

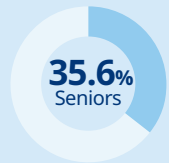
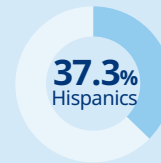
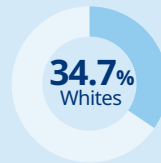
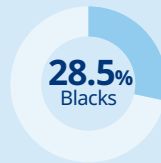
# The State of Obesity in North Dakota



**208,510**  
Adults living with obesity<sup>1,2,a</sup>

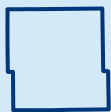
**35.2%**  
Percentage of adults with obesity<sup>2</sup>

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 North Dakota<sup>5</sup>:



**49%**  
Rolette



**47%**  
Sioux



**42%**  
Benson

Obesity is a major risk factor for cardiometabolic disease.<sup>6</sup>

In North Dakota, the prevalence of cardiometabolic comorbidities of obesity include:



**31.1%**  
Hypertension<sup>7</sup>



**33.5%**  
High cholesterol<sup>8</sup>



**9.5%**  
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 North Dakota 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.



## North Dakota Plan Coverage<sup>a</sup>

AOMs are covered on the following plans in North Dakota:

- State Employee Health Plan(s)

<sup>a</sup>Coverage 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](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](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=38> **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](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](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](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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