



# Obesity and cardiovascular risks

## What's the impact of obesity?

**1.5 billion people** could be living with obesity in 2030, who could be at risk of cardiovascular disease<sup>1</sup>

523m

people globally had CVD in 2019. That's almost twice the number of cases in 1990.<sup>2</sup>

85%

Obesity increases the risk of developing cardiovascular disease by 85%.<sup>3</sup>

250%

The rate of obesity-related cardiovascular deaths increased by 250% from 1999 to 2020.<sup>4</sup>

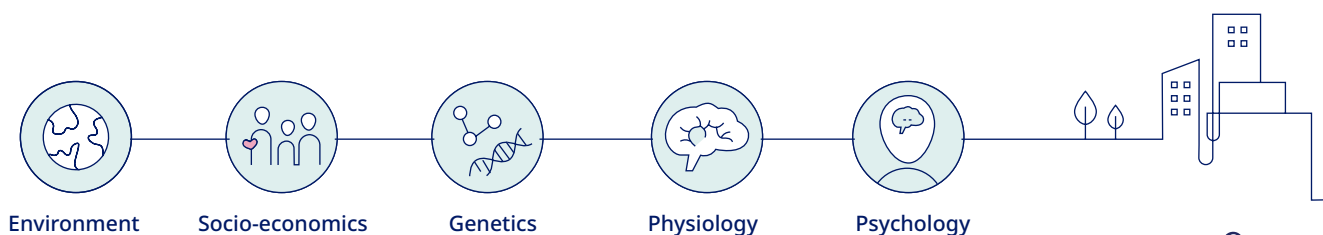
**14% of adults** worldwide live with obesity and **38% have overweight in 2020.**<sup>5</sup>

- It is a chronic disease that requires **long-term management**<sup>6</sup>
- Despite this, obesity remains **underdiagnosed** and **undertreated**<sup>7</sup>



## What influences obesity as a disease?

The causes of obesity are multifactorial: environment, socio-economics, genetics, physiology, and psychology all play a role. Many of these factors are outside of an individual's control.<sup>8</sup>



## What complications are related to obesity?

Obesity is much more than just excess weight. It is associated with over **200 complications**, affecting an individual's health and various organ systems.<sup>9</sup>

Obesity-related cardiovascular disease (CVD) complications include<sup>10</sup>:



Heart failure



Hypertension

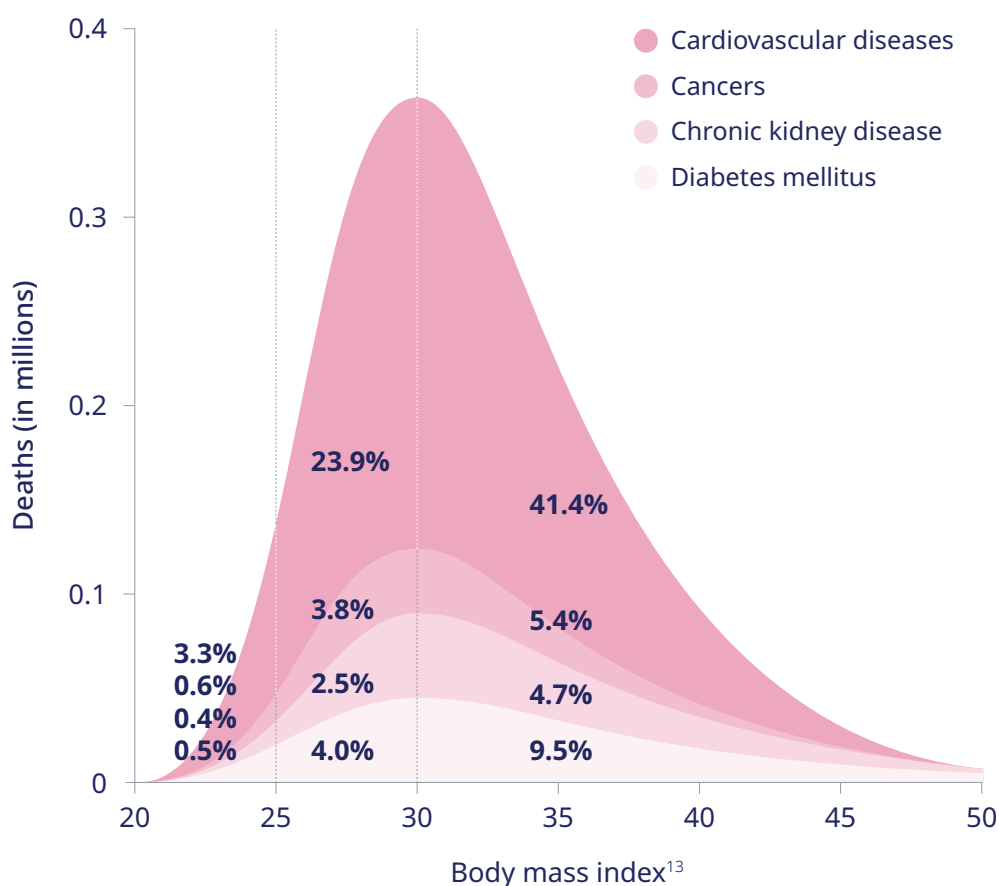


Dyslipidaemia

## What is the association of CVD with obesity?

People living with obesity had twice the incidence of hypertension (72.9%) compared with those of normal weight 34.3%).<sup>11</sup>

