

OBEESITY: THE HARD FACTS

Obesity is a chronic, relapsing, and life-long disease which needs to be approached in the same way as other chronic diseases¹. It is therefore imperative that policies which consider not only primary prevention, but also treatment and management along the life-course are targeted as an area for immediate action and priority for research and innovation at European level.

OBEESITY IS ONE OF THE LEADING CAUSES OF DEATH AND DISABILITY WORLDWIDE²

23%

of adults were estimated to have **obesity** and **36% pre-obesity** in the European Union in 2016¹

Obesity is the

4th

highest independent **cause of premature mortality**³

10-13%

of deaths in different parts of Europe are linked to **obesity**²

~7%

of the **national budgets across the EU** is spent on non-communicable diseases associated with **obesity** every year¹

8.4%

of OECD countries **health budget is expected to be spent on obesity and related diseases** from 2020-2050 if obesity prevalence continues at the current rate³

Pre-obesity (overweight) and obesity are medical conditions marked by an abnormal and/or excessive accumulation of body fat that presents a risk to health. Obesity is a chronic relapsing disease, which in turn acts as a gateway to a range of other non-communicable diseases¹, such as:



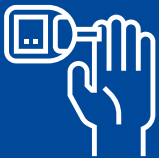
Diabetes

Cardiovascular diseases



Cancer

By approaching obesity in the same way as other non-communicable diseases, we could prevent over 230 complications of obesity and specifically other major NCDs², including up to:



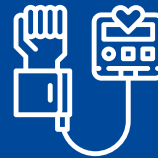
80%

of type 2 diabetes



35%

of ischaemic heart disease



55%

of hypertensive disease among adults



20%

of adult cancers - including cancers of the colon, rectum, breast, endometrium, liver, kidney

In order to achieve the best possible outcomes for people living with pre-obesity and obesity we must work together to look past primary prevention, and instead consider the knock-on effects that good management and treatment could have for those currently living with obesity and prevention of complications.

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¹European Commission. Knowledge for policy: Health Promotion and Disease Prevention Knowledge Gateway. [online] Available at: https://knowledge4policy.ec.europa.eu/health-promotion-knowledge-gateway/obesity_en [Accessed 2 Aug. 2021].

²Frühbeck, G., Toplak, H., Woodward, E., Yumuk, V., Maislos, M. and Oppert, J.-M. (2013). Obesity: The Gateway to Ill Health - an EASO Position Statement on a Rising Public Health, Clinical and Scientific Challenge in Europe. Obesity Facts, 6(2), pp.117-120.

³Organisation for Economic Co-operation and Development (OECD) (2019). The Heavy Burden of Obesity. Health Policy Studies. [online] Available at: <https://www.oecd.org/health/the-heavy-burden-of-obesity-67450d67-en.htm> [Accessed 2 Aug. 2021]