

Effects of Obesity on the Body

Poor Mental Health

Increases risk of mental health issues including higher risk of depression, anxiety, low self-esteem, and poor body image.

Breathing Problems

Increases pressure on the lungs, which can cause sleep apnea.

Cardiovascular Disease

Increases risk of inflammation, high LDL cholesterol, and high blood pressure, which can lead to blood vessel disease, heart attacks, and other cardiovascular disease.

Liver Disease

Increases inflammation and fat buildup in the liver. This can lead to damage and liver failure.

Gallbladder Problems

Increases risk of gallbladder disease and gallstones.

Type 2 Diabetes

Increases insulin resistance, leading to high blood sugar and increased risk of prediabetes and type 2 diabetes.

Cancer

Linked to 13 cancers, such as colon, kidney, liver, and breast after menopause.

Stroke

Increases risk of high blood pressure, the leading cause of stroke.

"Heartburn" or Gastroesophageal Reflux Disease (GERD)

Increases risk of GERD, a condition in which stomach acids leak into the esophagus causing pain or burning.

Kidney Problems

Increases risk of kidney damage and chronic kidney disease.

Skin Issues

Increases risk of discoloration and thickening of the skin, rashes, and worsening of psoriasis.

Fertility Problems

Can make getting pregnant more difficult and increases risk of complications during pregnancy.

Joint Problems

Adds stress on joints, which can lead to pain, swelling, stiffness, reduced mobility, and even osteoarthritis.

Gout

Increases risk of gout, an inflammatory condition, which can lead to sudden and severe joint pain, swelling, tenderness, and redness.

Referencing Healthline *How Does Obesity Affect the Body*, DSabogal. Referencing a non-federal site does not constitute an endorsement by HHS.

