

# THE IMPACT OF OBESITY ON THE INDIVIDUAL

People with obesity experience a lower quality of life. This impacts many aspects of their life, including their ability to contribute to and participate in society and makes it challenging for them to achieve and maintain weight loss on their own.<sup>1,2,3,4</sup>

## QUALITY OF LIFE

People with obesity experience a negative impact on overall QoL, due to:<sup>1,2,5,6,7,8,9,10</sup>



General stigma



Poor self-image



Impaired sexual function



Impaired work



Limited physical ability



Feeling disempowered

## MENTAL HEALTH



- Obesity is associated with a greater risk of experiencing depressive disorders and anxiety.<sup>3</sup>
- The consequences of obesity have a direct impact on the individual's mental health and ability to lose weight.<sup>1,2,3</sup>

## IN EDUCATION



- Children with obesity have lower life satisfaction and are more prone to being bullied by schoolmates. This can lead to lower class participation and reduced educational performance.<sup>11</sup>

**3X more likely** for a child with obesity to be bullied.<sup>11</sup>

- 13% greater likelihood of healthy-weight children reporting good performance at school than children with obesity.<sup>11</sup>



## Students with obesity are subject to judgement by teachers which negatively impacts their education and education opportunities:

**28%** agreed that having obesity is one of the worst things that could happen to a person.<sup>13</sup>

**27%** were reluctant to care for or teach them.<sup>12</sup>

**90%** thought children lack self-control.<sup>12</sup>

## IN THE WORKPLACE



The relationship between childhood obesity and educational outcomes can constrain an individual's earning potential and future socio-economic status.<sup>11</sup>

**People with obesity experience a lower work-related quality of life than people with normal weight due to:**<sup>5,14,15</sup>



Hiring bias



Lower pay

## ATTEMPTS TO LOSE WEIGHT



Feedback mechanisms within the body prevent people with obesity losing and maintaining weight loss.<sup>16,17</sup>



Failed attempts to lose weight in people with obesity can decrease motivation and confidence.<sup>2</sup>



People with obesity who report not receiving a formal diagnosis have a lower chance of reporting weight loss success.<sup>18</sup>

# EXERCISE



- People with obesity are restricted in their ability to exercise due to complications or physical capabilities.<sup>19</sup>
- Children with obesity often do not believe they are capable of exercise however this can be improved through appropriate interventions.<sup>20</sup>

Despite the growing evidence underpinning the need for shared responsibility and whole-system support, obesity is still widely considered to be the responsibility of the individual by governments, healthcare systems and people with obesity.<sup>21,22</sup>

**A different approach is urgently needed; one that recognises that obesity is a complex chronic relapsing disease, for which multidisciplinary, holistic strategies should be prioritised to ensure that effective support is provided to people with obesity.**

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