

Obesity & Women's Health

Obesity is a serious, chronic disease.

Obesity & Comorbidities

Obesity in women is linked to numerous chronic health conditions, and the risk increases with age.



Heart disease

Women with obesity have a higher risk of heart disease, especially after menopause. They are also at an increased risk of type 2 diabetes.



Mental health

Women may experience higher levels of weight-related stigma. This can lead to mental health challenges like anxiety and depression.



Cancer

Obesity is associated with a higher risk of several cancers including breast, endometrial, ovarian and colorectal.



Diabetes

Obesity is a major risk factor for developing type 2 diabetes. Women with obesity are more likely to experience insulin resistance, which can worsen over time and lead to diabetes-related complications such as kidney disease, nerve damage, and vision problems.

Hormonal Shifts

During menopause, the decline in estrogen levels is linked to slower metabolism and can lead to a redistribution of weight.

Post menopause, women have a higher risk of cardiovascular disease, osteoporosis and cognitive decline. Obesity after menopause is also linked to a greater risk of type 2 diabetes.



Managing Obesity

There are many different ways that women can manage obesity.



Lifestyle changes



Behavioral therapy



Medications



Surgery

By addressing obesity, women can live healthier lives through all stages.



PARTNERSHIP FOR
WOMEN'S WELLNESS