



The Overweight and Obesity Epidemic

Data, Risks, Costs, and Forecasts

IC

OBESITY

Pregnancy Prevalence



INCIDENTAL AREAS



REGIONAL AREAS



Magnitude of the Global Problem

3x

Increase Since 1975
Obesity has tripled since 1975.

2.5B

Overweight

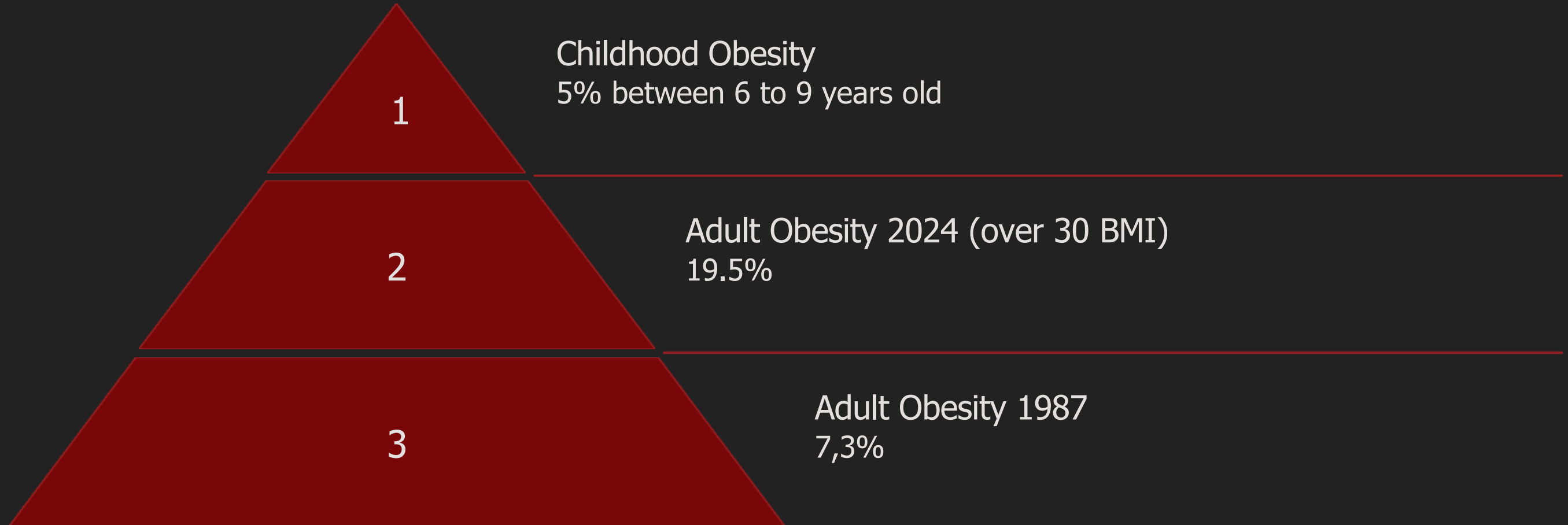
More than 2.5 billion adults are overweight (2022).

