



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?