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# Obesity and overweight in Austria

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International comparisons &

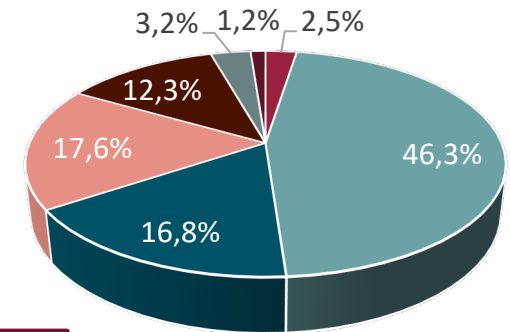
Results based on the Austrian Health Interview Survey (ATHIS) 2019

Founding press conference of “Österreichische Adipositas Allianz”, 21 June 2022

## BMI classification

- WHO-definition
  - below 18,5: Underweight

• 18,5 to below 25: Normal weight	→reference category
• <b>25 to below 27: Overweight class 1</b>	<b>1.249.844 persons</b>
• <b>27 to below 30: Overweight class 2</b>	<b>1.307.514 persons</b>
• <b>30 to below: Obesity class 1</b>	<b>909.101 persons</b>
• <b>35 to below 40: Obesity class 2</b>	<b>237.670 persons</b>
• <b>40 and higher: Obesity class 3</b>	<b>88.240 persons</b>

