



European **Obesity** day 2015

## **DID YOU KNOW ?**

**Up to 70% of citizens in some EU countries are overweight?**

**75% of obesity sufferers in the EU do not recognise that they are obese?**

**Up to 30 % of citizens in some EU countries are obese?**

**Less than half of European citizens recognise obesity is a disease?**

**Obesity shortens life expectancy by an equivalent amount to smoking?**

**20% of Europeans take no action of any kind to manage their weight?**

**Obesity is serious factor in certain cancers, including breast, colorectal, endometrial, kidney, oesophageal and pancreatic cancers?**

**Studies show low effectiveness of lifestyle change as a treatment for severely obese patients?**

**Obesity increases risk of cardiovascular diseases including heart disease, high blood pressure and stroke?**

**Health providers express less desire to help their obese patients in surveys?**

**There is no overarching European Union strategy or action plan on obesity?**

**90% of people with type 2 diabetes who have obesity surgery no longer need medication after two years?**