

### The heavy burden of obesity in figures

## Being overweight has become a widespread issue

OECD average



Almost 60% of people are overweight...

...of which nearly 25% have obesity

Source: OECD analyses on the WHO Global Health Observatory, 2018

# Unhealthy diets and lack of physical activity underpin rise in being overweight



50% of people have an unhealthy diet (measured against national quidelines)



40% of waking time is spent in sedentary activities (e.g. watching TV)



1 in 3 people do not do a sufficient amount of physical activity



2 in 5 individuals do not consume a sufficient amount of fruit and vegetables

Source: OECD analyses on national health and time use surveys

#### Obesity carries a significant economic burden

% of health expenditure spent on overweight and related conditions, 2020-2050

14%

8%

8.4%

9%

11%

11%

11%

France Japan UK OECD Italy Canada Germany US

Source: OECD analyses based on the OECD SPHeP-NCDs model

## Children with a healthy weight are more likely to perform well at school







Children are 13% more likely to perform well in school if they have a healthy weight

Source: OECD analyses on the 2013-14 HBSC survey

## A 20% reduction of calorie content in energy-dense foods\* could lead to...

\*across 42 selected countries



1.1 million cases of noncommunicable diseases avoided per year



13.2 billion (USD PPP) saved every year due to reduced healthcare expenditure



additional full-time workers per year



0.5% increase in GDP

Source: OECD analyses based on the OECD SPHeP-NCDs model

#### We need to lighten the burden



The prevalence of obesity & overweight is rising with enormous negative economic effects



We should strengthen policies currently in place and close policy gaps, such as with food labelling, advertising policies & promoting food reformulation



Potential benefits outweigh the cost: Policy packages are effective and offer a positive return on investment