

Future Obesity & Smoking Rates

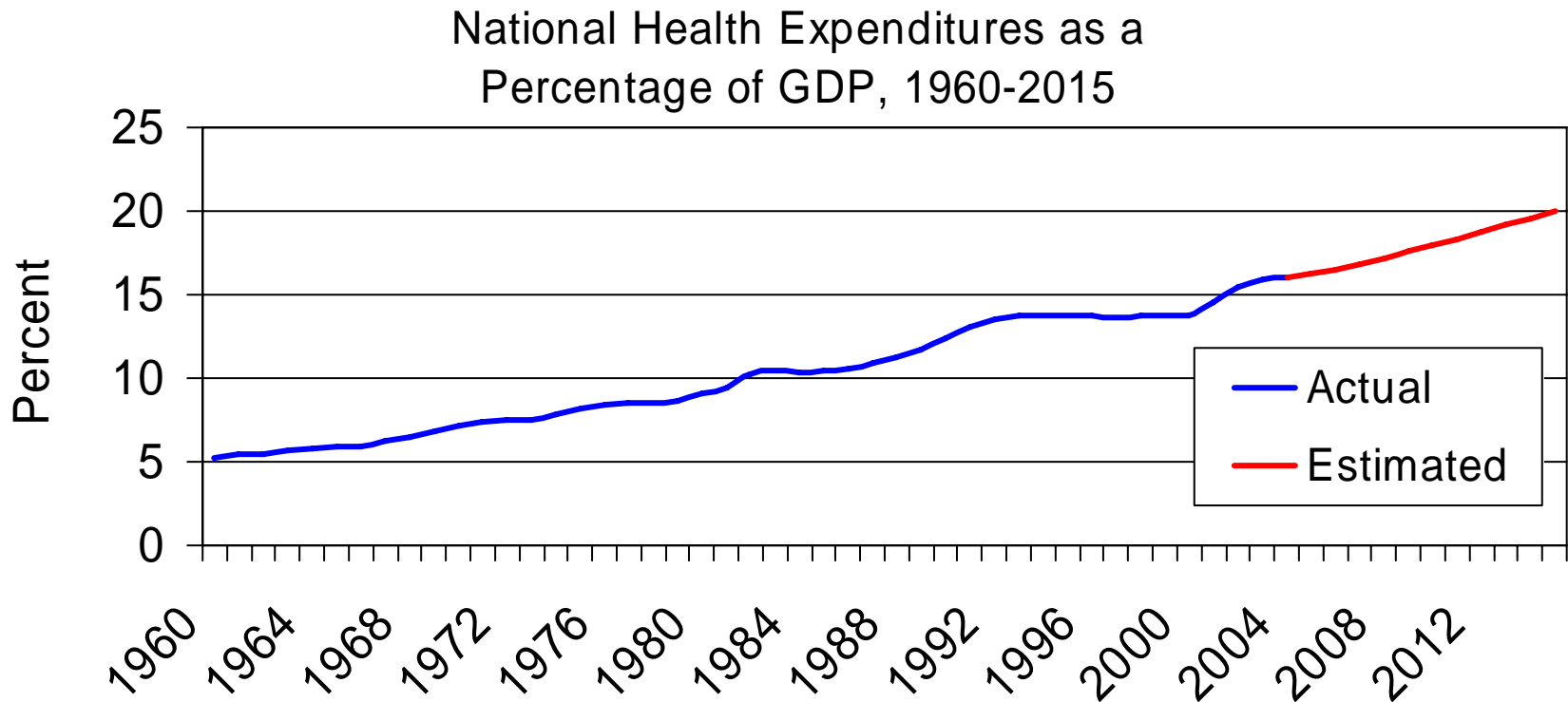


Kentucky Long-Term Policy
Research Center Board Meeting
March 9, 2006



*Health expenditures are going
up, up, up...*

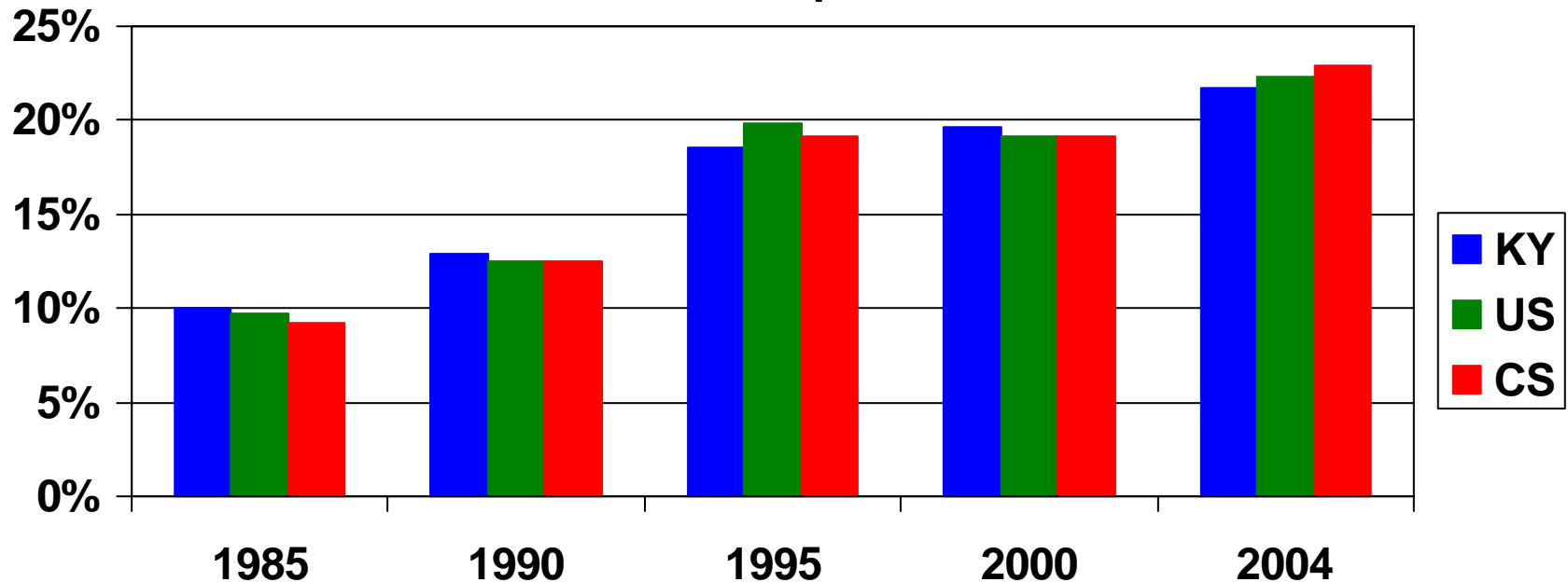
National Medical Expenditures



Source: US Dept. of Health and Human Services, Centers for Medicare & Medicaid

Rising Medicaid Spending

