

Impact of Obesity Management on Quality of Life

Introduction

People with higher body weight are at increased risk of developing various physical and mental health issues including diabetes, certain types of cancer and anxiety, depression.¹ There are many ways to lose weight including:²

Diet

Exercise

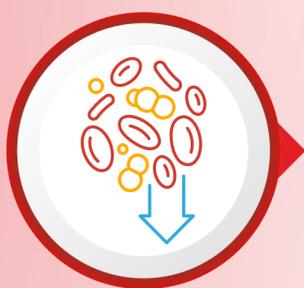
Behavioural changes

Medications

Surgery

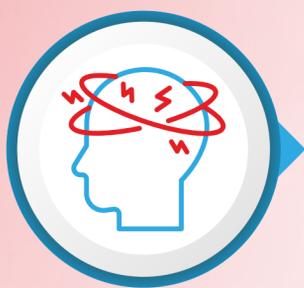
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Various studies have shown that even a 5% decrease in body weight is associated with numerous health benefits.¹



1. Health-related quality of life

Reductions in body weight have been linked with significant improvements in blood sugar control, cholesterol and blood pressure levels, along with a lower risk of heart disease.^{1,3} Considerable improvements in liver and kidney health have also been observed.¹



2. Mental health

Studies also found a considerable improvement in the severity and incidence of mental health symptoms, such as depression and anxiety, in people who underwent weight-loss treatment.^{3,4} These individuals also reported improvements in their self-esteem.⁵



3. Other aspects of quality of life

People who underwent weight loss had greater mobility and suffered from considerably less pain.³ They also suffered from fewer sleep issues and better physical activity capacity.⁴⁻⁶

References:

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