

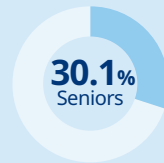
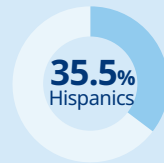
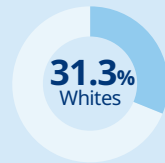
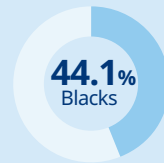
The State of Obesity in Maryland



1,648,126
Adults living with obesity^{1,2,a}

34.3%
Percentage of adults with obesity²

Prevalence of obesity varies depending on the population³:



(aged ≥65 years)

^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 Maryland⁵:



40%
Somerset



40%
Charles



40%
Dorchester

Obesity is a major risk factor for cardiometabolic disease.⁶

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



34.5%
Hypertension⁷



37.6%
High cholesterol⁸



11.1%
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 Maryland 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.

^aCoverage data as of January 2023.

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