

IMPACT OF OBESITY

What are some of the **PHYSICAL** consequences for adults living with obesity?

CARDIOVASCULAR DISEASE

Obesity can increase the risk of cardiovascular complications including high blood pressure, cholesterol and heart attacks.¹

TYPE II DIABETES

The body can become resistant to insulin leading to higher blood sugar levels, increasing type II diabetes risk.²

JOINT PAIN

Being obese/overweight can add pressure on the body's joints, weakening them, causing pain and stiffness, leading to disability and joint-related problems.³

LIVER DISEASE

Obesity can lead to excess fat being deposited and building up around the liver. This can lead to liver disease and even liver failure.⁴

INCREASED RISK OF CANCER

Obesity is linked with an increase in the risk of developing liver, pancreatic, colon and kidney cancers.⁵

PREMATURE DEATH

As a result of all these complications, including coronary heart disease, stroke, cancers and respiratory diseases, being obese can lead to premature death.¹

MUSCULOSKELETAL PROBLEMS

Obesity can lead to a decrease in the body's muscle mass and bone density, increasing the risk of musculoskeletal problems, including severe back pain and increasing fracture risk.⁵

IMPACT OF OBESITY FOR CHILDREN

What are some of the **PHYSICAL** consequences for children living with obesity?

SKIN INFECTIONS

Obesity in childhood can lead to skin infections and diseases caused by skin folds and excess sweat and friction.⁷

FATIGUE

Extra weight can increase the risk of fatigue and decrease energy levels, placing the body under excessive strain.⁹

BREATHING PROBLEMS

Obesity can lead to breathing difficulties due to extra fat on the neck, chest and abdomen area, placing increased pressure on the lungs.⁶

EARLIER PUBERTY

Children living with obesity are likely to experience an early onset of puberty due to changes in the bodies hormones and physiological responses.⁸

SLEEPING PROBLEMS

Obesity in children can lead to sleep disturbances increasing the risk of insomnia. Obesity can also decrease the size of the airways resulting in sleep apnea.⁶

BONE & JOINT PROBLEMS

Excessive weight during childhood years can have a significant impact on the health and development of joints, bones and muscles. This increase in weight can lead to damage of the growth plates.⁶

INCREASED RISK OF ADULTHOOD OBESITY

Childhood obesity has been significantly associated with an increased risk of obesity during adulthood and later life disability. Adult obesity is then linked with several additional consequences and health-related problems.⁶

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