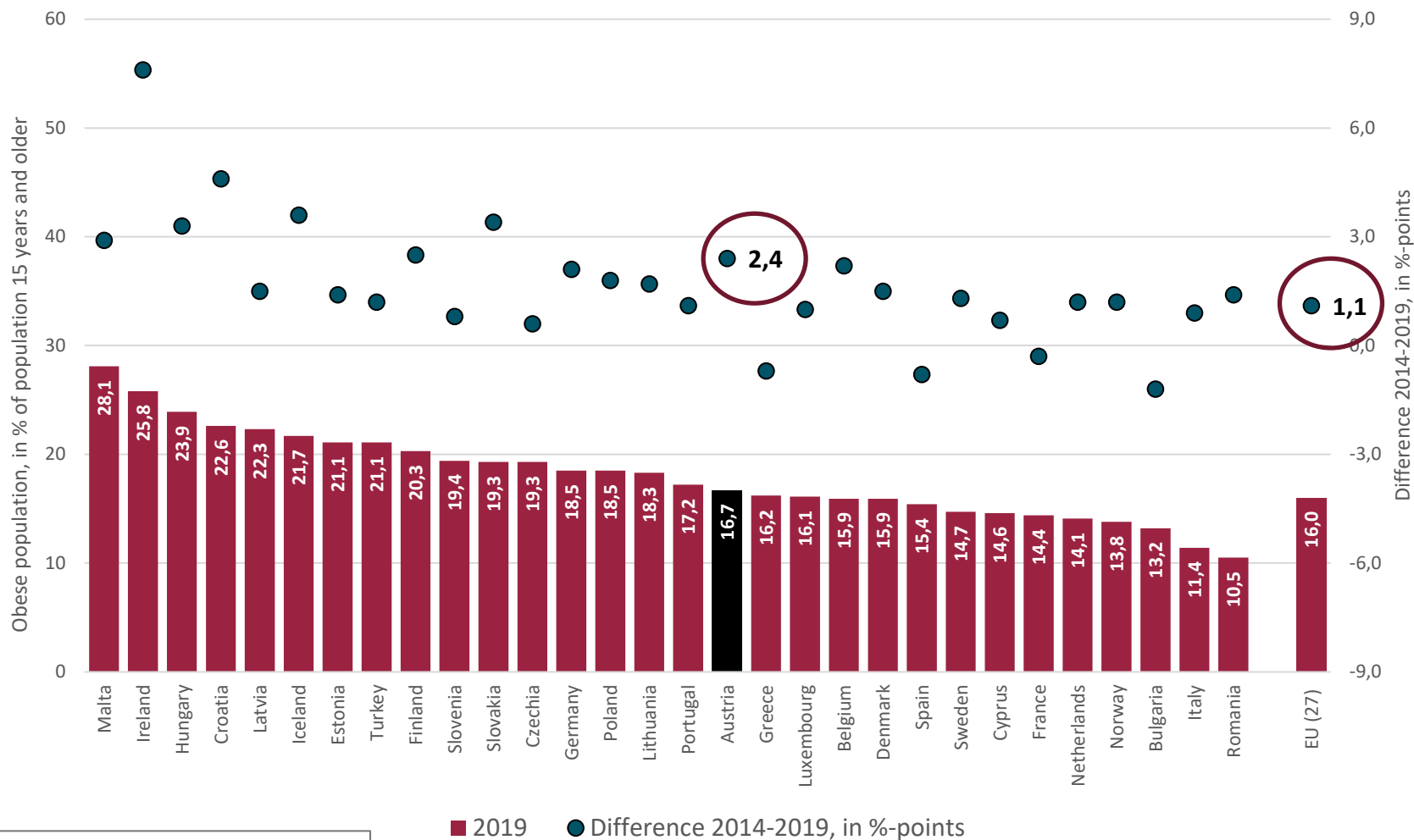


- Underweight
- Normal weight
- Overweight class 1
- Overweight class 2
- Obesity class 1
- Obesity class 2
- Obesity class 3

Source: ATHIS (Statistics Austria), IHS 2021.

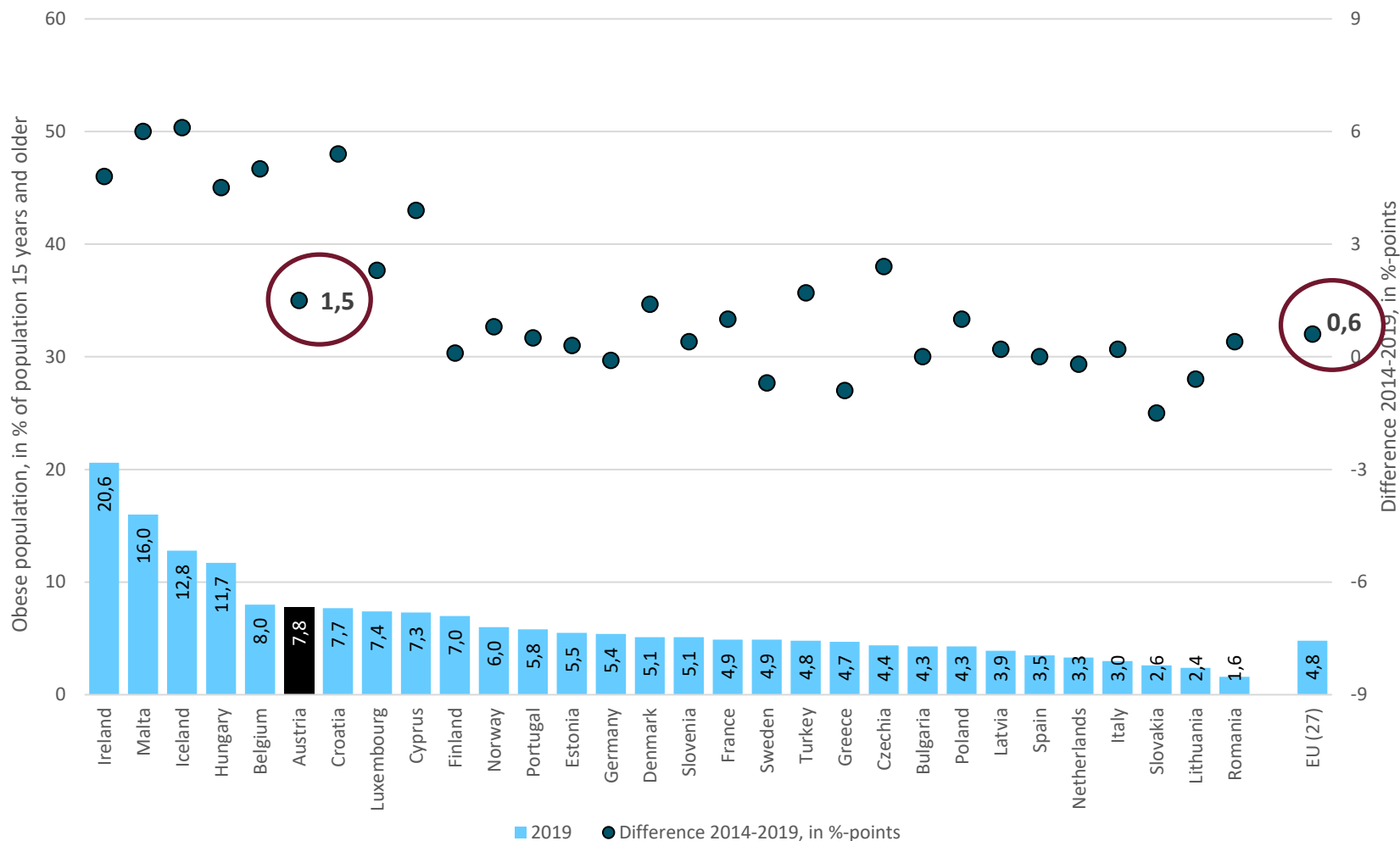
**Total obese population**  
1,235 mio. persons  
16,6% of population 15 years and older

