

# Action Now: Investing in Your Obesity Care Today



## Obesity

is not just extra pounds

It is a chronic disease that can harm your body and shorten your life<sup>1-3</sup>



### Shorter lifespan

Obesity can shorten life by **4 to 9 years**<sup>4</sup>



### Early weight gain, long-term health risks

Kids with obesity are **more likely to have obesity as adults** and develop diabetes or heart disease<sup>5-7</sup>



### Increased health risks for some women

Post-menopausal women with obesity face **higher cardiovascular risk** vs. pre-menopausal women<sup>8</sup>

## Taking action may help keep your body healthy<sup>9-16</sup>



Joints



Liver



Heart



Reproductive system



Pancreas



Brain



Airways

## ACT NOW: Health Outcomes Improve with Weight Reduction

### Management strategies



Ask for support from your medical team, family and friends<sup>17,18</sup>



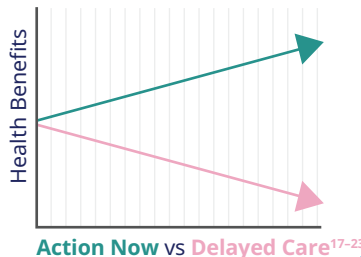
Healthy lifestyle (diet and physical activity)<sup>17,18</sup>



Consider medication<sup>\*17,18</sup>



Consider metabolic surgery<sup>\*17,18</sup>



Invest in your health: talk to your doctor today



Treat obesity together



Improve health<sup>17,18</sup>

**The best time to start was yesterday.  
The second-best time is today.**

\*if appropriate.

### References

1. World Health Organization. Obesity. [https://www.who.int/health-topics/obesity#tab=tab\\_1](https://www.who.int/health-topics/obesity#tab=tab_1); 2. Rubino F et al. Lancet Diabetes Endocrinol. 2025; doi.org/10.1016/S2213-8587(24)00316-4; 3. National Institutes of Health: National Heart, Lung and Blood Institute. What are Overweight and Obesity? <https://www.nhlbi.nih.gov/health/overweight-and-obesity> Accessed: Nov 2025; 4. Bhaskaran K et al. Lancet Diabetes Endocrinol. 2018;6(12):944-953; 5. Freedman et al. J Pediatr 2007; 150(1): 12-17 e12; 6. Twig et al. N Engl J Med. 2016;374:2430-40; 7. Bjerregaard et al. N Engl J Med. 2018;378:1302-12; 8. El Khoudary SR, et al. Circulation. 2020;142:e506-e532; 9. Vilar-Gomez. Gastroenterology. 2015;149:367-378; 10. Faulconbridge et al. Obesity (Silver Spring). 2009;17:1009-16; 11. Wing et al. Diabetes Care. 2011;34:1481-6; 12. Tuomilehto et al. Am J Respir Crit Care Med. 2009;179:320-7; 13. Christensen et al. Osteoarthritis Cartilage. 2005;13:20-7; 14. Burke GL et al. Arch Intern Med. 2008;168:928-35; 15. Ayer J et al. Eur Heart J. 2015;36:1371-6; 16. Gill L et al. J Womens Health (Larchmt). 2021;30:1016-1027; 17. Jensen et al. J Am Coll Cardiol. 2014;63:2985-3023; 18. Garvey et al. Endocr Pract. 2016;22:842-84; 19. Yao L et al. J Immunol Res. 2014;2014:181450; Fröhbeck et al. Obes Facts. 2019;12:131-136; 20. Jiang Z et al. Am J Physiol Endocrinol Metab. 2023;324:E24-E41; 21. Sanyal AJ. Nat Rev Gastroenterol Hepatol. 2019;16:377-386; 22. Wluka et al. Nat Rev Rheumatol. 2013;9:225-35; 23. Romero-Corral A et al. Chest. 2010;137:711-719.

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