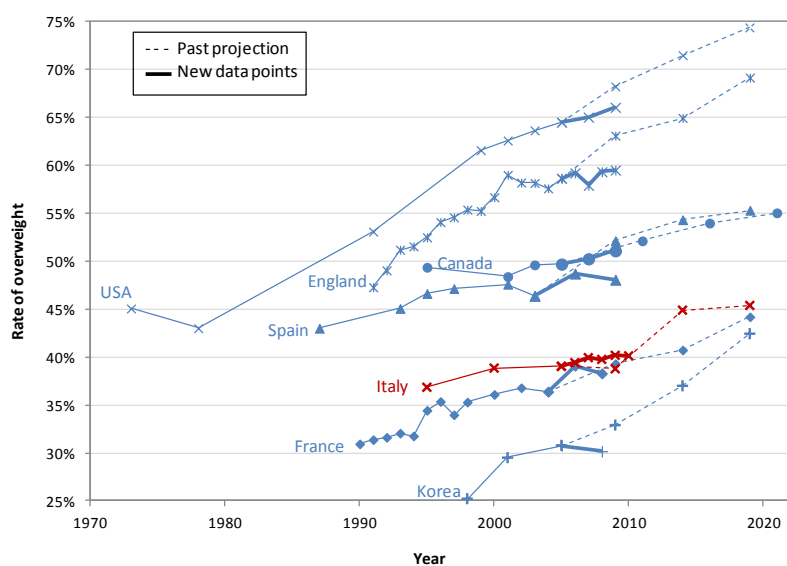


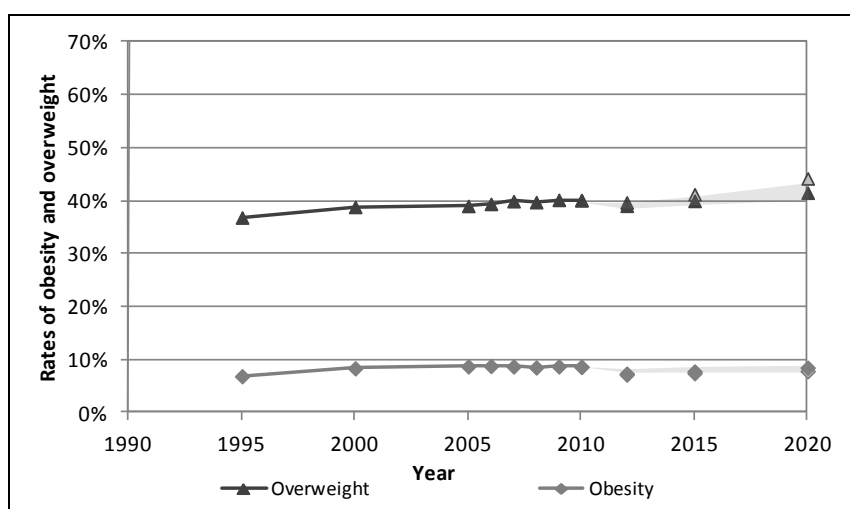
OBESITY AND THE ECONOMICS OF PREVENTION: FIT NOT FAT

KEY FACTS –ITALY, UPDATE 2012

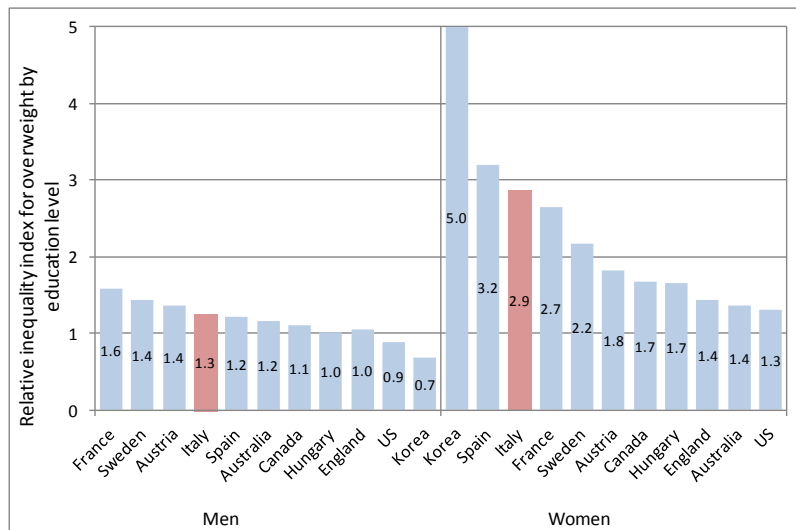
1. Obesity rates are low Italy, relative to most OECD countries, but are very high among children. About 1 in 10 people is obese in Italy, significantly less than the OECD average of 1 in 6. More than 1 in 2 men and 1 in 3 women are overweight. The latest data show