## Share of obese population (15+) in Austria – slightly above the EU-average, with high growth since 2014

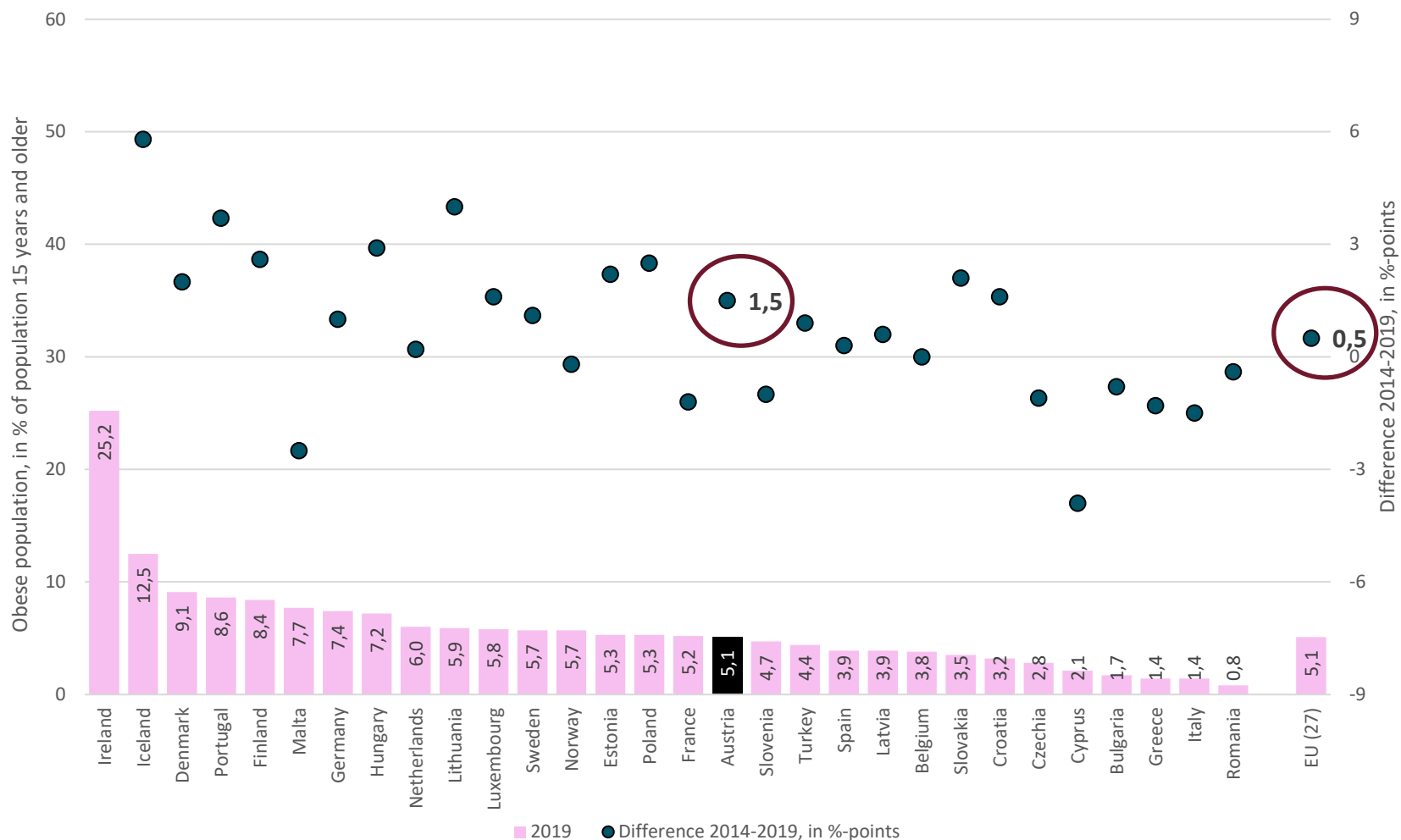


Source: Eurostat (EHIS), IHS 2021. IHS 2021.