890M

Obesity

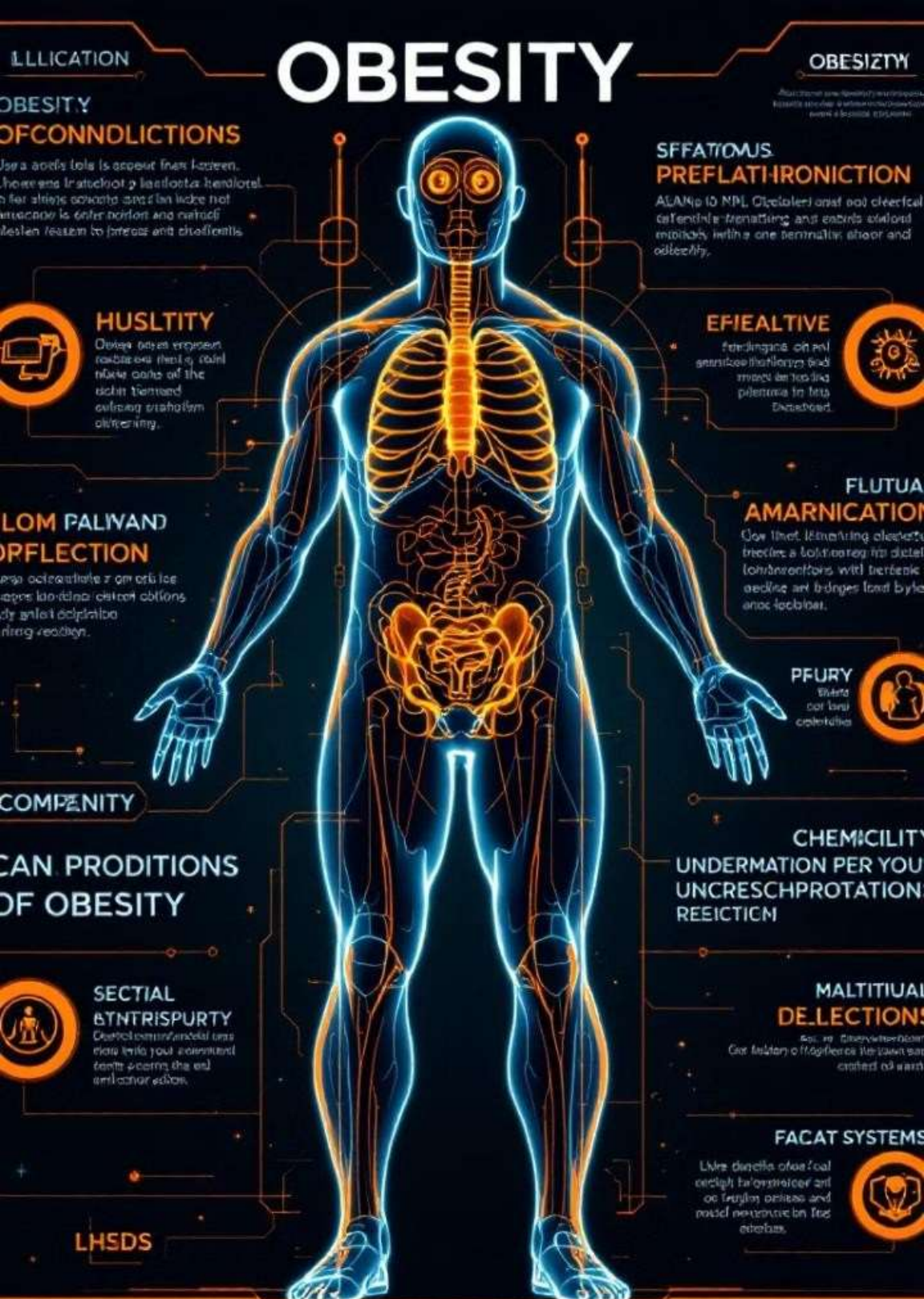
890 million are obese.

Situation in Kenya



Adults: 44.8% of women aged 20-49 years. This includes both overweight (BMI ≥ 25) and obesity (BMI ≥ 30). 19.5% of men aged 20-49 years are overweight or obese.

Children: 3.9% of boys and 4.3% of girls aged 5-9 years are either overweight or obese. A broader estimate suggests that 5% of children between 6 and 9 years old in Kenya may be affected by overweight or obesity.



Risks Associated with Obesity



Cardiovascular Diseases

Hypertension, heart failure.,



Type 2 Diabetes

Direct Link to Obesity.



Cancer

Increases the risk of several types of cancer.



Psychological Issues

Depression and low self-esteem.

Public Health Costs

Spain

Healthcare cost overrun of 115-142 € per year per patient.

Global economic impact: treatments and loss of productivity.

USA

Biden's proposal to fund treatments: 35,000 million USD over 10 years.

Impact on Life Expectancy

1

Reduction in Life Expectancy
2.6 years in overweight adults.

2

Risk of Premature Death

Due to complications.

3

Long-Term Consequences

Public health and healthcare systems.

Future Projections

1

2035

Global: By 2035, it is projected that there will be **1 billion** obese people.

