

OBESITY FAST FACTS

Obesity is a rising global epidemic that puts a strain on healthcare services, government and individuals worldwide.^{1,2,3,4} Urgent change is needed to ensure wider recognition of obesity as a complex chronic condition which requires a whole-systems approach to care.

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health.⁵

PREVALENCE

Approximately

650 Million
people have obesity.⁵

1.9 Billion
people worldwide are overweight.⁵

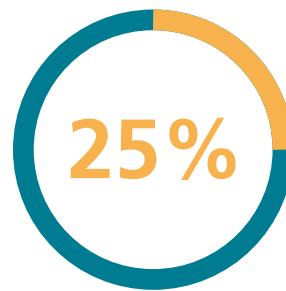
Global obesity prevalence

(adults aged 18+ years with Body Mass Index [BMI] ≥ 30 kg/m²)⁶

Women = 14.9%

Men = 10.8%

The overall proportion of overweight adults (BMI ≥ 25 kg/m²) has surpassed the proportion in the low BMI category (<20kg/m²)⁶



One quarter

of people in OECD countries live with obesity; **half of people** in OECD countries are overweight.⁷



- The prevalence of obesity has tripled since 1975.⁵
- 70-80% of BMI is due to hereditary factors.⁸

Obesity is exacerbated by factors such as:⁹

- Increasing urbanization.
- Easy availability / increased intake of cheap, energy-dense processed foods.
- A decrease in physical activity levels due to the sedentary nature of work.

COMPLICATIONS



- **200+** complications are associated with obesity, including type 2 diabetes, heart or cardiovascular disease, cancer, arthritis, infertility, urinary incontinence, depression and anxiety.¹⁰
- **92M** lives will be claimed in OECD countries in the next three decades due to the complications of being overweight.⁸
- **3 years:** estimated reduction in life expectancy by 2050 due to diseases related to obesity and being overweight.⁸

COST



Up to \$2 Trillion /
2.8% Global GDP:

estimated global impact of obesity.
Similar to the global impact of smoking
or armed violence, war and terrorism.¹¹

PRODUCTIVITY

3.1 days:



average additional days of
absenteeism for people living with obesity
(compared to those with a normal weight).¹²

WEIGHT LOSS

Feedback mechanisms
within the body

prevent people with obesity
losing and maintaining
weight loss.¹³



TREATMENT

Pharmacotherapy and
/or bariatric surgery,

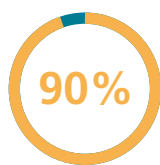


in combination with diet and exercise
can help patients achieve clinically relevant
weight loss and prevent weight regain.^{14,15,16,17}

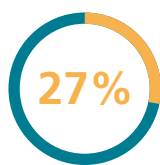
STIGMA

55% of HCPs say biases and misconceptions
impede how patients with obesity are
diagnosed and cared for.¹⁸

Students with obesity are subject to judgement by teachers which
negatively impacts their education and education opportunities:



of teachers felt children
with obesity lacked
self-control.¹⁹



were reluctant
to care for or
teach them.¹⁹

EDUCATION



Most GPs

receive none or less than
48 hours of training on
obesity during their entire
medical education.²⁰

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