

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 life¹⁻³

Shorter lifespan

Obesity can shorten life by **4 to 9 years**⁴



Early weight gain, long-term health risks

Kids with obesity are **more likely to have obesity as adults** and develop diabetes or heart disease⁵⁻⁷



Increased health risks for some women

Post-menopausal women with obesity face **higher cardiovascular risk** vs. pre-menopausal women⁸



Taking action may help keep your body healthy⁹⁻¹⁶



Joints



Liver



Heart



Reproductive system



Pancreas



Brain



Airways

ACT NOW: Health Outcomes Improve with Weight Reduction

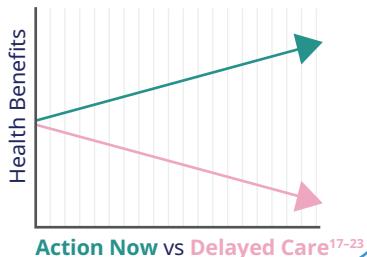
Management strategies

Ask for support from your medical team, family and friends^{17,18}

Consider medication^{*17,18}

Healthy lifestyle (diet and physical activity)^{17,18}

Consider metabolic surgery^{*17,18}



Invest in your health: talk to your doctor today

Treat obesity together

Improve health^{17,18}

**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; 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 Women's 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; Frühbeck 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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Medical Affairs 



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