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**From:** Kimbal Musk  
**Sent:** Mon 8/19/2013 4:02:30 PM  
**Subject:** New Report: F as in Fat, Obesity in America

To Friends of The Kitchen Community:

This report just came out showing a flattening of obesity rates across the country (except Arkansas). Rates are awful in how high they are but a flattening of the growth curve enables us to start to get a grip on the problem and eventually turn them around.

<http://www.rwjf.org/en/research-publications/find-rwjf-research/2013/08/f-as-in-fat--how-obesity-threatens-america-s-future-2013.html>

There is now a new category called 'Super-Obese'. Those with a BMI of 40+. 6.8% of Adult Americans are Super Obese and very sadly, 5% of children are Super Obese.

The positive:

'An analysis released by the Centers for Disease Control and Prevention found that 18 states and one U.S. territory experienced a slight decline in obesity rates among preschool children from low-income families.'

The reality still sucks:

'Thirteen states now have adult obesity rates higher than 30 percent, and 41 states have rates of at least 25 percent. As recently as 2007, only one state, Mississippi, had an adult obesity rate of higher than 30 percent. In 1980, no state was higher than 15 percent on this measure. Currently, every state has an adult obesity rate higher than 20 percent.'

Baby Boomers are now the fattest category and will have the greatest impact to the cost of healthcare over the next 20 years:

"Currently, only one state exceeds a 30 percent obesity rate for seniors. With the large wave of obese people poised to enter a Medicare system already burdened with \$210 billion in direct health care costs related to obesity, we have to think about how this will have an impact," she said.

All in all, while the reality still really sucks, it is better than continued growth in obesity.

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