that the proportion of adults who are overweight has only mildly increased since the early 2000s, broadly in line with previous OECD projections. In Italy, 1 in 3 children is overweight, one of the highest rates in the OECD.



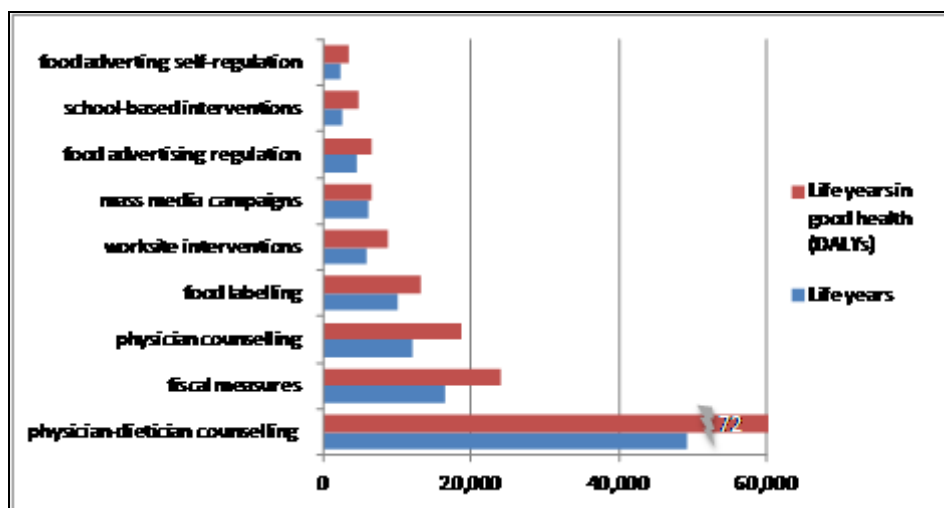
2. Taking account of the most recent data, new projection bands for 2010-2020 indicate that overweight and obesity rates are expected to remain stable or slightly grow by 4% at most during that period.



