Obesity and its complications can have a serious impact on health

Obesity must be recognized and treated as a chronic disease to prevent further health complications and reduced life expectancy.

Not only does living with obesity increase the risk of a shorter life span, there are many complications that typically accompany it.[1,2] These complications not only affect those with obesity, but also their caregivers and family.

As fat cells accumulate in the body, there is an increase in the levels of hormones they produce, which can affect the body's metabolism. This can cause disruptions to a range of biological processes within the body and lead to a variety of health problems.[3]

Living with obesity can lead to:[4-6]

5–8 times greater risk of type 2 diabetes[4]

2 times greater risk of high blood pressure[4]

2–3 times greater risk of heart disease[4]

1.3 times greater risk of high cholesterol[4]

5 times greater risk of major depression[5]

>17 times greater risk of sleep apnea[6]

2–3 times greater risk of joint disease[4]

The numerous chronic diseases that accompany obesity make it even more important to seek appropriate treatment and begin the journey of weight management.

Did you know?

You don't need to have massive weight loss to experience health benefits

Recent research has demonstrated that even "modest" weight loss of 5–10% body weight has many health benefits and can help you to take part in physical activities that you enjoy more often. Weight loss of 5–10% is a realistic and achievable goal for people living with obesity.[7,8]

In order to increase the chances of success, it is best to reach out to your doctor to help determine an appropriate weight management program, which may include a combination of cognitive behavioural therapy, an exercise program, nutritional support, and medication.

Studies have shown that 5–10% weight loss leads to:[7,8]

58% reduction in the risk of type 2 diabetes[9]

Reduction in heart complications[10]

10% reduction in total cholesterol levels after 10 kg weight loss[11]

Reduced blood pressure[11]

Improved joint disease and pain[11]

30% decrease in sleep apnea symptoms[12]

Improved health-related quality of life in people living with obesity (e.g., mobility and physical functioning such as walking or dressing)[13]

Hear from someone living with obesity

"I was well aware that there were not a lot of heavy people in old folks homes because they die early, and I wasn't interested in dying. I had grandkids I was concerned about, I had a life, a career, a family that I wanted to be a part of."

While there are many conditions that are associated with obesity, the good news is that getting started with weight management can help improve many aspects of your health.

It is clear that the complications of obesity can place a significant burden on people living with obesity, their caregivers, and families.[7,8,14]

See below to find out more about where to look for further guidance!

Want to learn more?

For additional information about complications related to obesity and how they can affect you or someone you care about:

Visit Obesity Canada

Speak with your healthcare professional

Contact your human resources department

We want to hear from you!
Email us at NNCICustomerCare@novonordisk.com to share your ideas and comments.

In the next newsletter, we will review the recommended treatment strategies for the management of obesity.

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