## Share of obese males aged 15-24 in Austria – “Top” within Western Europe, plus above EU-average growth since 2014

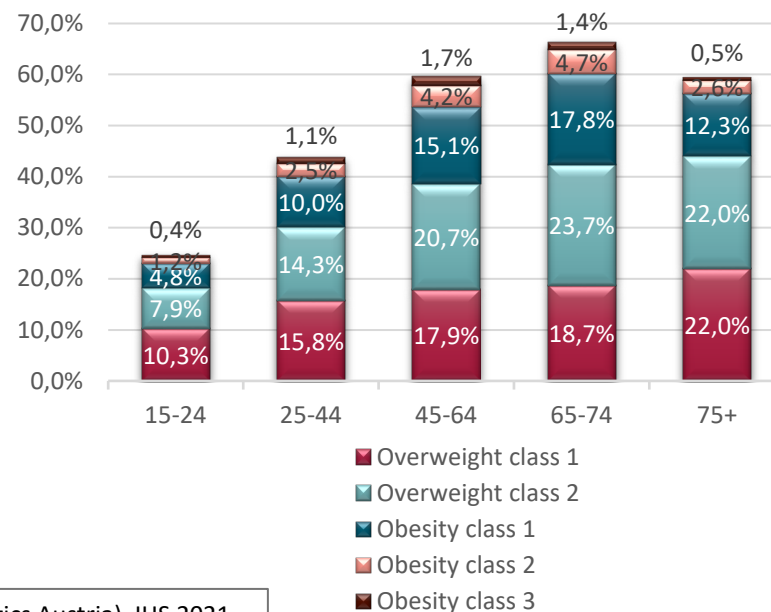
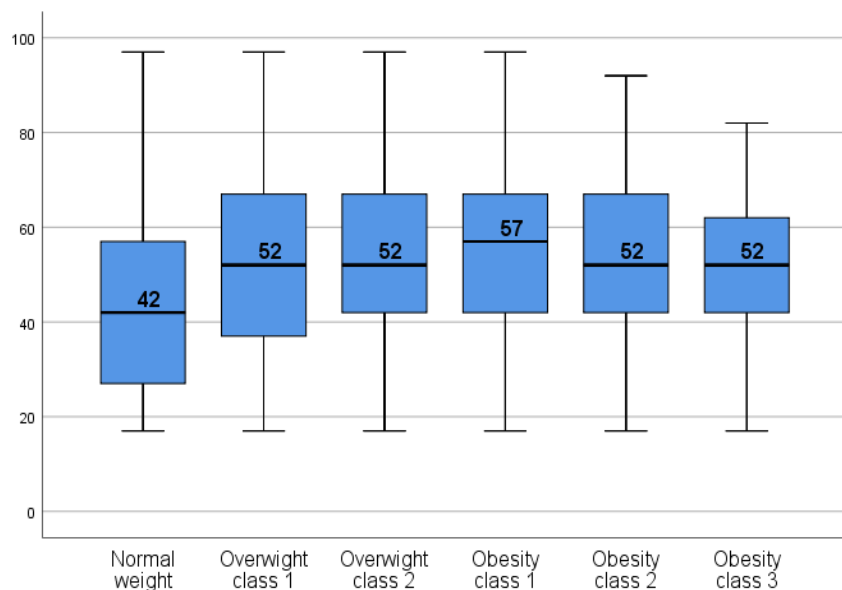


