

FAST FACTS

SLEEP APNEA & OBESITY



54 million adults have obstructive sleep apnea (OSA) and 93 million are affected by obesity in the U.S.

69% of individuals with obesity in U.S. have some form of OSA—and about 32% of people with obesity have moderate to severe OSA.

OSA rates higher in the African American, Asians, Hispanic, and Native American communities due to higher rates of obesity.



OSA and obesity can increase risks of type 2 diabetes, hypertension, osteoarthritis, and cardiovascular conditions.



Fat accumulation around the neck and abdomen is the strongest risk factor for OSA for both men and women.

An increase in waist-to-hip ratio raises OSA risk in women.

OSA raises obesity risk by driving hunger, reducing energy, and causing insulin resistance.



OSA contributes to weight gain, and excess weight makes OSA worse.

The chance of developing OSA is six times higher with a 10% weight gain.

An increase in BMI can increase OSA severity as measured by apnea hypopnea index.

Excess fat around the neck can narrow and compress the upper airway, making breathing more difficult.



FDA approved tirzepatide (Zepbound®) as a treatment for OSA in patients with obesity 2024.