2

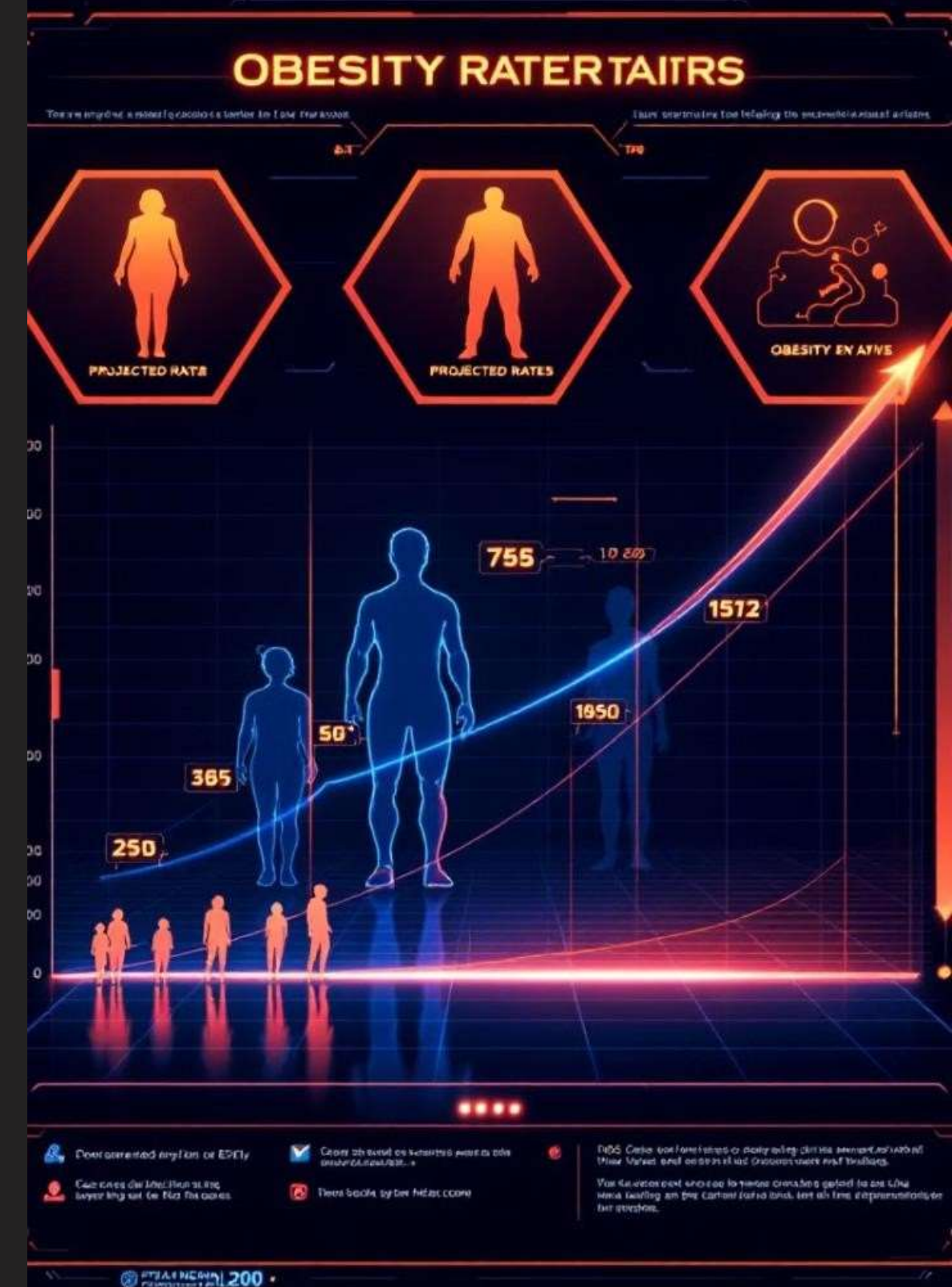
Accelerated Growth

Accelerated growth in children and adolescents..

3

Impact on Healthcare Systems

Increase in medical costs and strain on healthcare systems.



Factors Fueling the Epidemic

Sedentary Lifestyle

Lack of physical activity in daily life.

Unhealthy Diets

High consumption of ultra-processed foods and sugars.