Medicaid Expenditures as a Percentage of Total State Expenditures



Source: KLTPRC analysis of NASBO data.

Health Care Cost Drivers



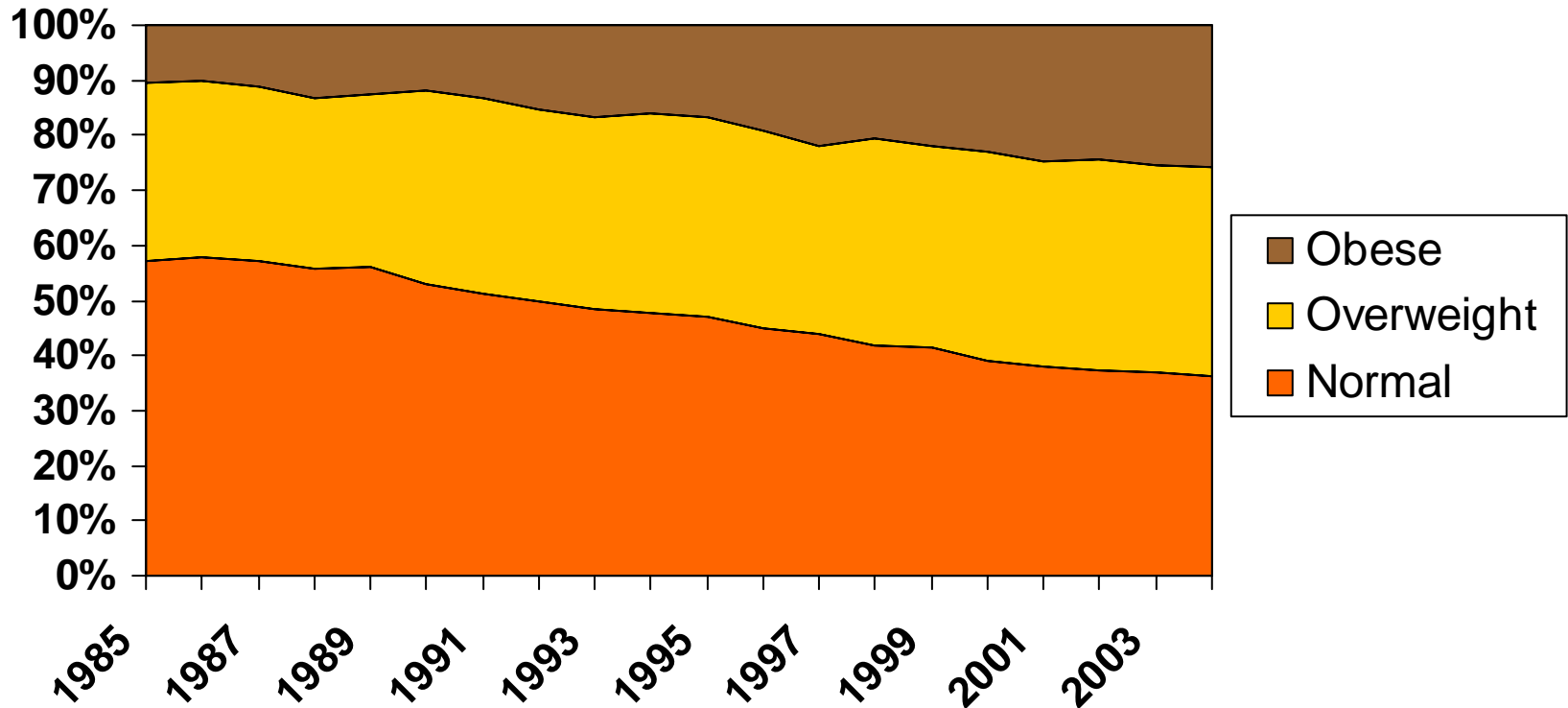
- Commonly cited reasons
 - Technological change
 - Aging population
 - Increases in health insurance coverage
 - Physician-induced demand
 - Administrative costs
 - Defensive medicine
- Underlying it is the health status of people

