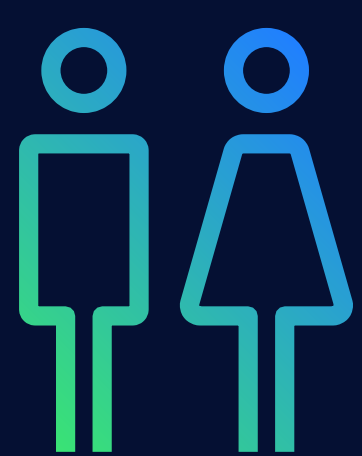


Weight Loss Improves Obesity-Related Complications and Can Reduce Their Economic Impact



In adults with obesity, **weight loss of 5% or more** can improve the following:



T2D¹



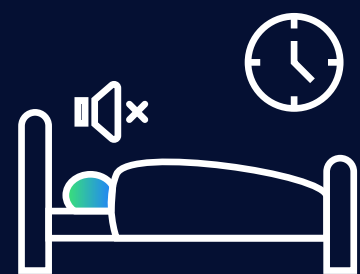
Cardiovascular risk factors²



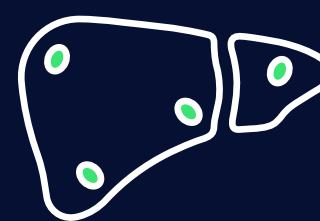
Blood pressure^{2,3}



Blood lipid profile^{2,4}



Sleep apnea^{5,6}



Fatty liver⁷



Joint pain and osteoarthritis⁸



Quality of life⁹



BMI

In the US population, **5% average BMI reduction** has the potential to reduce disease rates and healthcare costs by 2030¹⁰



Obesity-Related Complications



Cases Avoided^a



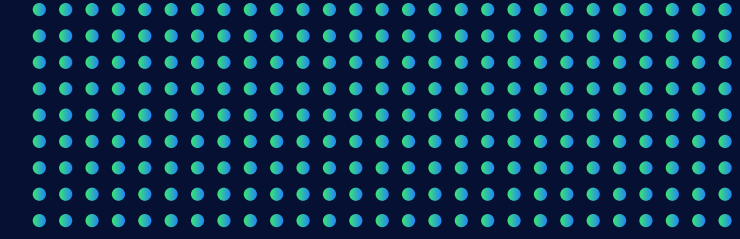
Associated Savings^a



CHD and stroke



6.6 million



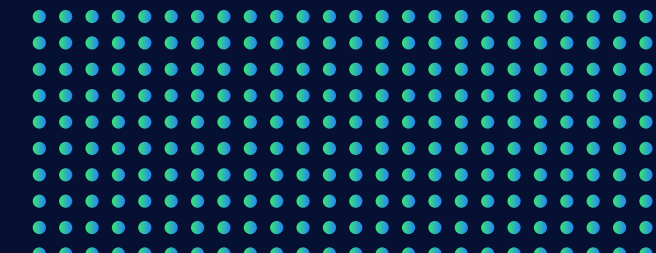
\$279 billion



T2D



7.9 million



\$249 billion



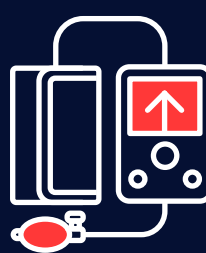
Arthritis



3.6 million



\$58 billion



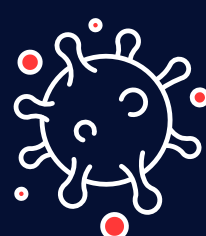
Hypertension



6.2 million



\$42 billion



Cancer



0.5 million



\$13.8 billion

BMI = body mass index; CHD = coronary heart disease; T2D = type 2 diabetes; US = United States.

^aEstimated impact of a 5% average BMI reduction in the US by 2030.

1. Knowler WC et al. *N Engl J Med.* 2002;346(6):393-403; 2. Wing RR et al. *Diabetes Care.* 2011;34(7):1481-1486; 3. Dengo AL et al. *Hypertension.* 2010;55(4):855-861; 4. Dattilo AM et al. *Am J Clin Nutr.* 1992;56(2):320-328; 5. Tuomilehto H et al. *Sleep Med.* 2014;15(3):329-335; 6. Foster GD et al. *Arch Intern Med.* 2009;169(17):1619-1626; 7. Promrat K et al. *Hepatology.* 2010;51(1):121-129; 8. Christensen R et al. *Osteoarthritis Cartilage.* 2005;13(1):20-27; 9. Bischoff SC et al. *Int J Obes (Lond).* 2012;36(4):614-624; 10. Levi J et al. *F as in fat: how obesity threatens America's future* 2012. <https://www.rwjf.org/content/dam/farm/reports/reports/2012/rwjf401318>. Accessed March 2, 2021.