Obesity is a chronic disease

Worldwide, obesity kills almost 3 million people each year

Over 30% of Australians are living with obesity right now

Every year another 189,333 Australians develop obesity

5.8 Million Australian adults now have this disease

Obesity has negative effects on your health

Having obesity is one of the leading risk factors for ill health in Australia.

Your physical health, mental health, quality of life and social wellbeing can all be affected.

Physical illness

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 illness

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 life

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

Negative impact on social wellbeing

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.

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

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

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

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### 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

**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

**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

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**Your GP can help**

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

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