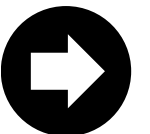
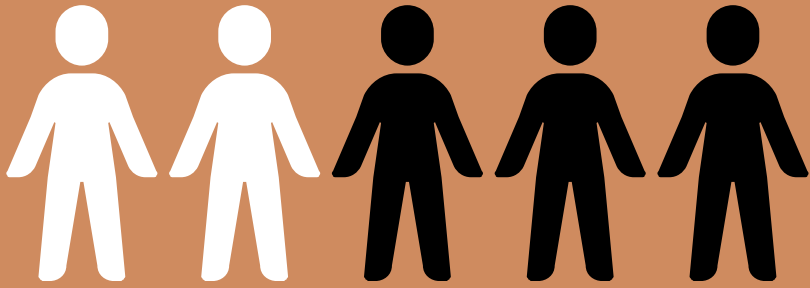


**UNDERSTANDING  
OBESITY IN  
HISPANIC  
COMMUNITIES**

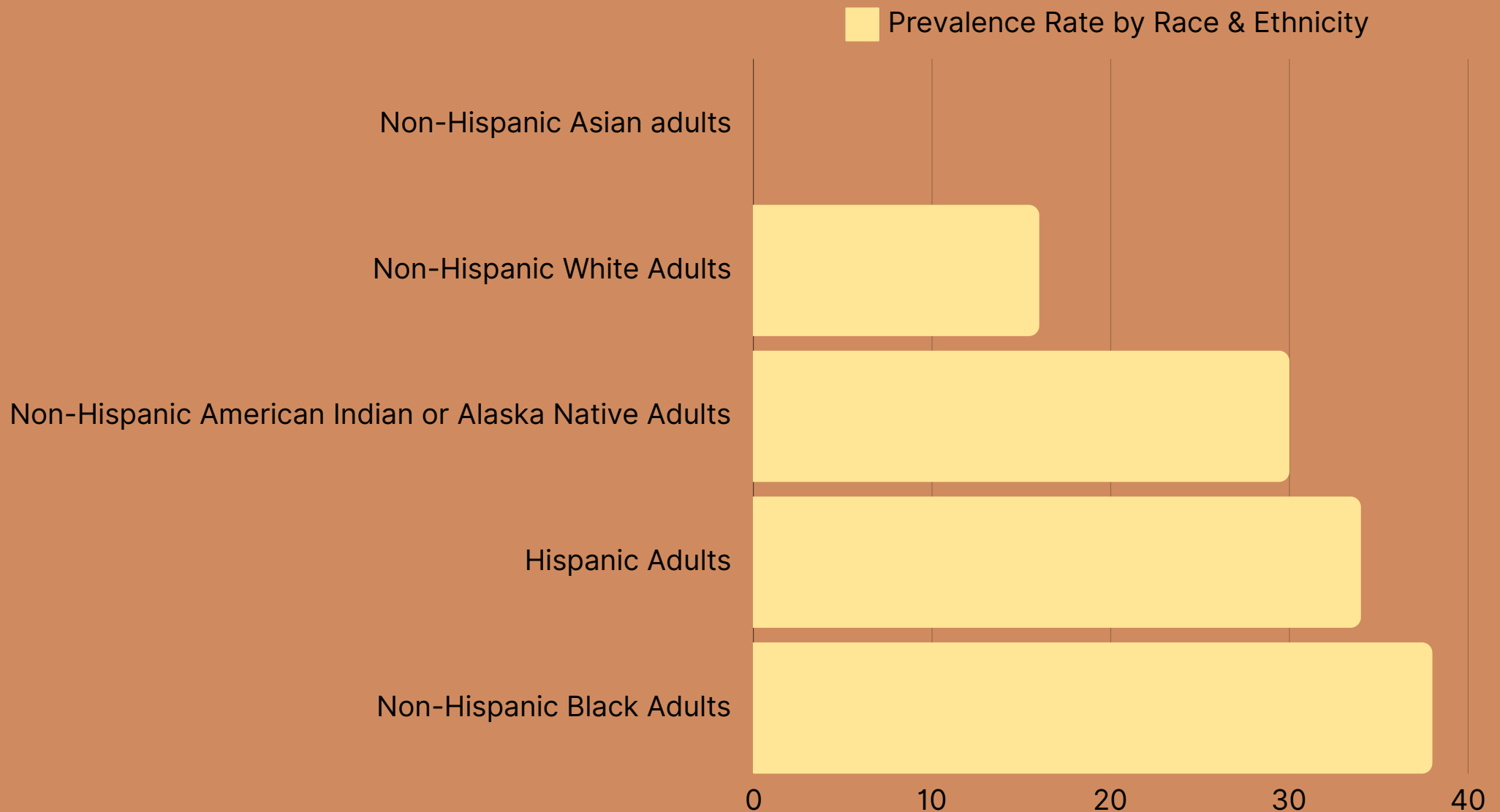


# NATIONAL OVERVIEW



According to CDC data, in 2023, the obesity prevalence among Hispanic adults in all U.S. states and territories was approximately 2 out of 5 Hispanic adults (34%).

There is a notable obesity prevalence gap by race and ethnicity in the United States. Hispanic adults have **the second-highest** obesity prevalence rate.



# IMPACT OF OBESITY IN THE HISPANIC COMMUNITY

**Obesity is linked to serious health risks which Hispanic adults are disproportionately exposed to:**

1. Type 2 diabetes
2. Heart disease and stroke\*
3. Arthritis and sleep apnea
4. Certain cancers

\*Heart disease remains the leading cause of death among the U.S. Hispanic population (according to the CDC)



## CHALLENGES TO OBESITY TREATMENTS

1

### Food Insecurity

Multiple studies highlight that non-Hispanic African Americans and Hispanics in the U.S. are more likely to face food insecurity, making it harder to adhere to specific diets.



2

### Prescription Access

According to an NIH study, trends consistently estimate that Hispanic individuals have lower rates of anti-obesity prescriptions based on race & ethnicity.



3

### Insurance and PCPs

Non-Hispanic Black, Hispanic, and low-income individuals are more likely to lack access to health insurance and less likely to access adequate primary care services.