With higher BMI, the risk of hypertension increases, even among individuals within the 'normal' and mildly 'overweight' BMI range.<sup>12</sup>



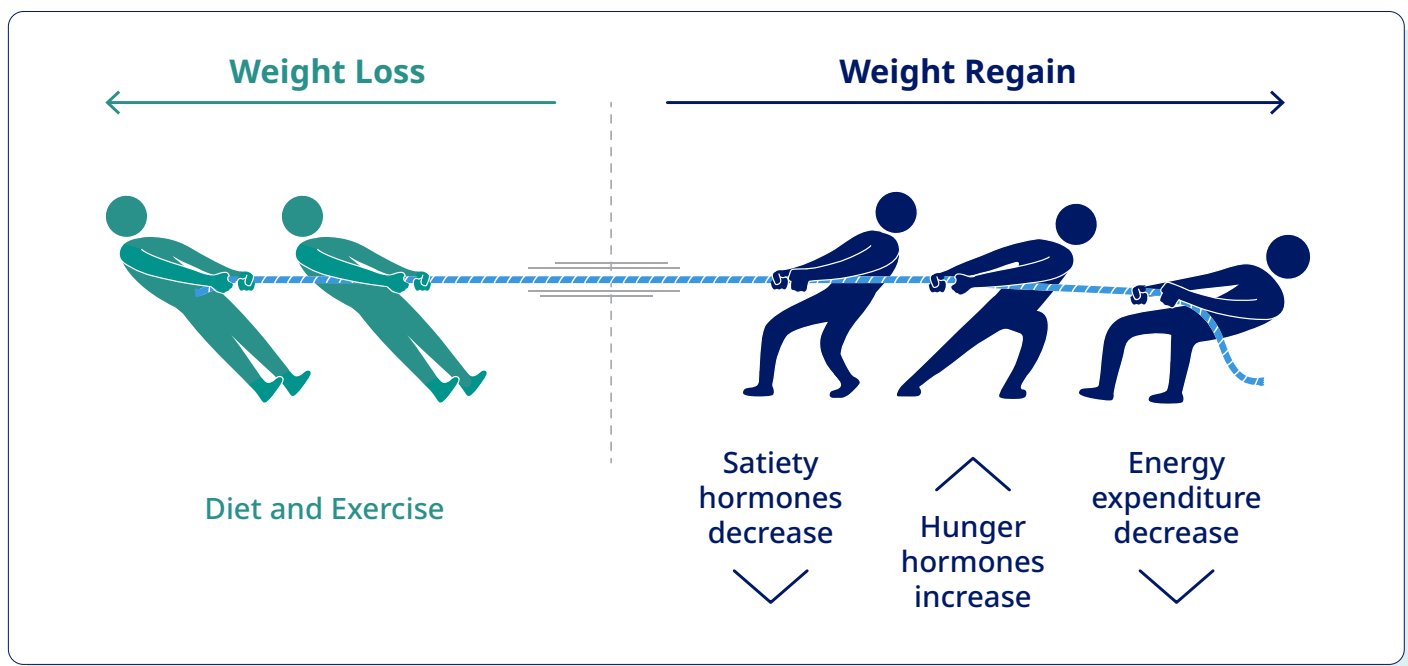
Studies have shown that people in the upper BMI range were more likely to suffer vascular diseases and/or heart failure, resulting in higher mortality rates and **life expectancy seems to decrease up to ten years**.<sup>14</sup>

For every 5 kg/m<sup>2</sup> BMI increment above the range of 22.5 to 25 kg/m<sup>2</sup>, there is a **30% increase** in overall mortality.<sup>14</sup>

- By managing overweight and obesity with a personalized treatment approach, you may help patients reduce their risk of CVD such as developing hypertension.<sup>12,15</sup>

## Losing weight and keeping it off is hard because biology drives regain<sup>16,17</sup>

Despite patients' best efforts, hormonal changes can prevent long-term weight loss.



### Why treat obesity?

- The World Obesity Federation predicts that 1.5 billion people globally, including 1 of 4 for men and women, will be living with obesity by 2035.<sup>1</sup> This highlights the impact and prevalence that this disease will have in the near future
- Obesity is associated with over 200 complications.<sup>9</sup> It increases the risk of mortality by as much as 140%,<sup>18</sup> and weight loss can result in substantial reductions in all-cause mortality<sup>19</sup>
- Weight loss is associated with improvements in physical function and health-related quality of life<sup>15</sup>

### Guidance obesity management

- **Lifestyle therapy**  
Find more information on medical nutrition therapy [here](#) and physical activity in obesity management [here](#)<sup>20,21,22</sup>
- **Pharmacotherapy**  
Find more information on pharmacotherapy for obesity management [here](#)<sup>21,22,23</sup>
- **Bariatric surgery**  
Find more information on bariatric surgery-[surgical options and outcomes in obesity management](#)<sup>21,22,24</sup>

# You can make a difference

INITIATE

DIAGNOSE

DISCUSS

TREAT

FOLLOW UP

For more information on obesity and resources, please visit [RethinkObesity.Global](https://RethinkObesity.Global).

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