## Share of obese females aged 15-24 in Austria – on EU-average, but with above EU-average growth since 2014



## Age

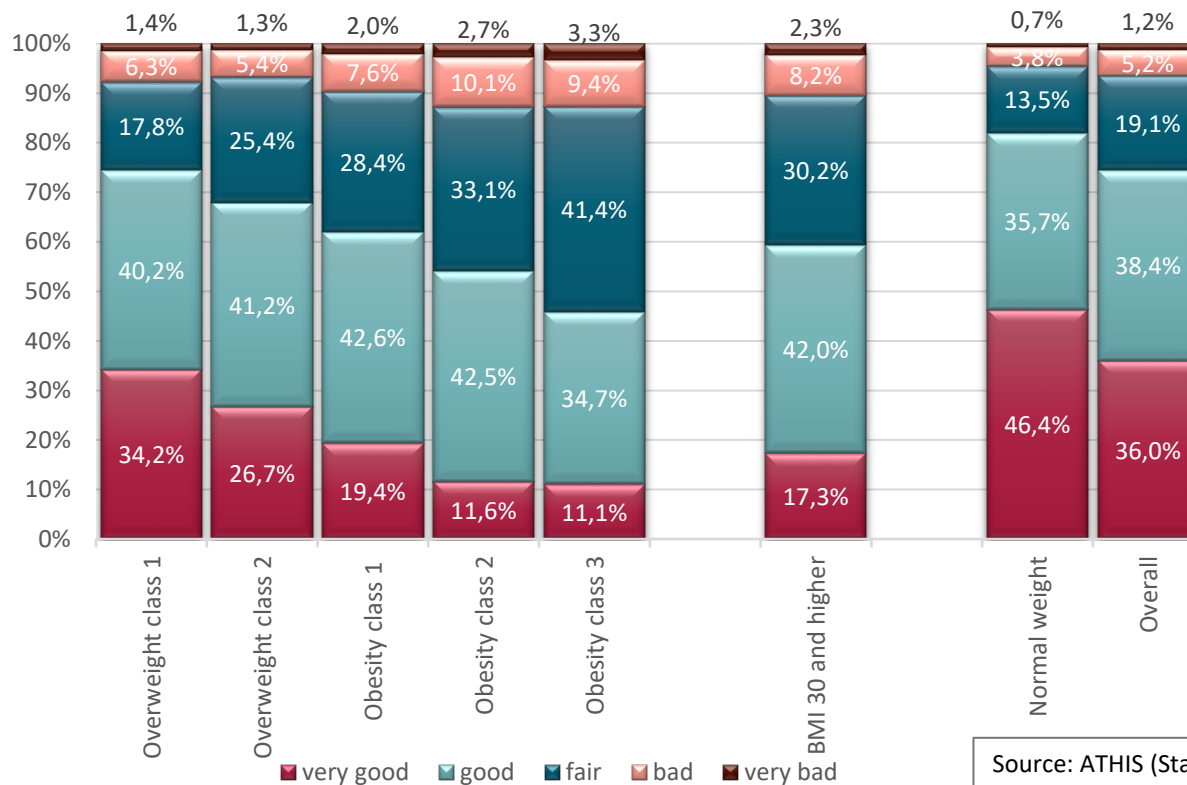
- Median age of the obese population: 52 to 57 years, population of normal weight: 42 years
- Highest % of obese population class 1-3 in the age group 65-74 years (23,9%)



Source: ATHIS (Statistics Austria), IHS 2021.

## HS1 (EHIS) How is your health in general? Is it ...

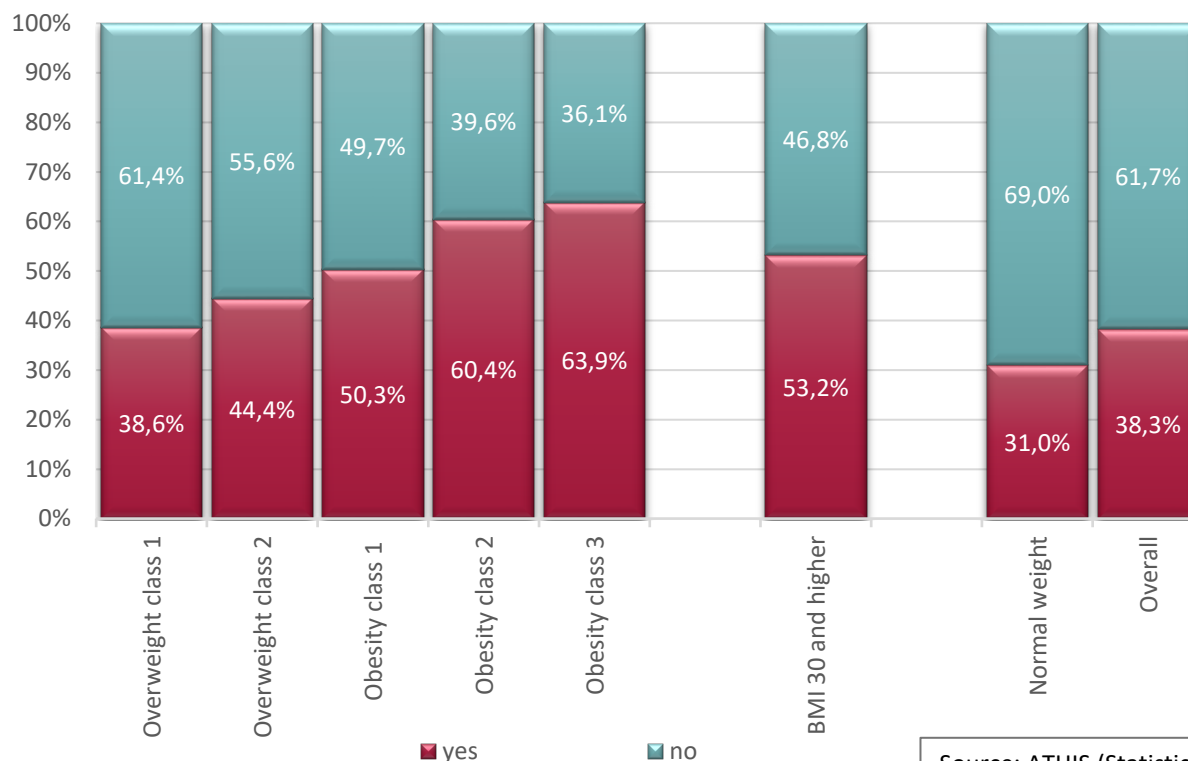
- 59,3% of persons BMI 30+ rate their health in general as (very) good, compared to 82,1% of the normal weighted population (difference: -22,8%-points)