Obesity and Smoking: A Short List of Consequences



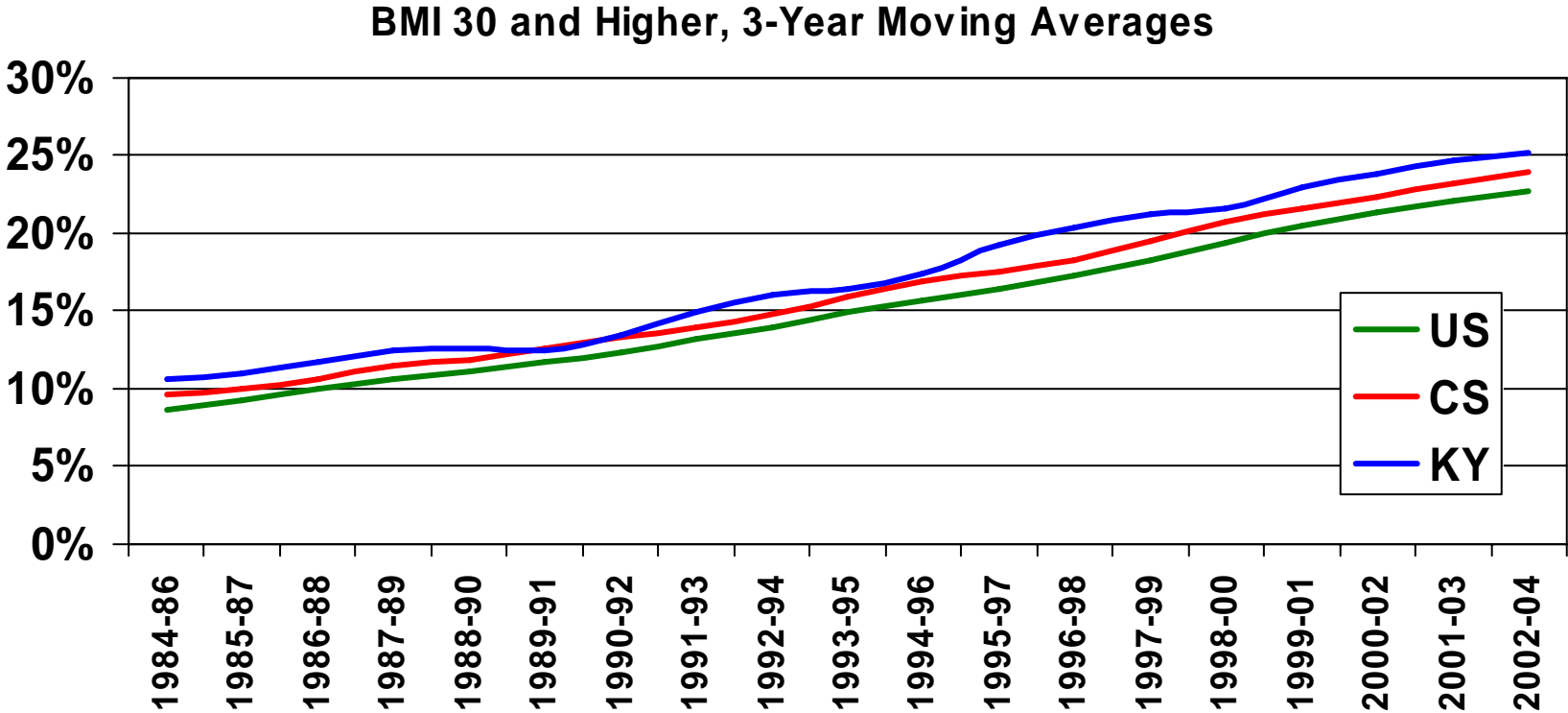
- Heart disease
- Cancer
- Stroke
- Diabetes

Kentucky Adults by Weight Classification, 1985-2004



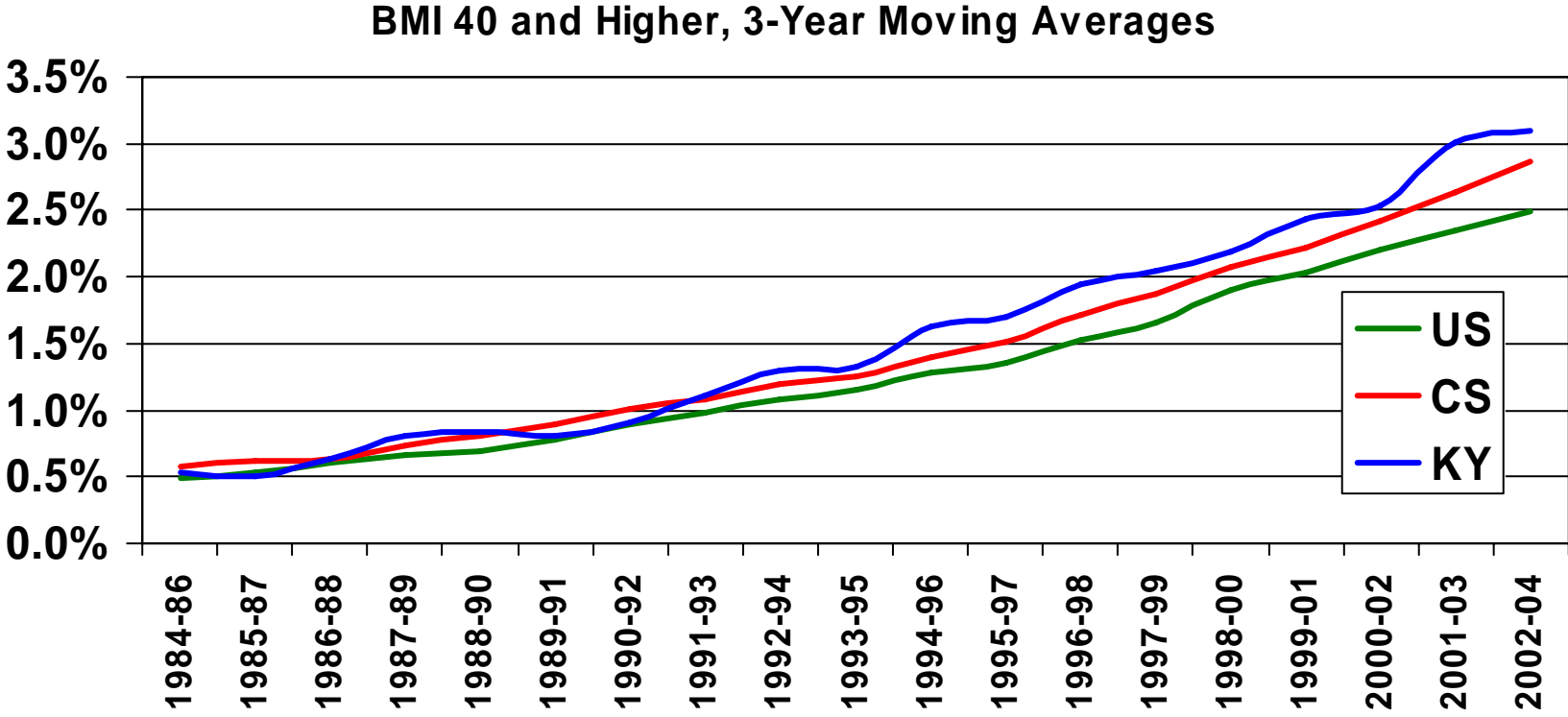
Source: KLTPRC analysis of BRFSS data.

