OBESITY
Impact on health and wellbeing in Wales

Having a higher BMI

is the leading risk factor for living with a long term illness\(^1\)

Over 100,000

cases of type 2 diabetes are estimated to be associated with obesity

Having a musculoskeletal\(^2\) illness is 1.5x more common in those who report to be obese compared to those who do not\(^3\)

Obesity is the second biggest preventable cause of cancer (UK)

More than 1 in 20 cancer cases are caused by excess weight

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\(^1\) High BMI is overweight and obese
\(^2\) MSK condition includes arthritis, rheumatism, fibrositis, back problems, slipped disc, spine, neck or other problems of bones/joints/muscles
\(^3\) National Survey for Wales (16/17)

For more information please refer to The case for action on obesity in Wales 2018.