

OBESITY

Impact on health and wellbeing in Wales

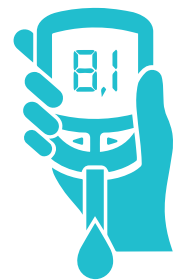


Having a higher BMI

is the **leading risk factor** for living with a long term illness¹

Over 100,000

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



Having a musculoskeletal² illness is

1.5x
more common

in those who report to be obese compared to those who do not³



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

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



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.



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