

October 24, 2014



# Share the Wellness Tip

## They Heavy Cost Of Being Overweight

Need some motivation to lose weight? Carrying around extra pounds can equal extra dollars—coming out of your wallet.

According to a George Washington University review of 94 studies:

- Being overweight costs a woman \$526 and a man \$432 annually when compared to normal-weight peers. Being obese may cost a woman \$4,879 a year. For a man, the financial hit could cost \$2,626 annually. The majority of these extra dollars are due to increased medical costs.
- On average, overweight individuals spend an additional \$346 per year on medical costs compared to those of normal weight; obese people fork over an additional \$1,474. These figures don't include over-the-counter medications, so the cost may actually be higher.
- Wages on women who are obese are between 1.5 and 15% lower than those for normal-weight women, which amounts to an average loss of \$1,855 a year. Studies are mixed with respect to wages earned by men who are obese.

**Source:** "A Heavey Bruden: The Individual Costs of Being Overweight and Obese in the United States," by Avi Dor et al., The George Washington University, School of Public Health and Health Services, Department of Health Policy

