



**UnitedHealth Group**

## **Obesity and the Food System**

**Roots of Change  
Los Angeles, CA  
October 7, 2010**

# UnitedHealth Group Is A Fortune 25 Health And Well-being Company



## UnitedHealth Group

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Services

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# UnitedHealth Group Is A Mission Driven Company

## Our Mission *Why We Are Here*

Our mission is to help people live healthier lives.

- We seek to enhance the performance of the health system and improve the overall health and well-being of the people we serve and their communities.
- We work with health care professionals and other key partners to expand access to high quality health care so people get the care they need at an affordable price.
- We support the physician/patient relationship and empower people with the information, guidance and tools they need to make personal health choices and decisions.

The best way we can satisfy the millions of people we serve—our customers and members, employees, shareholders and partners—is to execute on the fundamentals of our business to the very best of our abilities, each and every day. That means as an organization, we are accountable for adding value to the health care system. Because of this role, we:

**GENERATE SHAREHOLDER VALUE**  
by growing organically and adding strategic assets that strengthen our position as a leader in the marketplace;

**CULTIVATE AN ENGAGING WORKPLACE**  
that provides our employees with a challenging and inspiring work environment, enabling them to pursue meaningful and rewarding careers with UnitedHealth Group; and

**WORK COLLABORATIVELY**  
with each other and with our health care and government partners, seeking their guidance and input, to positively affect the nation's health care system.



## Our Values *Who We Are*

We serve people through a value and performance culture based on:

**Integrity** We maintain the highest standards of business ethics, holding ourselves accountable for achieving our goals and meeting our commitments to customers, employees, partners and other stakeholders.

**Quality** We strive to provide the highest quality of care possible through our facilities, and strive to protect the privacy of our customers and members.

**Innovation** We work to develop new approaches to improve the health and well-being and transform the health care system through research investments that generate creative, "next generation" solutions, as well as through a continual commitment to simplify the health care experience.

**Diversity** We encourage a variety of thoughts and perspectives, and a workforce that reflects the diversity of our customers and markets.

**Social Responsibility** We create value for the broader society, taking responsibility for how our work impacts people and communities. We volunteer our time and talents to improve the lives of the people in the communities we serve.

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We seek to improve the overall health and well-being of the people we serve and their communities.

# As A Health And Well-Being Company, No Challenge Is More Important Than Childhood Obesity

## The Epidemic

- Obesity is growing faster than any previous chronic health issue our nation has faced.
- Prevalence: Childhood obesity rates have reached epidemic proportions. 32% of children in the U.S. are overweight and 17% are obese.
- Alarming Trends: Since 1980, the percentage of obese children aged 6 to 11 has doubled, and the percentage of obese adolescents aged 12 to 19 has tripled.

## Medical Complications

- Clinical: Obese children have a 70% chance of continuing to be overweight or obese as adults. Health implications include:
  - Type II diabetes
  - High blood pressure
  - Sleep apnea
  - Asthma
  - High cholesterol
  - Metabolic syndrome
  - Early puberty
- Depression: Studies show that children who are obese have higher rates of depression than children who are receiving chemotherapy.

## Health Cost Consequences

- Cost Curve: Increases in obesity prevalence alone account for 12% of the growth in health spending.
- Cost of Interventions: It costs approximately \$10,000 for a child to be treated for obesity at a hospital-based clinic.

