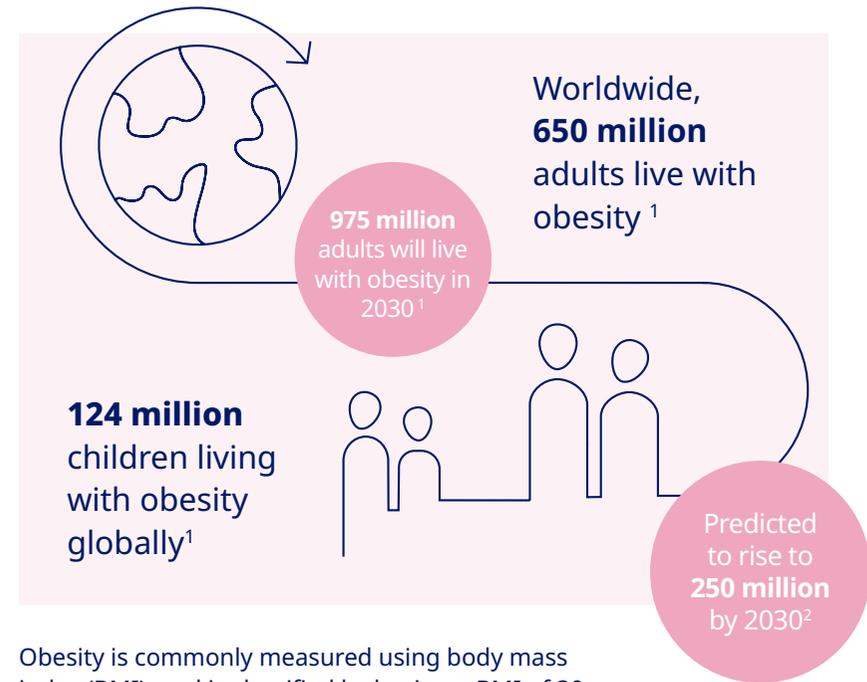


What is obesity?

Obesity is a serious chronic disease, and a major global health challenge. Novo Nordisk is committed to improving the lives of people with obesity by changing how the world sees, prevents and treats obesity.

In order to tackle obesity and the complications associated with it, we are advocating for a shift from the individual to a shared societal responsibility as we work together to build healthier environments, foster empathy and make obesity a healthcare priority.



Obesity is commonly measured using body mass index (BMI), and is classified by having a BMI of 30 kg/m² or greater.¹

The burden of obesity

Obesity-related complications include **type 2 diabetes** and **cardiovascular disease**.³

Obesity can also have an impact on a person's **mental health** and **quality of life**.^{4,5}

Annually, obesity accounts for **USD 2 trillion** (DKK 12 trillion) in global healthcare costs.⁶

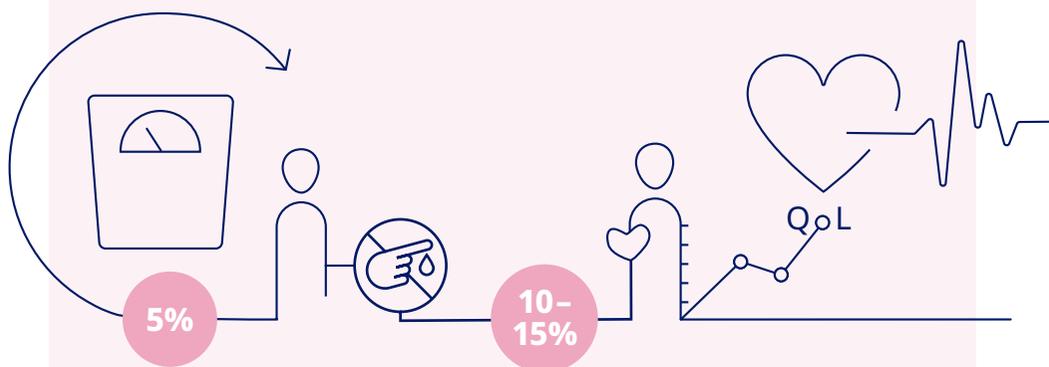
Outside of healthcare, obesity is also costly in the form of lost productivity including **sick days, reduced efficiency** at work and permanent **disability**.⁷

Obesity is a multifactorial disease, but there remains an underlying societal belief that obesity is a result of lack of willpower, which can lead to people with obesity being subjected to blame and stigma in the family, at work or in society at large.^{4,5} The majority of people with obesity also believe weight management is their own responsibility and that they have to change their lifestyle.

Preventing obesity is a priority as obesity is linked to many complications – some of which may impact life expectancy and health-related quality of life.⁸ In addition, children and adolescents living with obesity are at a higher risk of developing serious health problems at a younger age and are more likely to live with obesity into adulthood.⁹

Losing excessive weight has a positive impact on health

The health benefits of losing weight and keeping it off can be substantial:



5% weight loss has significant health benefits, including reduced blood pressure and blood sugar¹⁰

Further improvements are seen with weight loss of 10–15%¹¹ in prediabetes,¹² cardiovascular disease and related risk factors,¹³ osteoarthritis,¹⁴ and health-related quality of life¹⁵

For more information on obesity and Novo Nordisk's commitment to driving change in obesity, visit:

novonordisk.com/disease-areas/obesity.html

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