Obesity Rates



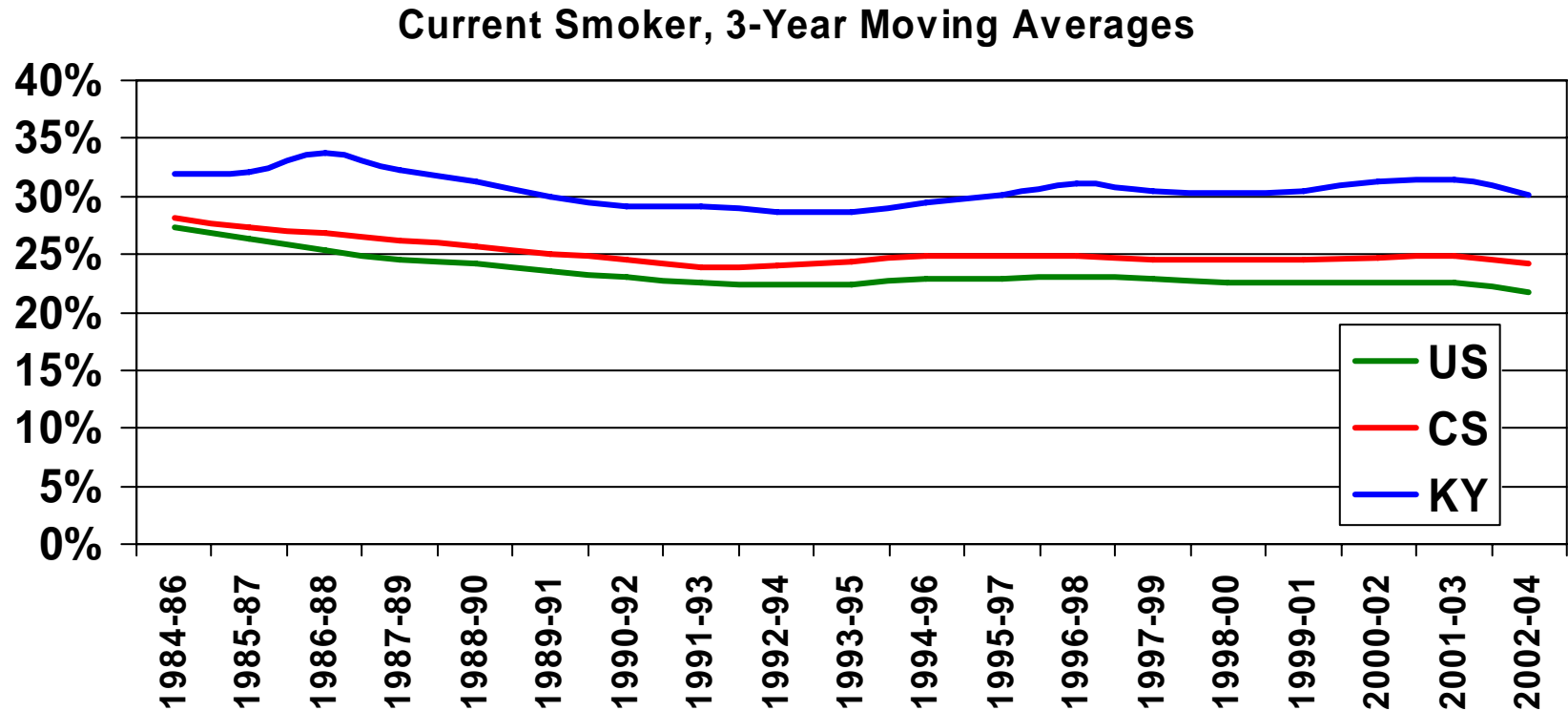
Source: Author's analysis of BRFSS data.

Clinically Severe Obesity



Source: Author's analysis of BRFSS data.

Smoking Rates



Source: Author's analysis of BRFSS data.

Cost Implications for Kentucky



■ Obesity

- \$1.1 billion annually
- 6.2% of adult medical expenditures
- 11.4% of Medicaid

■ Smoking

- \$1.1 billion annually
- 6% to 9% of total medical expenditures

Governor's State of the Commonwealth Address



“...for the health of Kentuckians and for the health of our budget...I am setting the goal for the next decade to be better than the national average by reducing obesity and smoking...”

