

DO YOU KNOW?

OBESITY IN NUMBERS



800 MILLION

worldwide living with obesity today.

BY 2035, 1.9 BILLION

of the world's population will have obesity, equating to roughly 1 in 4 persons with BMI > 30kg/m². No region in the world is spared from rising obesity rates.

10% SG adults aged 18-74 with obesity (BMI > 30kg/m²)

16% SG children aged 6 - 18 with obesity

28% SG adults are overweight (BMI > 25kg/m²)

Childhood obesity rates are set to double in the next 10 years. **X2**

70% of children who are overweight at age 7 become overweight adults.

1 IN 6 deaths result from high BMI.

Preventable noncommunicable diseases (NCDs) contribute to 75% of all deaths worldwide.

Top NCDs are heart attacks, strokes, cancers, chronic lung diseases and diabetes. High BMI is a major risk factor for these NCDs.

5 TO 10 YEARS

shortened life expectancy compared to persons without obesity.

+6 EXTRA YEARS

spent in poor physical function compared to persons without obesity.

\$720 extra spent on medical bills per year compared to persons without obesity.

Persons with obesity in SG reported to suffer discrimination because of their weight. Stigma can lead to poor mental & physical health. **65%**



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