

THE IMPACTS OF OBESITY BEYOND HEALTH

What are the consequences of obesity **beyond** health?

ECONOMIC BURDEN

Obesity is associated significant increases in direct and indirect costs.¹ Direct costs in medical care include inpatient/outpatient care and drug prescriptions and account for 20% of all annual health care spending in the US.² Indirect costs include transportation to healthcare providers, with wider societal costs being associated with early mortality and morbidity.³ The mean total lifetime cost of a child or adolescent with obesity is estimated to be £127,500.⁴

STIGMATISATION & DISCRIMINATION

Individuals with obesity have been found to receive an increase in stigmatising attitudes from peers, family, friends and health care professionals.⁵ These stigmatising attitudes include weight-based teasing, bullying and victimisation.⁶ Among a sample of adolescents with obesity, 71% indicated experiencing weight-based victimisation (e.g., teasing) at school.¹² These attitudes increase individuals internalised experiences, decreasing their quality of life.⁷

LOSS OF PRODUCTIVITY

Obesity has been identified as having an impact of productivity levels.⁸ Individuals with obesity present higher rates of absenteeism and presenteeism; the combined costs being £3900 for overweight and from £4525 to £6436 for obesity classes I–III.⁸ Additional influences on productivity contributing to high indirect costs including disability, premature mortality and worker compensation.^{9 10}

EDUCATIONAL IMPACTS

Obesity has been found to have a significant influence on educational outcomes.¹² It has been reported that obesity has a negative impact on academic achievement, social exclusion, behavioural problems and lower graduation expectations.^{13 14}

ENVIRONMENTAL IMPACTS

Obesity has been identified as having a major effect on global warming. It is estimated that obesity results in a 20% greater greenhouse gas emissions relative to healthy weight individuals.¹¹

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