

IMPACT OF OBESITY

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

POOR QUALITY OF LIFE

Obesity can negatively impact an individual's QOL. Obesity has been associated with an increased risk of poorer perceived health.⁶

ANXIETY

The most common anxiety disorder amongst adults living with obesity is social anxiety, found in 9% of individuals.⁷

EATING DISORDERS

Disordered eating behaviours such as binge-eating disorder and night eating syndrome are commonly reported among adults living with obesity.²

SOCIAL ISOLATION

Living with obesity can have a significant effect on an individual's social life and competence leaving them to feel isolated and vulnerable.⁵

DEPRESSION

Adults living with obesity are at a higher risk of either current or lifetime depression than their healthy weight counterparts.² Obese adults are 33% more likely to experience depression.⁶

REDUCED SELF-ESTEEM

Adults living with obesity are more likely to be dissatisfied with their body shape. Living with obesity has been found to significantly reduce self-esteem.⁵

DISCRIMINATION & STIGMATISATION

Adults living with obesity are frequently subjected to discrimination in numerous settings including educational, employment and even health care settings.⁷ Adults living with obesity have reported being discriminated against through education, income, the chance of marriage and employment.²

IMPACT OF OBESITY FOR CHILDREN

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

POOR QUALITY OF LIFE

Obesity in childhood has been consistently associated with poorer health-related QOL when compared to healthy weight children.¹

ANXIETY

Many children with obesity suffer heavily from anxiety due to decreased self-esteem and problems with body image.¹

DEPRESSION

Compared to healthy weight children, children living with obesity are found to be significantly more likely to experience depression.¹

BODY DISSATISFACTION

Children living with obesity are likely to experience higher rates of body dissatisfaction, often impacting other life domains.²

REDUCED SELF-ESTEEM

Children with obesity demonstrate significantly lower self-esteem than healthy weight peers. Obese children also display lower perceived self-worth.¹

EMOTIONAL & BEHAVIOURAL DISORDERS

Children living with obesity are twice as likely to have an ADHD diagnosis than their healthy weight peers.³

DISCRIMINATION & STIGMATISATION

Children living with obesity between the ages of 6 and 13 years are 4-8 times more likely to be teased and bullied than their healthy weight peers. Between a quarter and a third of teenagers **report** being teased for weight related reasons.⁵

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