**Take it off before it takes you**

**OBESITY FACT SHEET**

**1. WHAT IS OBESITY?**

Obesity is a condition where a person’s weight is high enough to increase the risk of health problems. overweight and obesity affect people of all ages and can lead to serious health conditions.

**2. OBESITY IS A DISEASE**

Obesity is not just a cosmetic issue; it is a disease that has serious health consequences.

**3. INDIVIDUALS ARE NOT TO BLAME FOR THEIR OBESITY**

Obesity is not a personal failure; it is a public health problem.

**4. THE OBESITY CRISIS**

The world is facing an obesity crisis that is becoming more severe.

**5. OBESITY IS A PUBLIC HEALTH ISSUE**

Obesity is a public health issue that affects everyone.

**6. OBESITY IS A DISEASE**

Obesity is a disease that affects people of all ages and can lead to serious health conditions.

**7. WEIGHT STIGMAS ARE DANGEROUS**

Weight stigmas are dangerous and can lead to negative health outcomes.

**8. EAT LESS, MOVE MORE, AND AVOID OBESITY**

Eating less, moving more, and avoiding obesity are important for maintaining a healthy weight.

**9. CHILDHOOD OBESITY AND CAN’T BE PREVENTED AND TREATED**

Childhood obesity cannot be prevented or treated, but it can be managed.

**10. OBESITY IS NOT JUST A DISEASE OF HIGH INCOME COUNTRIES**

Obesity is not just a disease of high-income countries; it affects people around the world.

**11. COVID-19 DEATH RATE IS TEN TIMES HIGHER IN COUNTRIES WHERE 50%+ OF THE POPULATION IS OVERWEIGHT**

The COVID-19 death rate is ten times higher in countries where 50% or more of the population is overweight.

**12. COVID-19 OUTCOME IS WORSE IN COUNTRIES WHERE 50%+ OF THE POPULATION IS OVERWEIGHT**

COVID-19 outcomes are worse in countries where 50% or more of the population is overweight.

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