopic=&isYear=&rdRnd=58747 **4.** What is obesity? Obesity Medicine Association website. Accessed February 13, 2023. <https://obesitymedicine.org/what-is-obesity/> **5.** County health rankings model: adult obesity. County Health Rankings & Roadmaps website. Accessed May 3, 2023. <https://www.countyhealthrankings.org/explore-health-rankings/county-health-rankings-model/health-factors/health-behaviors/diet-and-exercise/adult-obesity?year=2023&tab=1&state=02> **6.** Regan JA, Shah SH. Obesity genomics and metabolomics: a nexus of cardiometabolic risk. *Curr Cardiol Rep.* 2020;22(12):174. **7.** BRFSS prevalence & trends data: high blood pressure. Centers for Disease Control and Prevention website. Accessed March 31, 2023. https://nccd.cdc.gov/BRFSSPrevalence/rdPage.aspx?rdReport=DPH_BRFSS.ExploreByTopic&irbLocationType=StatesAndMMSA&isClass=&isTopic=&isYear=&rdRnd=58747 **8.** BRFSS prevalence & trends data: high cholesterol. Centers for Disease Control and Prevention website. Accessed March 31, 2023. https://nccd.cdc.gov/BRFSSPrevalence/rdPage.aspx?rdReport=DPH_BRFSS.ExploreByTopic&irbLocationType=StatesAndMMSA&isClass=&isTopic=&isYear=&rdRnd=58747 **9.** BRFSS prevalence & trends data: diabetes. Centers for Disease Control and Prevention website. Accessed March 31, 2023. https://nccd.cdc.gov/BRFSSPrevalence/rdPage.aspx?rdReport=DPH_BRFSS.ExploreByTopic&irbLocationType=StatesAndMMSA&isClass=&isTopic=&isYear=&rdRnd=58747 **10.** Ramasamy A, Laliberté F, Aktavoukian SA, et al. Direct and indirect cost of obesity among the privately insured in the United States: a focus on the impact by type of industry. *J Occup Environ Med.* 2019;61(11):877-886. **11.** Cawley J, Biener A, Meyerhoefer C, et al. Job absenteeism costs of obesity in the United States: national and state-level estimates. *J Occup Environ Med.* 2021;63(7):565-573. **12.** Data on file. Novo Nordisk, Inc. Plainsboro, NJ.

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