

OBESITY AND LIFE EXPECTANCY

Obesity is a serious illness that can lead to many medical complications. Obesity is an excess of body fat that frequently results in a significant impairment of health. Obesity results when the size or number of fat cells in a person's body increases. A normal-sized person has between 30 and 35 billion fat cells. When a person gains weight, these fat cells first increase in size and later in number. One pound of body fat represents about 3500 calories.

Obesity significantly reduces life expectancy as shown below:

Years of life lost at age 40 in overweight and obese compared to normal weight, non-smokers.		
	Female	Male
Overweight (BMI 25 to 30) and non-smoker	-3.3 years	-3.1 years
Obese (BMI over 30) and non-smoker	-7.1 years	-5.8 years
Overweight and smoker	-7.2 years	-6.7 years
Obese and smoker	-13.3 years	-13.7 years