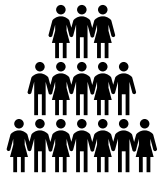




The Burden and Cost of Excess Body Mass in Western Australian Adults and Children

\$340 MILLION

COST TO THE WA HEALTH SYSTEM IN 2016*



8.1%

of total deaths in WA

A snapshot of obesity in Western Australia:



70% of WA adults are overweight or obese



Adult obesity has steadily risen from 21% in 2002 to 32% in 2018

25%

Children in WA who are overweight or obese

Source: [The Health and Wellbeing Surveillance System, 2019](#)

The burden and cost of excess body mass in 2015-16:



9.3% of hospitalisations



6.1% of hospitalisation costs



1,174 deaths attributed to excess body mass



Adult **males** more likely to die at a younger age



Top causes of hospitalisation costs: ischaemic heart disease, obesity, osteoarthritis of the knee, chronic kidney disease, gall bladder and biliary disease and diabetes

If this trend continues, by 2026:



Hospitalisations will increase by **54%**

Hospitalisation costs will rise by **80%** to **\$610.1m**

The number of adult deaths will rise by **32%**

If all adults with overweight or obesity in WA reduce their BMI by 1 kg/m², by 2026:



24% fewer hospitalisations

\$95.6m in cost savings

30% fewer deaths

There is strong potential for return on investments in publicly funded obesity prevention and early intervention programs, backed by robust policies and regulatory options to support Western Australians to achieve and maintain a healthy weight.