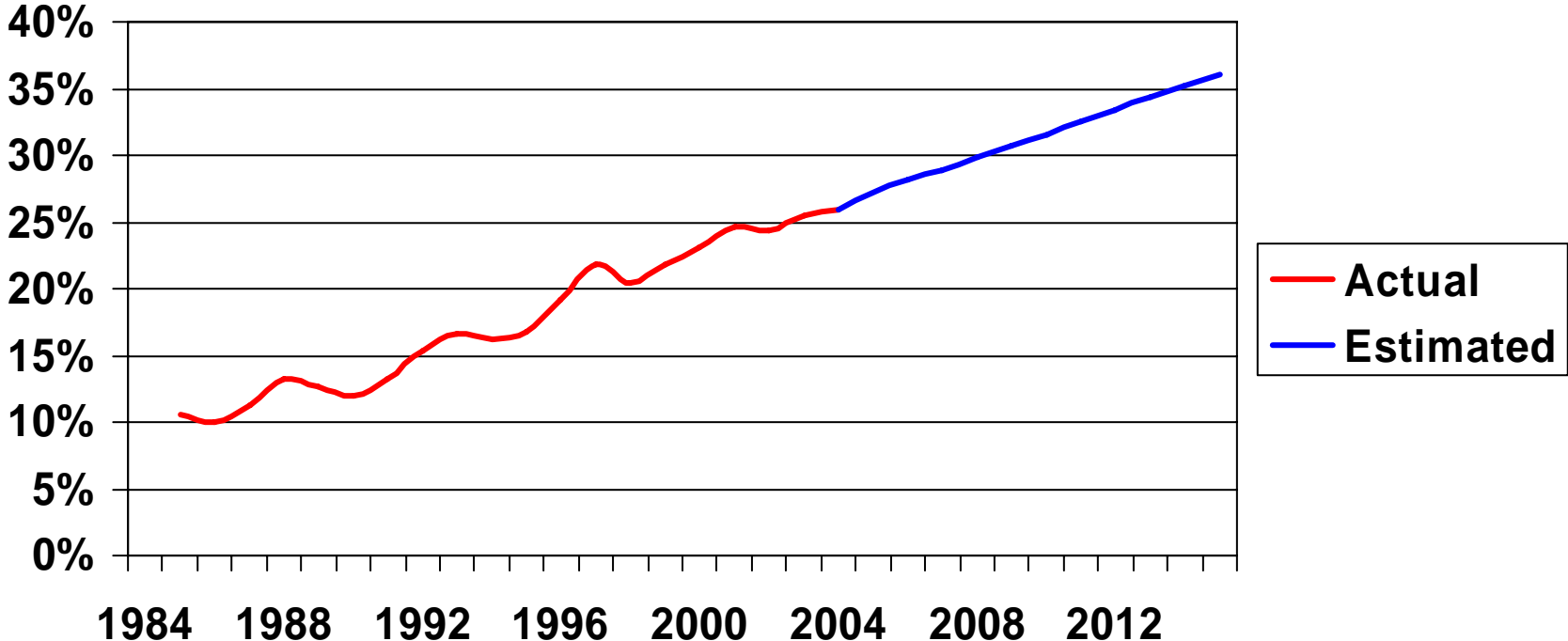
Future Projections



- What does the future hold?
- Estimate using CDC BRFSS data
 - 1984-2004
 - Logistic regression models
 - Independent variables
 - Age, education, income, race, ethnicity, gender, exercise, year
 - Use 3 approaches
 - Historical momentum, static means, dynamic means
- Caveats
 - Assumes no significant changes in behavior or medical technology

