

Nearly three in 10 adults<sup>1</sup>—more than eight million people<sup>2</sup>—are living with obesity in Canada.



## Put simply: obesity is a chronic disease

Obesity is a serious, chronic medical condition, often characterized by abnormal or excess body fat, that impairs health, increases the risk of long-term medical complications, and decreases lifespan.<sup>3</sup>

### People living with obesity suffer health consequences

About one in 10 premature deaths among Canadian adults aged 20-64 is directly attributed to obesity.<sup>4</sup>

Obesity is a leading cause of type 2 diabetes, high blood pressure, heart disease, stroke, arthritis, cancer and other significant health problems.<sup>4</sup>

### People living with obesity experience stigma

Obesity is associated with a significant mental health burden—including issues related to mood, self-esteem, quality of life and body image.<sup>5</sup> Stigma and weight discrimination are added burdens to an individual's health and can be a barrier to weight management.<sup>6</sup>

### Obesity has many causes

Its many factors include, environment, genes, emotional health, lack of sleep, medical problems, and even some medications.<sup>7</sup>

There is no one solution for effective obesity care, and the same approach may not work for everyone.



*It's time to shift the obesity conversation away from blame and shame, to honesty and care. The fact is, obesity is a difficult disease to manage, with complex causes. But with the right support, people who suffer from obesity can regain their health. Speak to your healthcare provider about the best approach for you.*