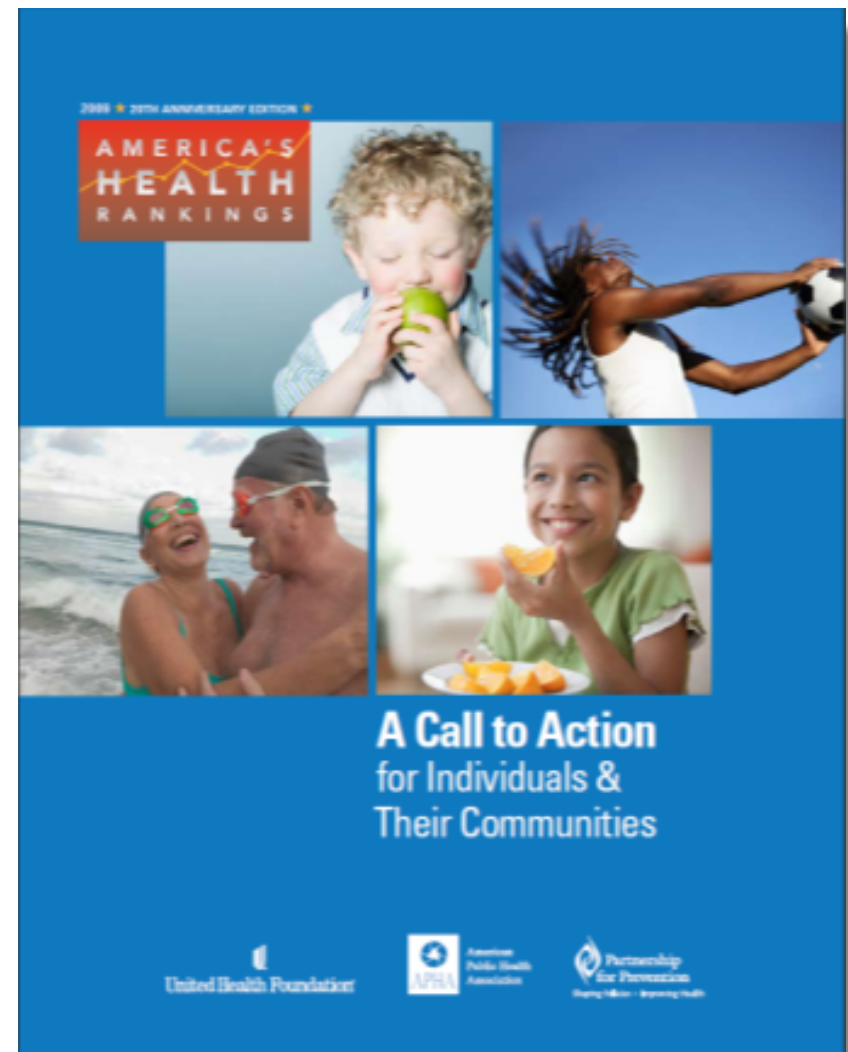
**The obesity epidemic is one of the greatest challenges of the 21<sup>st</sup> century and must be attacked in childhood.**

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*"A tsunami of preventable chronic disease is about to be unleashed."*

- Reed Tuckson, M.D.

Left unchecked, obesity will add nearly \$344 Billion to the nation's annual health care costs by 2018, and account for more than 21 percent of health care spending.



# Taking Action

## Treatment

- **Diabetes Prevention and Control Alliance:** UnitedHealth Group partnered with YMCA of the USA to launch a first-of-its-kind, evidence-based diabetes prevention program that has been proven to prevent or delay the onset of Type 2 Diabetes in adults by more than half.
- **Developing Program For Children:** UnitedHealth Group and YMCA are now piloting a similar evidence-based intervention program for overweight children.
- **American Academy of Pediatrics (AAP):** grant to develop clinical tools to help pediatricians implement clinical guidelines in of treatment of child obesity.

## Prevention

- **National Association of School Nurses (NASN):** School Nurse Childhood Obesity Prevention Education
- **Common Threads:** cooking program for children
- **Exercise is Medicine:** online resource from American College of Sports Medicine
- **AmeriChoice: Sesame Street Workshops- Healthy (eating) Habits**
- **UnitedHealth HEROES & Youth Service America**
- **YMCA of the USA Grant:** Comprehensive Environmental Assessments, Food and Fun After School Curriculum, and Health Family Home Intervention
- **MIT National Integrated Regional Food Systems**