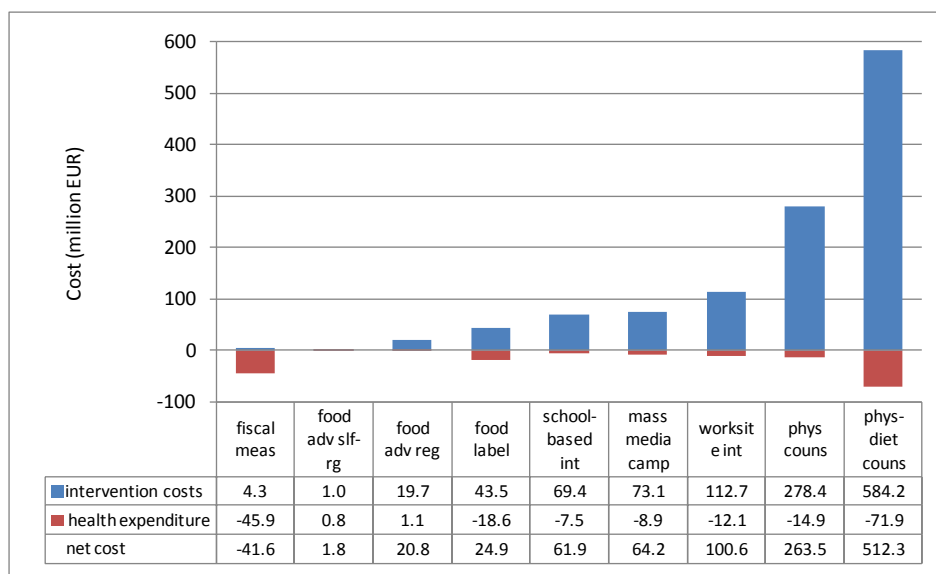
3. Large socio-economic disparities in obesity exist, both in men and women. Women with poor education in Italy are 3 times more likely to be overweight than more educated women. Disparities are smaller in men, but still higher than in many other OECD countries. Poorly educated men are 1.3 times more likely to be overweight than more educated ones. The degree of socio-economic inequality has remained virtually unchanged in recent years.



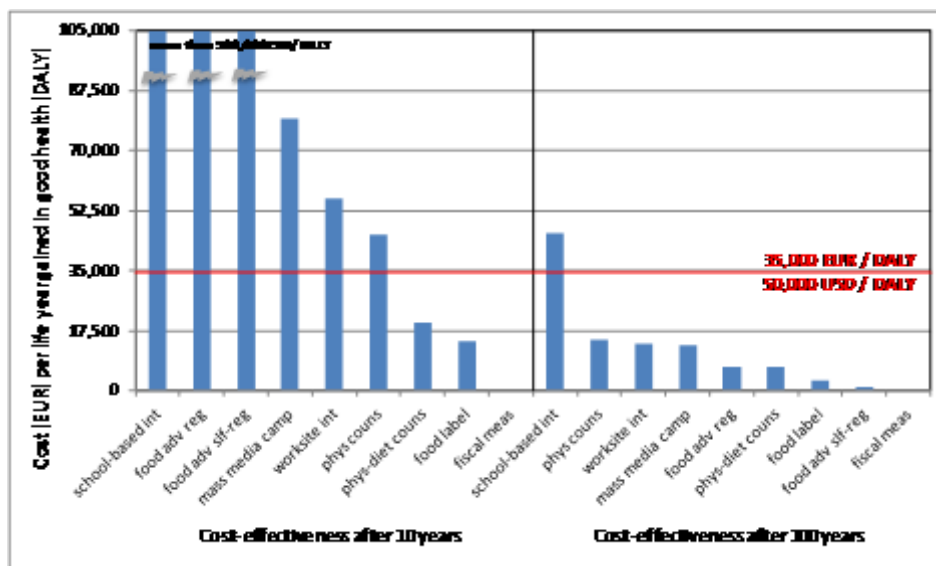
4. Individual prevention programmes could avoid up to 50 000 deaths from chronic diseases every year. Deaths avoided could increase to 75 000 if different interventions were combined in a comprehensive prevention strategy. An organised programme of counselling of obese people by their family doctors would also lead to an annual gain of over 70 000 years of life in good health.



5. How much does prevention cost? How much does it save? Most prevention programmes would cost less than EUR 100 m every year, with individual counselling by family doctors costing up to EUR 580 m. Most prevention programmes will cut health expenditures for chronic diseases, but only by a relatively small margin (up to EUR 72 m per year).



6. Is prevention cost-effective? Prevention can improve health at a lower cost than many treatments offered today by OECD health systems. In Italy, almost all of the prevention programmes examined will be cost-effective in the long run – relative to internationally accepted standards corresponding to around EUR 35 000 per year of life gained in good health. However, some programmes will take a longer time to produce their health effects and therefore will be less cost-effective in the short run.



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For more information, consult <http://www.oecd.org/health/prevention>.