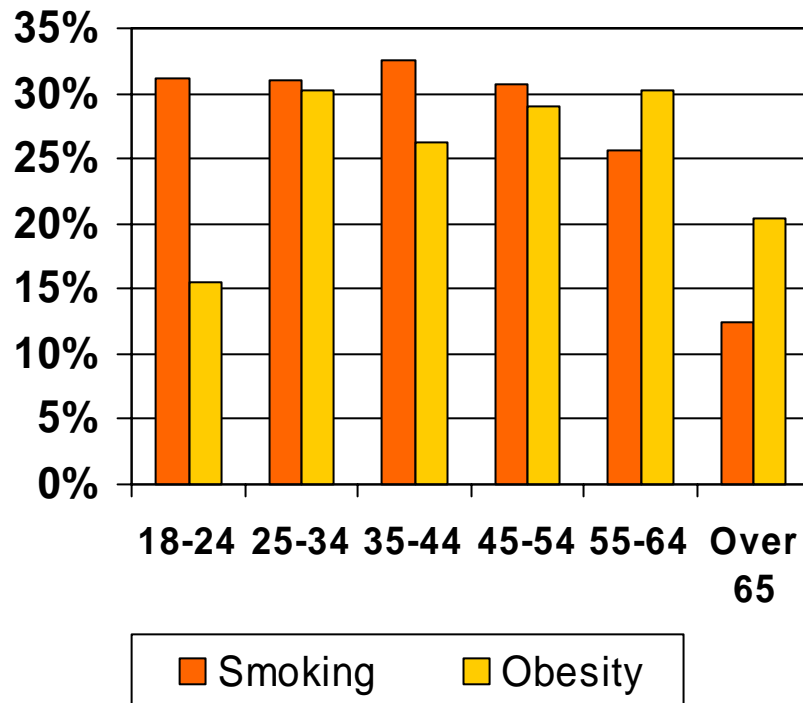
Estimating KY's Future Obesity Rate

"Historical Momentum" Scenario

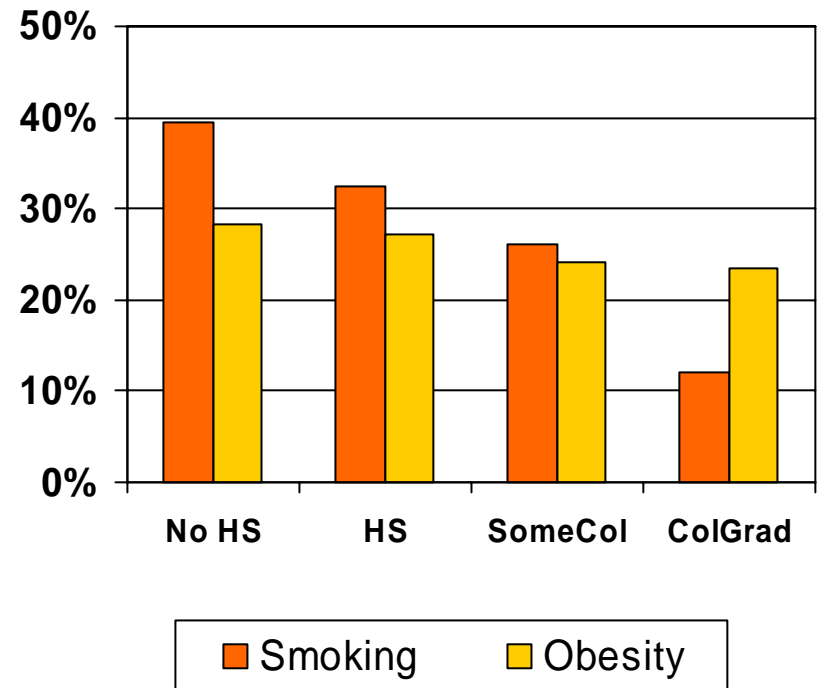


