



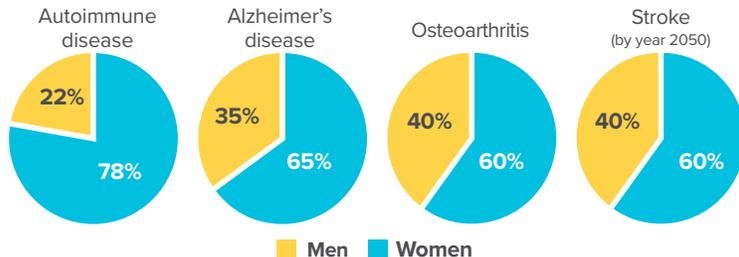
DID YOU KNOW?

Obesity is a chronic disease.

A chronic disease is defined as a condition that lasts 1 or more years and requires ongoing medical attention and/or limits daily living activities.¹

Obesity is a chronic disease in which an increase in body fat results in biological and physical changes that affect metabolic, structural, psychological, and social health. Obesity is associated with over 220 diseases and conditions, many of which impact women disproportionately or differently, such as diabetes, cancer, liver disease, autoimmune disease, and heart disease.² Due to the recurring nature of the disease, obesity is also associated with increased health care costs, reduced quality of life, disability, stigma, and early mortality.

Sex Differences in Obesity-Related Comorbidities³⁻⁶



Understanding obesity as a chronic disease reframes how weight and body mass index (BMI) are just two of many factors that influence this disease – and may help to reduce negative weight-based stereotypes and stigma. Similar to other chronic conditions, successful management of obesity requires a holistic treatment strategy that is adaptable, sustainable, and sex specific. Women and their health care providers must consider the impact of sex differences throughout the lifespan particularly related to puberty and adolescence, sexual health and pregnancy, and menopause and aging.

BMI is useful to gauge risk for certain health conditions linked to increased weight; however, BMI is not an indicator of perfect health or behavior.

1. Centers for Disease Control. <https://www.cdc.gov/chronic-disease/about/index.html>. Accessed: 20 Aug 2025.
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3. Fairweather D, et al. Am J Pathol, 2008.
4. Brady B, et al. Alzheimers Dement, 2024.
5. Segal NA, et al. Osteoarthritis Cartilage, 2024.
6. Persky RW. Curr Cardiol Rep, 2010.