

## Health System Impacts of Obesity

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Table 1:  
Health Risks Associated with Obesity 

### Obesity is Associated with an Increased Risk of:

- Premature death
- Type 2 diabetes
- Heart disease
- High blood cholesterol
- Stroke
- Hypertension
- Gallbladder disease
- Osteoarthritis (degeneration of cartilage and bone in joints)
- Sleep apnea
- Asthma
- Breathing problems
- Increased surgical risk
- Cancer (endometrial, colon, kidney, gallbladder, and post-menopausal breast cancer)
- Complications of pregnancy
- Menstrual irregularities
- Hirsutism (presence of excess body and facial hair)
- Stress incontinence (urine leakage caused by weak pelvic-floor muscles)
- Psychological disorders such as depression
- Psychological difficulties due to social stigmatization

(Adapted from <http://win.niddk.nih.gov/statistics/index.htm>)

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## Other Costs in the Workplace



- + 2 - 3 X the sick days & other measures of absenteeism
- + Up to 3 X likelihood of disability
- + Decreased productivity (presenteeism)
- + Increased group life & disability premiums
- + Decreased morale & cooperation
- + Increased Workers' Compensation claims and costs

Source: Schmier et al, Scand J Work Env Health 2006

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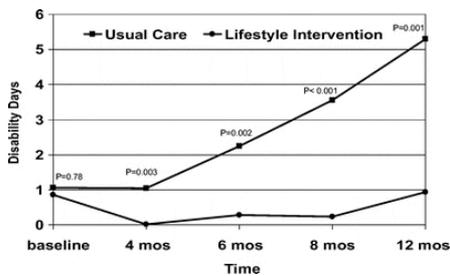
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## Days missed or restricted with 6 Nutritionist Visits per year



source: Wolf et. al., JOEM, Volume 51(2): 139-145 (Feb. 2009)

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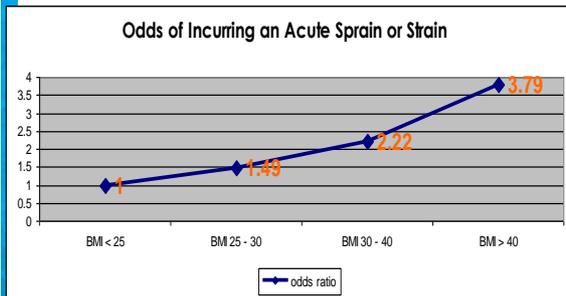
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## Hopkins Analysis of Alcoa



Source: Pollack et al. A J Epi 166(2) 2007

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*“If we could give every individual the right amount of **nourishment** and **exercise**, not too little and not too much, we would have found the safest way to health.”*

Hippocrates, *circa* 370 BC

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