Important Underlying Factors are Changing

Age Groups

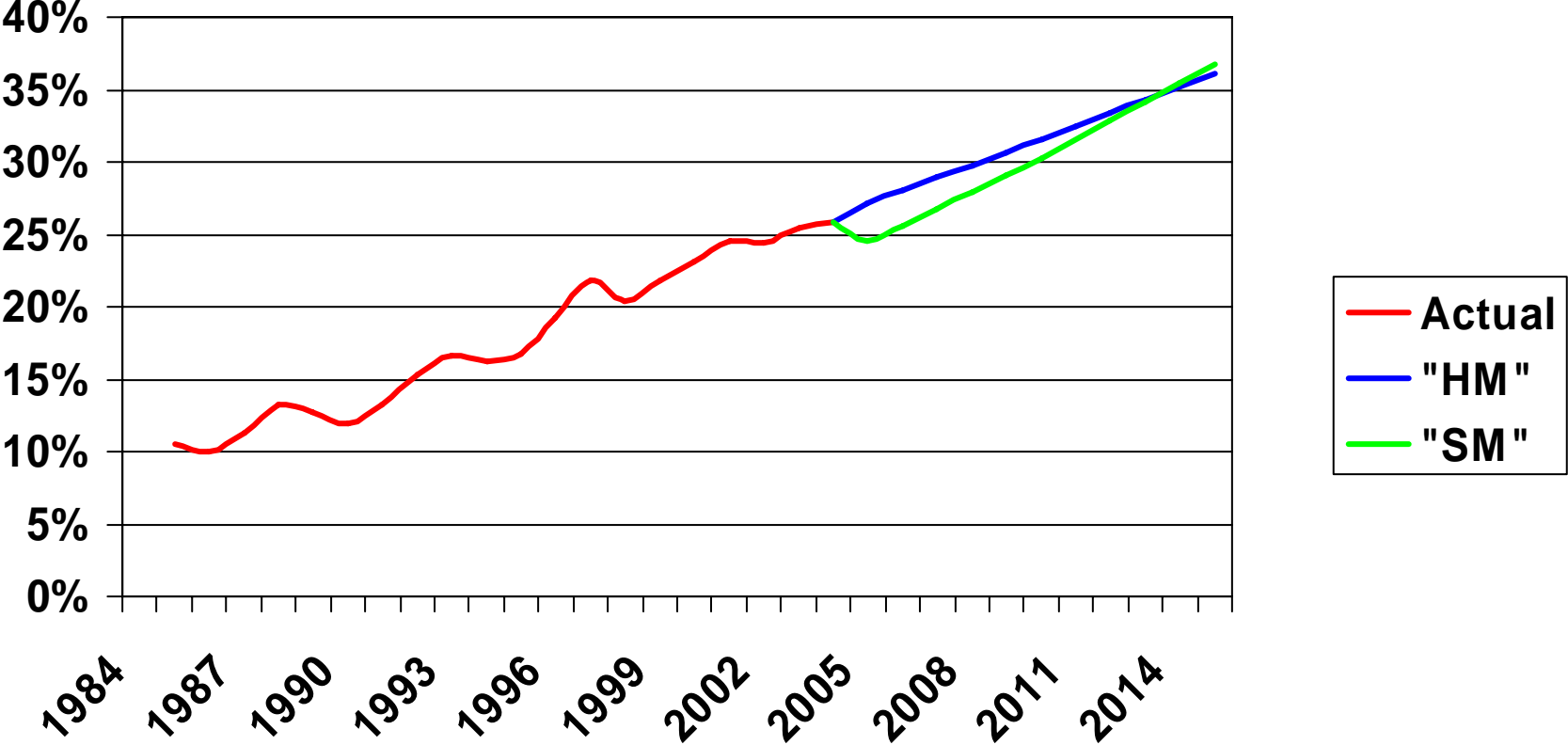


Education Levels

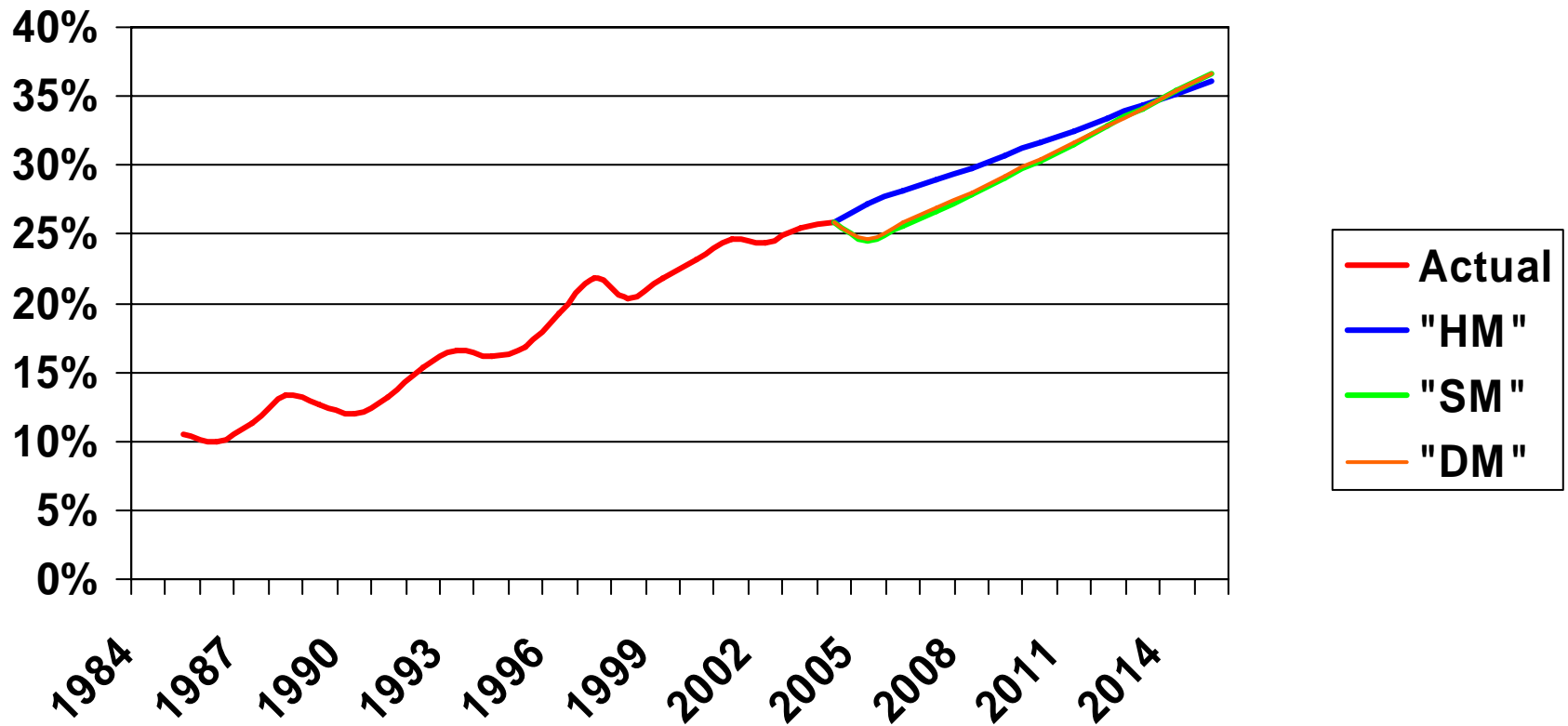


Note: Based on 2004 BRFSS data.

