

Risks associated with obesity

Type 2 diabetes

Ischaemic heart disease

Hypertension

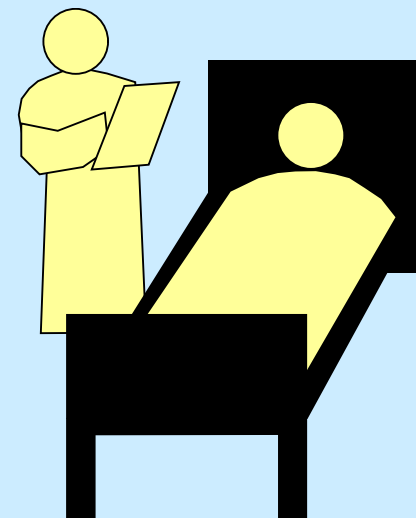
Ischaemic stroke

Osteoarthritis

Cancer – endometrial, breast, colon

Psychological conditions

Decreased quality of life



Cardiovascular diseases

Relative risk for obese versus normal weight

	<u>men</u>	<u>women</u>
Myocardial infarction	3.2	1.5
Angina	1.8	1.8
Hypertension	2.6	4.2
Ischaemic stroke	1.3	1.3

From

James WPT, Jackson-Leach R, Mhurchu CN, Kalamara E, Shayeghi M, Rigby NJ, Nishida C, Rodgers A. Overweight and obesity (high body mass index). Chapter 8 in Comparative quantification of health risks. Global and regional burden of disease attributable to selected major risk factors. Eds. Ezzati M, Lopez AD, Rodgers A and Murray CJL. WHO Geneva 2004.

Cancer

Relative risk for obese versus normal weight

Adenocarcinoma of oesophagus	3
Endometrial cancer	2.5
Kidney cancer	1.8
Post-menopausal breast cancer	1.3
Colon cancer	1.3

From

International Agency for Research on Cancer, WHO. IARC Handbooks of cancer prevention. Volume 6. Weight control and physical activity. IARC Press 2002.

Cancer – EPIC results

Relative risk (95% CI)

Endometrial cancer

strong positive relationship

1.78 (1.41–2.26) obese vs normal

3.02 (1.66–5.52) morbidly obese vs normal

Renal cell carcinoma

Strong positive relationship among women only 2.13 (1.96–3.90) for top vs lowest fifth

Post-menopausal breast cancer

Positive relationship among HRT non-users only 1.31 (1.08–1.59) for obese vs normal

Colon cancer

Positive association of BMI with risk among men only 1.55 (1.12–2.15) for top vs lowest fifth

Strong positive association for waist circumference and for waist to hip ratio among men and women

Proportion of disease that is due to excess body weight

Type II diabetes	58%
Ischaemic heart disease	21%
Hypertension	39%
Ischaemic stroke	23%
Endometrial cancer	32%
Colon cancer	12%
Postmenopausal breast cancer	8%
Osteoarthritis	13%

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James WPT, Jackson-Leach R, Mhurchu CN, Kalamara E, Shayeghi M, Rigby NJ, Nishida C, Rodgers A. Overweight and obesity (high body mass index). Chapter 8 in Comparative quantification of health risks. Global and regional burden of disease attributable to selected major risk factors. Eds. Ezzati M, Lope AD, Rodgers A and Murray CJL. WHO Geneva 2004.