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 guidelines)

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

France: 5%
Japan: 6%
UK: 8%
OECD: 8.4%
Italy: 9%
Canada: 11%
Germany: 11%
US: 14%

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

1.4 million 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

Source: OECD analyses on national health and time use surveys