

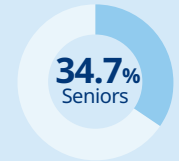
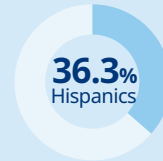
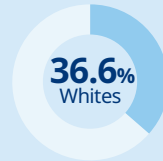
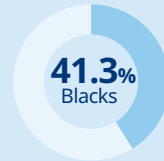
# The State of Obesity in Iowa



**894,019**  
Adults living with obesity<sup>1,2,a</sup>

**36.4%**  
Percentage of adults with obesity<sup>2</sup>

Prevalence of obesity varies depending on the population<sup>3</sup>:



<sup>a</sup>Obesity is defined as BMI ≥30 kg/m<sup>2</sup>. Class 2 or 3 obesity is defined as BMI ≥35 kg/m<sup>2</sup>.<sup>4</sup>  
BMI=body mass index.

**These counties have the highest percentage of people with obesity in Iowa<sup>5</sup>:**



**43%**  
Crawford



**43%**  
Muscatine



**42%**  
Clayton

**Obesity is a major risk factor for cardiometabolic disease.<sup>6</sup>**  
**In Iowa, the prevalence of cardiometabolic comorbidities of obesity include:**



**31.4%**  
Hypertension<sup>7</sup>



**35.4%**  
High cholesterol<sup>8</sup>



**9.7%**  
Diabetes<sup>9,b</sup>

<sup>b</sup>Estimates 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<sup>10,c</sup>



Absence due to illness or injury is **increased 128%** for employees with obesity, or **3 additional days** per year<sup>11</sup>

**\$14,341 to \$28,321**

Cost per employee with obesity per year<sup>10,d</sup>

**\$271 to \$542**

Annual productivity loss per employee with obesity<sup>11</sup>

<sup>c</sup>Includes medical, pharmacy, sick days, disability, presenteeism, and workers' compensation costs. Cost increase depends on class (severity) of obesity.

<sup>d</sup>Range is based on class (severity) of obesity.

# Anti-obesity Medications (AOMs) and Coverage for Iowa Residents<sup>12</sup>

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



## Nationwide Coverage<sup>a</sup>

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



## Iowa Plan Coverage<sup>a</sup>

AOMs are covered on the following plans in Iowa:

- State Employee Health Plan(s)

<sup>a</sup>Coverage data as of January 2023.

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