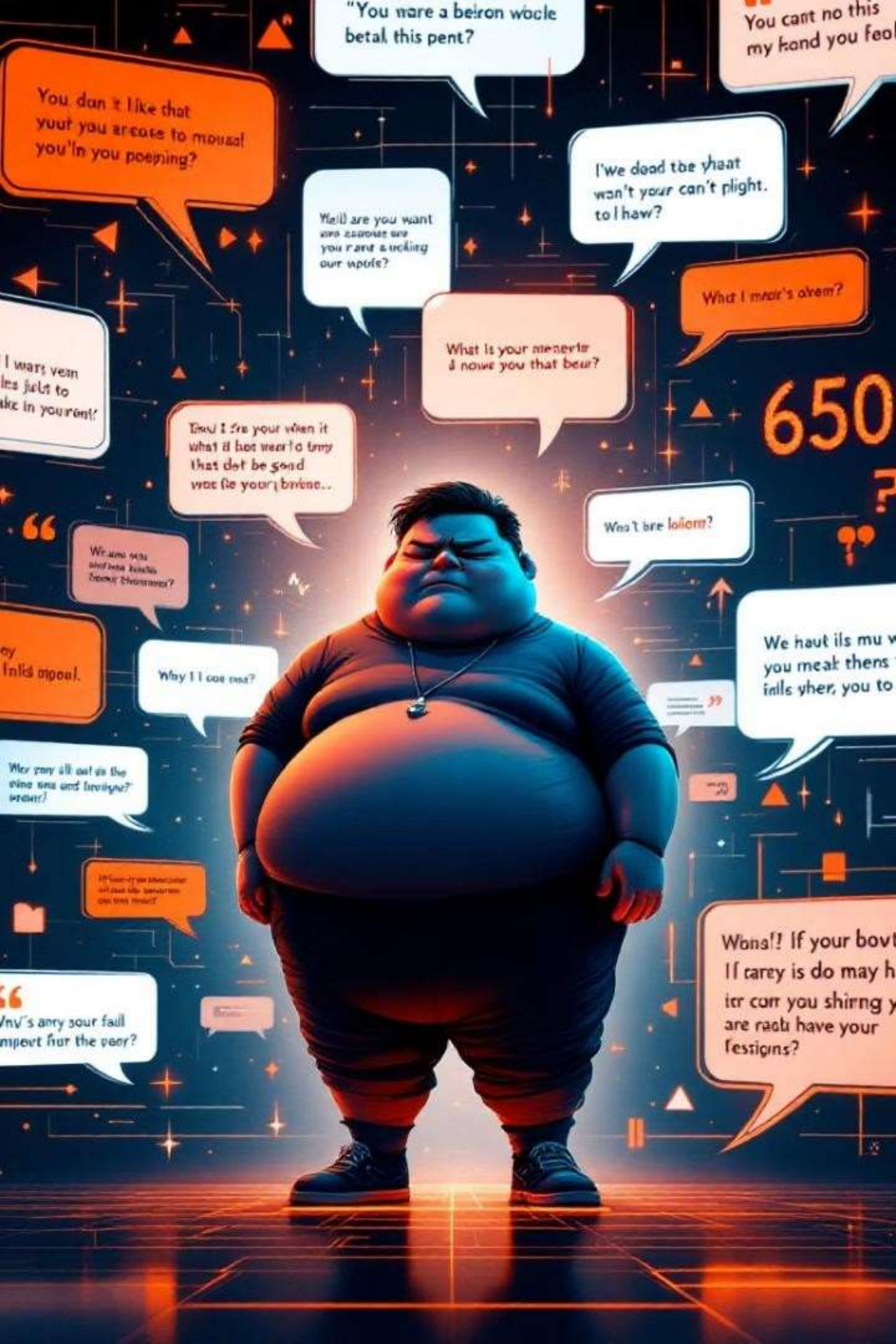
Socioeconomic Factors

Higher incidence in low-income families.

Psychological Factors

Stress, anxiety, and emotional relationship with food...





Social and Psychological Consequences

1

Social Stigma

Isolation, discrimination, and prejudice.

2

Emotional Impact

Low self-esteem, anxiety, and depression.

3

Access Difficulties

Greater difficulty accessing employment and appropriate medical services.



Conclusions and Solutions



Global Epidemic

Obesity is a global epidemic that requires urgent action.



Key Solutions

Promotion of healthy lifestyles (nutrition and exercise).

Equitable Access to Effective and Safe Treatments

Public Health Policies for Prevention and Education.

Final Message: Obesity is not just a personal challenge, but a global issue with economic, social, and health impacts.