



FAST FACTS



Obesity-Related Chronic Diseases

OBESITY is a complex chronic disease in which abnormal or excessive accumulation of body fat impairs health. Adult obesity rates have more than doubled since the 1980s — in the U.S. today, obesity affects over 1 in 3 adults and almost 1 in 5 youth.¹ Obesity and its related complications are major drivers of rising healthcare costs, diminished health-related quality of life, and the recent decline in U.S. life expectancy. This fact sheet is part of a series designed to provide basic information about the science of obesity and current strategies to address it.

What Chronic Diseases are Associated with Obesity?

KEY TAKEAWAYS

- Obesity is the leading risk factor for type-2 diabetes and osteoarthritis.
- Obesity is a major risk factor for heart disease and hypertension.
- Obesity is causally linked to 13 different cancers.
- 5 to 10% reductions in body weight can decrease chronic disease risk among persons with obesity.

LEARN MORE

Osteoarthritis
Obesity-Related Cancers
Cancer in Young Adults



DIABETES

- Overweight and obesity increase risks of type-2 diabetes and gestational diabetes.²
- Research has shown that losing weight can significantly reduce the risk of developing type 2 diabetes.
 - A 5-7% weight loss together with moderate levels of physical activity (e.g. walking 30 minutes a day, 5 days a week) decreased the number of new type 2 diabetes cases by 58% among people at risk for diabetes^{3,4}



HEART DISEASE

- Over 80% of patients with coronary heart disease (CHD) have overweight or obesity. Although obesity is sometimes considered a minor CHD risk factor, weight loss can reduce major risk factors like high blood pressure (hypertension), insulin resistance, diabetes mellitus, and dyslipidemia.⁵
 - Obesity increases the risk for hypertension, which damages arteries in the heart, brain, kidneys, and eyes⁶
 - If average BMI is reduced by 5 percent by 2030, over 5 million Americans could be spared from developing obesity-related hypertension⁷



CANCER

- Obesity-related cancers include endometrial, esophageal adenocarcinoma, gastric cardia, liver, kidney, multiple myeloma, meningioma, pancreatic, colorectal, gallbladder, breast, ovarian and thyroid cancers.⁸
- According to the CDC, approximately 55% of cancer diagnoses for women and 24% of cancer diagnoses for men are associated with overweight and obesity.⁹
- In 2014, the American Cancer Society calculated that 123,350 new cancer cases were associated with excess body weight in the United States.¹⁰

Approximately 1 in 4 women and 1 in 8 men gain 44 pounds or more between the ages of 18 and 55 years. New research suggests that preventing excessive weight gain during this period may be a promising target for intervention.

Weight gain \geq 44 pounds during early to middle adulthood significantly **increases chronic disease risk**



STROKE

- Obesity is associated with cardiometabolic conditions that increase individual long-term risk of heart disease and stroke, including:^{7,11}
 - high blood pressure
 - high levels of harmful blood fats (triglycerides)
 - high levels of “bad cholesterol” (low-density lipoprotein, LDL)
 - low levels of “good cholesterol” (high-density lipoprotein, HDL)



OSTEOARTHRITIS

- Obesity is a major risk factor for development of osteoarthritis (OA), particularly of the knee.
 - Three-quarters of people with OA have overweight or obesity¹²
 - Adults with obesity are up to four times more likely to develop OA of the knee than adults without obesity¹³

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