ADULT OBESITY IN AUSTRALIA
A qualitative look at key epidemiological associations

PREVALENCE

NOW

18-24

BMI 18.5 - 24.9

OVERWEIGHT

25.0 - 29.9

OBESE CLASS I

30.0 - 34.9

OBESE CLASS II

35.0 - 39.9

OBESE CLASS III

40+

CO-MORBIDITIES
Overweight and obesity are associated with the incidence of multiple co-morbidities, including cardiovascular disease, type 2 diabetes, dyslipidaemia, stroke, and certain cancers.

RISK FACTORS

ENVIRONMENT

Socio-political

Genetics

Epigenetics

Diet

STRESS

Lifestyle

Physical activity

BMI

Maintaining healthy weight

Medical intervention

Direct and indirect costs are associated with increased BMI. People with obesity have shown to be over 100% higher than obesity class II and III, with a BMI ≥35 kg/m² risk is increased 93-fold compared with a BMI of 18-22 kg/m².

MORBIDITIES

Type 2 diabetes

Dyslipidaemia

Stroke

Cancer

Cardiovascular disease

Mortality

Increased risk for colon cancer, breast cancer, endometrial cancer and kidney cancer (postmenopausal), oesophageal cancer, and lung cancer.

Quality of life

Life reduced twice as high as those who are not obese. Depression in obese people was almost 147% increase.

Medical intervention

Pharmaceuticals

Other costs associated with government subsidies

OBESE CLASS II

35 - 39.9

OBESE CLASS III

40+

COST

DIRECT

INDIRECT

TAKING NO FURTHER ACTION

If no further action is taken to reduce obesity levels in Australia, it is estimated that the adult obese population will increase to 24.9 million by 2025, a year-on-year growth of 147%.

2.4 MILLION MORE PEOPLE WITH OBESITY

$87.7 BILLION

An additional $87.7 billion dollars will be spent on health care programs due to obesity.

INCREASE

147%

PEOPLE WITH OBESITY

2011-2012

2025

Increased direct and indirect cost due to obesity.

Drivers of Obesity

Genetics

Epigenetics

Socio-political

Lifestyle

Stress

Diet

Systems Approach

A multi-system approach that promotes healthy behavior and physiology.

COST

DIRECT

INDIRECT

Adding value to the cost of obesity is a year-on-year growth of 3.2% from 2011-2012, which would translate to 2025.

PEOPLE WITH OBESITY

2011-2012

2025

INCREASE

147%

Additional cost associated with medical intervention.

Early intervention

Weight loss management program

GP standard care program

Prevention

Early education

Parenting through obesity

Maintaining healthy weight

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2025

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