

# The Metabolic Health Domino Effect

Metabolic dysfunction is on the rise among U.S. adults, fueling a cascade of chronic conditions that are driving up costs for employers and payers, and leaving too many people without the support they need to get well. Discover how addressing metabolic health can help prevent this domino effect and mitigate escalating healthcare spend.

## THE STATE OF METABOLIC HEALTH



Only **6.8% of U.S. adults have optimal cardiometabolic health**, and this number continues to decline.<sup>1</sup>

Metabolic health is measured across four biomarkers.

**Blood pressure**

**Adiposity**

**Triglyceride levels**

**HDL (good cholesterol)**

The primary drivers of decline in metabolic health are lifestyle and environmental factors.<sup>2</sup>

**Poor nutrition**

**Physical inactivity**

**Chronic stress**

**Smoking and alcohol use**

**Sleep disruption**

## SIGNS OF METABOLIC DYSFUNCTION

Early signs of metabolic dysfunction are highly prevalent in U.S. adults.



48.1% of U.S. adults have **high blood pressure**<sup>3</sup>



**Insulin resistance** affects about 40% of U.S. adults aged 18 to 44<sup>4</sup>



The prevalence of **obesity** in U.S. adults is about 40.3%<sup>5</sup>



An estimated 43.5% of adults have **prediabetes**<sup>6</sup>



13.8% of adults have **low HDL-C** (good cholesterol)<sup>7</sup>



11.3% have **high total cholesterol**<sup>7</sup>



For employers and payers, this means **metabolic dysfunction is not a niche, high-cost cohort problem.** It is a risk distributed across the entire working-age population.

## THE DOMINO EFFECT: COMORBID CHRONIC CONDITIONS

Metabolic syndrome greatly increases the risk of developing many common chronic conditions, including:

**Type 2 diabetes**  
Metabolic syndrome increases the risk of developing Type 2 diabetes by 62% in men and 47% in women<sup>8</sup>

**Cardiovascular disease**  
Metabolic syndrome doubles the risk of developing cardiovascular disease<sup>9</sup>

**Mental health conditions**  
Metabolic syndrome increases the risk of developing depression by 40%<sup>11</sup>

**Hypertension**  
One-third of individuals with hypertension have metabolic syndrome<sup>10</sup>

The prevalence of chronic conditions among U.S. adults is also increasing.

**76.4%** have at least one chronic condition<sup>12</sup>

**51.4%** have two or more chronic conditions<sup>13</sup>

## THE COST MULTIPLIER

The proportion of employer healthcare spend driven by chronic disease also increases with the number of comorbid conditions.



Individuals with one chronic condition accounted for **16.8% of private insurance costs**.<sup>14</sup>



Individuals with 4 or more chronic conditions accounted for **43.4% of private insurance costs**.<sup>15</sup>



An estimated **\$900 billion** is lost per year due to lost productivity from chronic disease.<sup>16</sup>

Metabolic dysfunction is not just a clinical issue. It is a cost multiplier. Left unaddressed, it drives risk concentration, accelerates multi-morbidity, and fuels long-term trend growth.

## ADDRESSING THE ROOT CAUSE

For many organizations, the domino effect is already in motion. [Noom Health's Metabolic Suite](#) helps employers intervene before the cascade with behavior change, medication, and clinical care integrated into a single platform that addresses the root drivers of chronic disease to protect population health and control long-term costs.

## PARTNER WITH NOOM HEALTH TODAY

Scan the QR code to learn more about Noom Health, or, email [enterprisesales@noom.com](mailto:enterprisesales@noom.com)



1 <https://pmc.ncbi.nlm.nih.gov/articles/PMC10475326/>  
 2 <https://www.nhlbi.nih.gov/health/metabolic-syndrome/causes>  
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 16 <https://www.fightchronicdisease.org/post/new-report-chronic-disease-could-cost-the-u-s-47-trillion-over-next-15-years>