

# EXCESSIVE WEIGHT GAIN AMONG YOUNG ADULTS

## A New Target for Prevention

COMMON

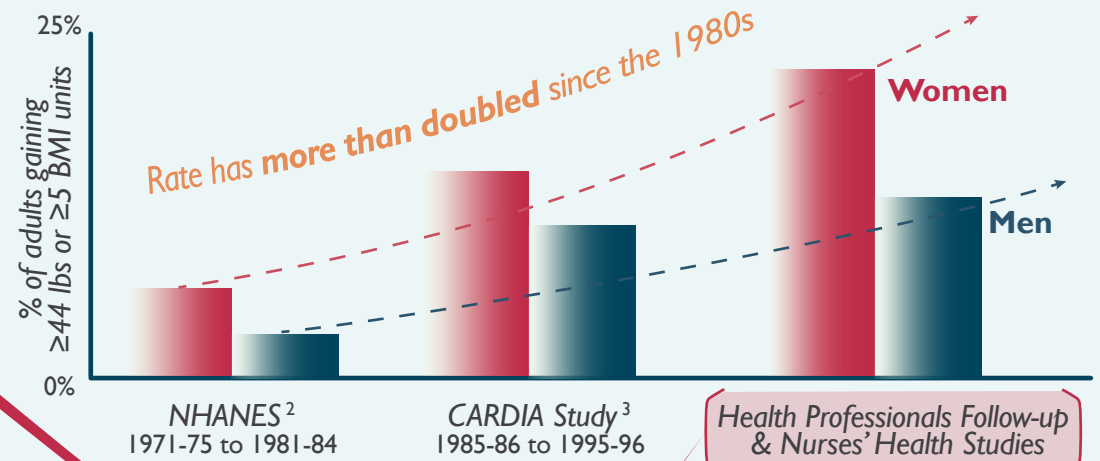
Between the ages of 18 and 55, approximately ...

**1 in 4 women**  
+  
**1 in 8 men**

... gain at least<sup>1</sup>

**44 lbs**

Excessive weight gain during adulthood is **increasingly common** in America



Weight gain  $\geq 44$  pounds during early to middle adulthood significantly **increases chronic disease risk**.<sup>1</sup>

HARMFUL

MEN

**7.5x** higher risk

**1.5x** more likely to die prematurely

among male non-smokers who gain  $\geq 44$  lbs from early to middle adulthood (21-55 year range)

**1.6x**

**1.5x**

**1.5x**

**1.4x**

More likely to develop:

type-2 diabetes

coronary artery disease

obesity-related cancers

stroke

severe osteoarthritis

WOMEN

**9.5x** higher risk

**2.2x**

**1.7x**

**1.6x**

**1.4x**

**1.4x** more likely to die prematurely

among female non-smokers who gain  $\geq 44$  lbs from early to middle adulthood (18-55 year range)

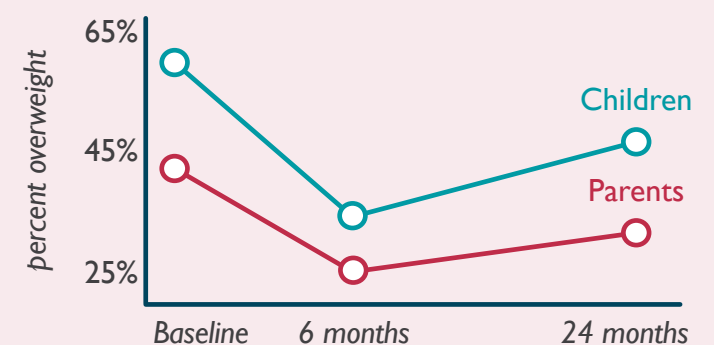
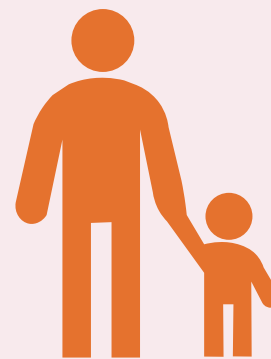
PREVENTABLE

**RESEARCH** to understand how major life transitions in young adults contribute to excessive weight gain<sup>4</sup>

Independent living    Full-time job    Child rearing    Loss of a loved one



**EXPLORE** family-based interventions as cost-effective strategies to reduce premature death & disease



In family interventions for pediatric weight loss, **parents also lose weight**<sup>5</sup>

SOURCES: <sup>(1)</sup> Zheng et al., JAMA, 2017; <sup>(2)</sup> NHANES 1 Epidemiologic Follow-up Study; <sup>(3)</sup> Coronary Artery Risk Development in Young Adults (CARDIA) Study; <sup>(4)</sup> Dietz, JAMA, 2017; <sup>(5)</sup> Wrotniak, Epstein, Paluch & Roemmich, JAMA, 2004