

OVERWEIGHT & OBESITY



5 in 10

Adult Canadians were categorized as either:

overweight (**3 in 10**)
or obese (**2 in 10**)



6 in 10

Adult Albertans were categorized as either:

overweight (**4 in 10**)
or obese (**2 in 10**)

Overweight & Obese individuals report having a **lower quality of life**.

Obese individuals report using the healthcare system for **more serious & ongoing issues**.

Overweight & Obese individuals have **increased risk for chronic conditions:**



asthma



diabetes



high blood pressure



congestive heart failure



depression and anxiety



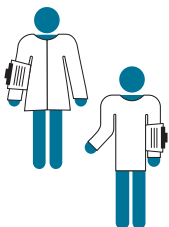
chronic pain



osteoarthritis



heart disease



TALK to a healthcare provider about the best options for managing your weight & improving your health.