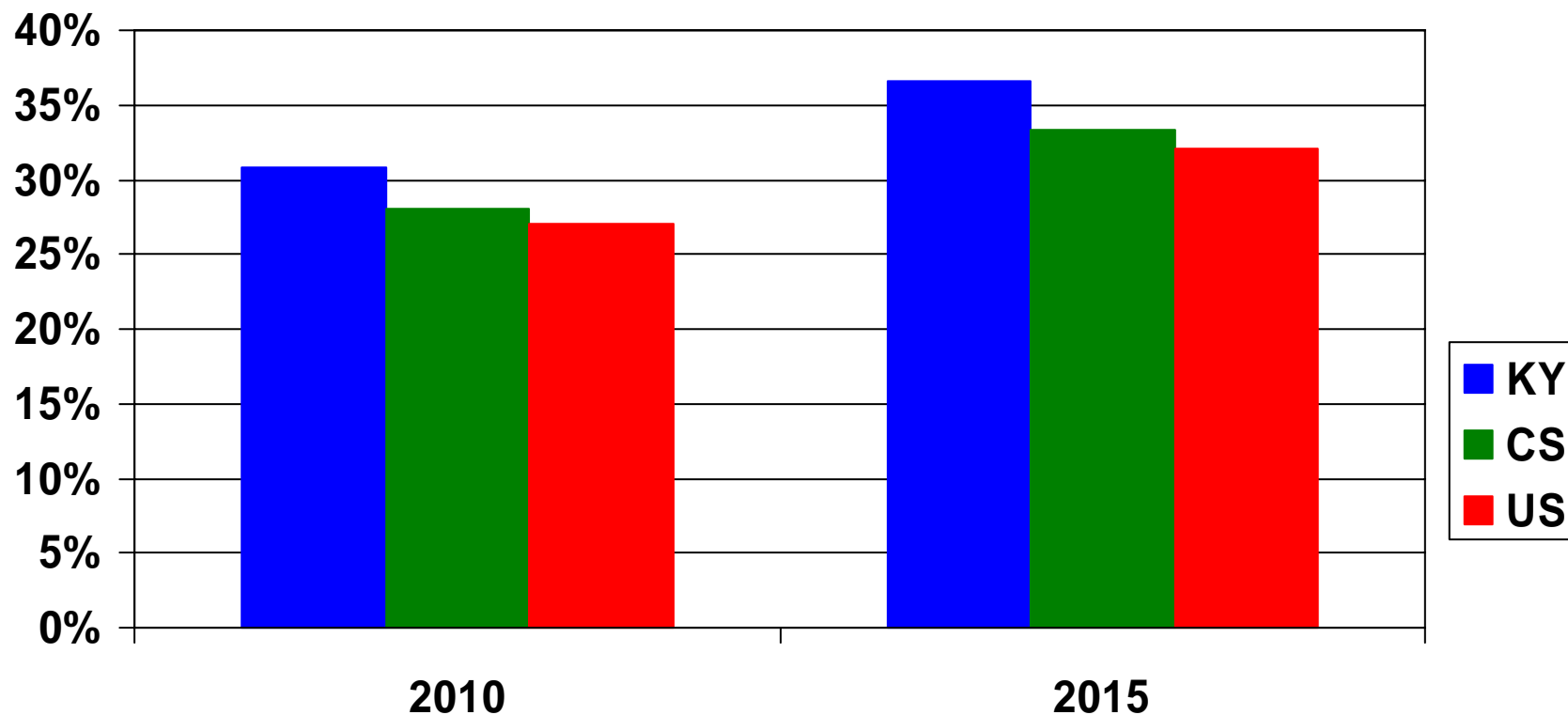
Estimating KY's Future Obesity Rate



Estimating KY's Future Obesity Rate

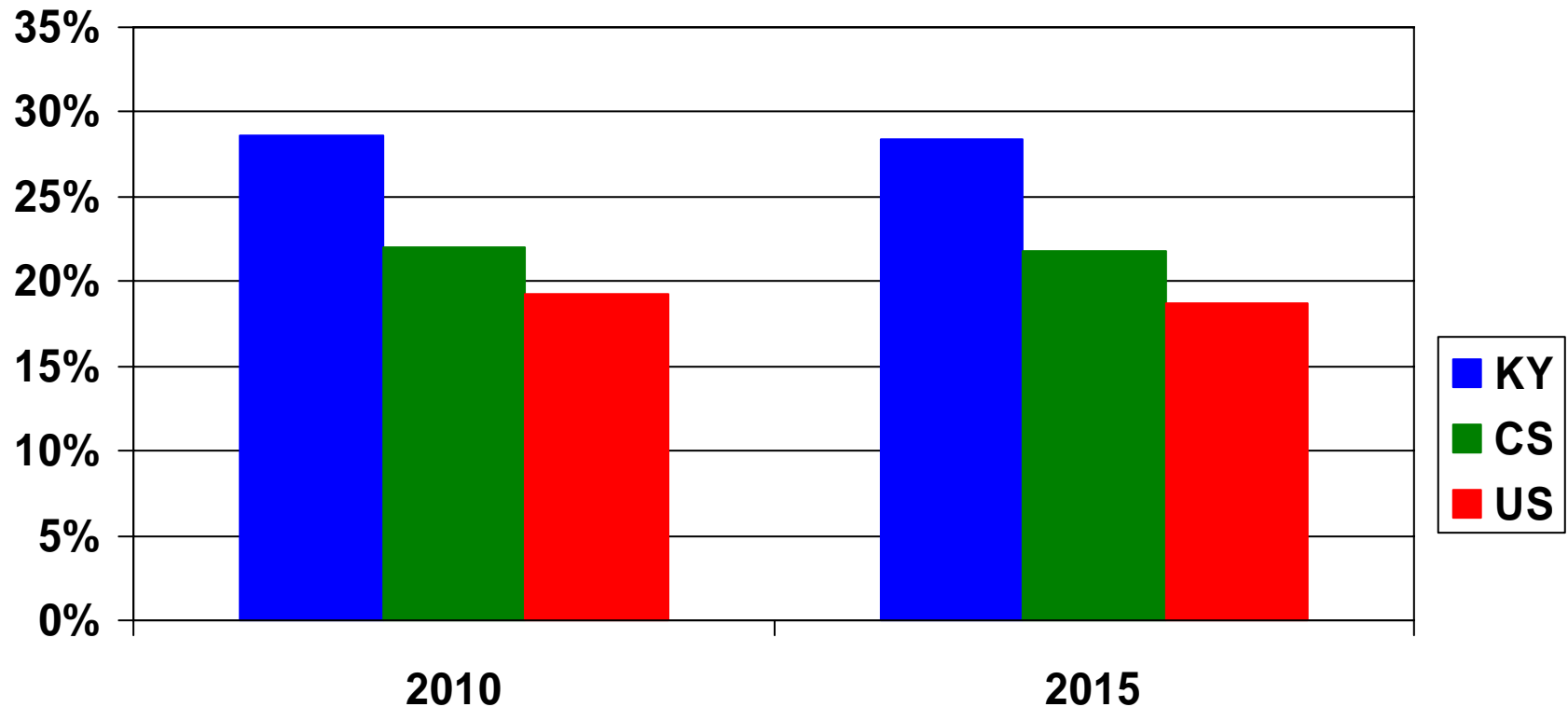


Estimating Future Obesity Rates



Source: KLTPRC analysis of BRFSS data.

Estimating Future Smoking Rates



Source: KLTPRC analysis of BRFSS data.

Conclusion



- Current trends moving KY toward 36% obesity and 28% smoking
 - The gap between KY and other states is growing
- Cost implications are significant
- Caveats
 - Assumes no significant changes in behavior or medical technology
- Supports some current legislation
 - HB62-Medicaid reimbursement to decrease tobacco dependency
 - SCR98-Study KY's bicycling and pedestrian activities

Want More Information?



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