

The Science of Obesity Fact sheet



Obesity is a chronic disease¹

Worldwide, obesity kills almost 3 million people each year¹

Over 30% of Australians are living with obesity right now²

Every year another 189,333 australians develop obesity³

5.8 Million australian adults now have this disease²

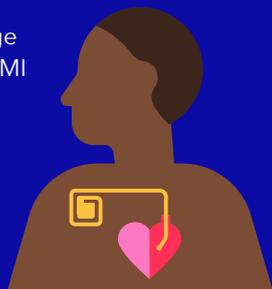
Obesity has negative effects on your health

Having obesity is one of the leading risk factors for ill health in Australia.¹
Your physical health, mental health, quality of life and social wellbeing can all be effected.¹

Physical illness³

Obesity is a risk factor for a range of other diseases. People with BMI 35+ can experience:

- Painful back, knees and hips limiting mobility and activity
- Obstructive sleep apnoea
- Type 2 diabetes



Psychological illness¹⁰

Increased rates of depression, anxiety and low self-esteem are all associated with obesity. This can lead people with obesity using food as a coping mechanism.



Reduced quality of life¹⁰

Obesity affects your quality of life, particularly the physical aspects of quality of life.



Negative impact on social wellbeing¹⁰

Stigma and discrimination are common experiences for people living with obesity. Stigma can reinforce obesity over time.

Busting myths about obesity

There are many reasons for the causes of obesity, which might surprise you.



Your obesity **is NOT** simply caused by poor personal choices.⁵



Your weight loss **is NOT** simply eating less and moving more.⁶



Your obesity **is NOT** caused by a lack of effort and will-power.⁷



Your obesity **is NOT** something you need to manage alone.⁸

Obesity treatment options

Lifestyle

Diet and exercise are a vital to sustained weightloss.

Expected weight loss in one year:

3.2%

of your total body weight ⁴

Pharmacotherapy

Prescription medication may be a useful approach for managing obesity.

Expected weight loss in one year:

2.9% to 5.4%

of your total body weight ^{10,12}

Weight Loss Surgery

Weight loss (bariatric) surgery works by increasing your sense of fullness after eating.

Expected weight loss in one year:

20% to 33%

of your total body weight ¹²

Your GP can help

Start a conversation about your treatment options. Based on real science, for real change.



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