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## Health Consequences of Obesity

- There are 300,000 deaths per year from obesity
- Obesity has passed smoking as the number one preventable cause of death
- The healthcare cost of treating medical conditions related to obesity is over \$100 billion dollars a year
- Gaining weight increases the risks of high blood pressure, diabetes, high cholesterol, heart attack, heart failure, stroke, gallbladder disease, arthritis, sleep apnea, asthma, cancer of the uterus, breast, prostate and colon, menstrual irregularities, infertility, excessive hair growth, leaking urine, and depression
- Obese people double their risk of death from these conditions
- Losing 10 pounds has the same effect on blood pressure as taking typical drug therapy
- Heart attack risk triples with obesity
- The risk of stroke doubles with obesity
- Obesity doubles the risk of colon cancer
- A gain of more than 20 pounds from age 18 to midlife doubles a woman's risk of cancer
- Risk of uterine cancer is three times higher in obese women
- Losing fifteen pounds allowed 85% of infertile obese women to become pregnant
- More than a third of obese people are clinically depressed
- Losing 10 pounds can decrease the risk of arthritis by 50%
- Obesity in the area of the trunk is associated with the highest health risks