Source: ATHIS (Statistics Austria), IHS 2021.

## HS2 (EHIS) Do you have any longstanding illness or [longstanding] health problem?

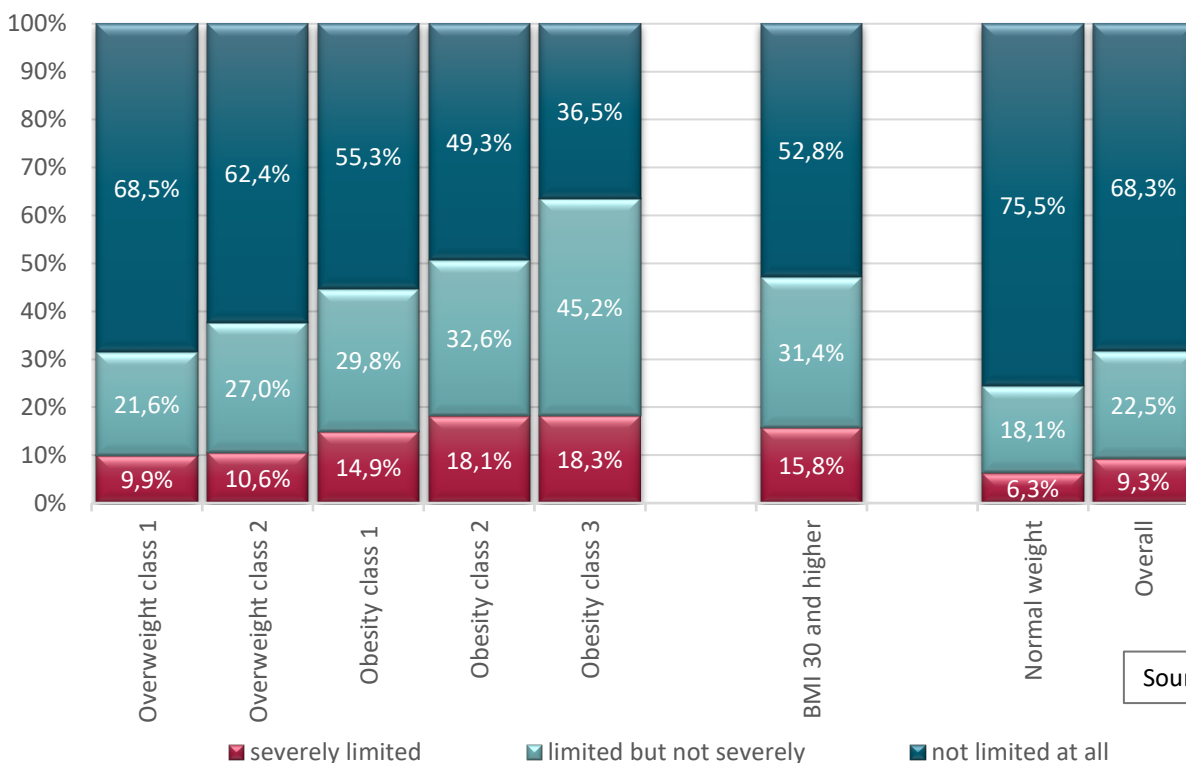
- 53,2% of persons BMI 30+ have any longstanding illness or [longstanding] health problem, compared to 31,0% of the population of normal weight (difference: 22,2%-points)



Source: ATHIS (Statistics Austria), IHS 2021.

## HS3a (EHIS) Are you limited because of a health problem in activities people usually do?

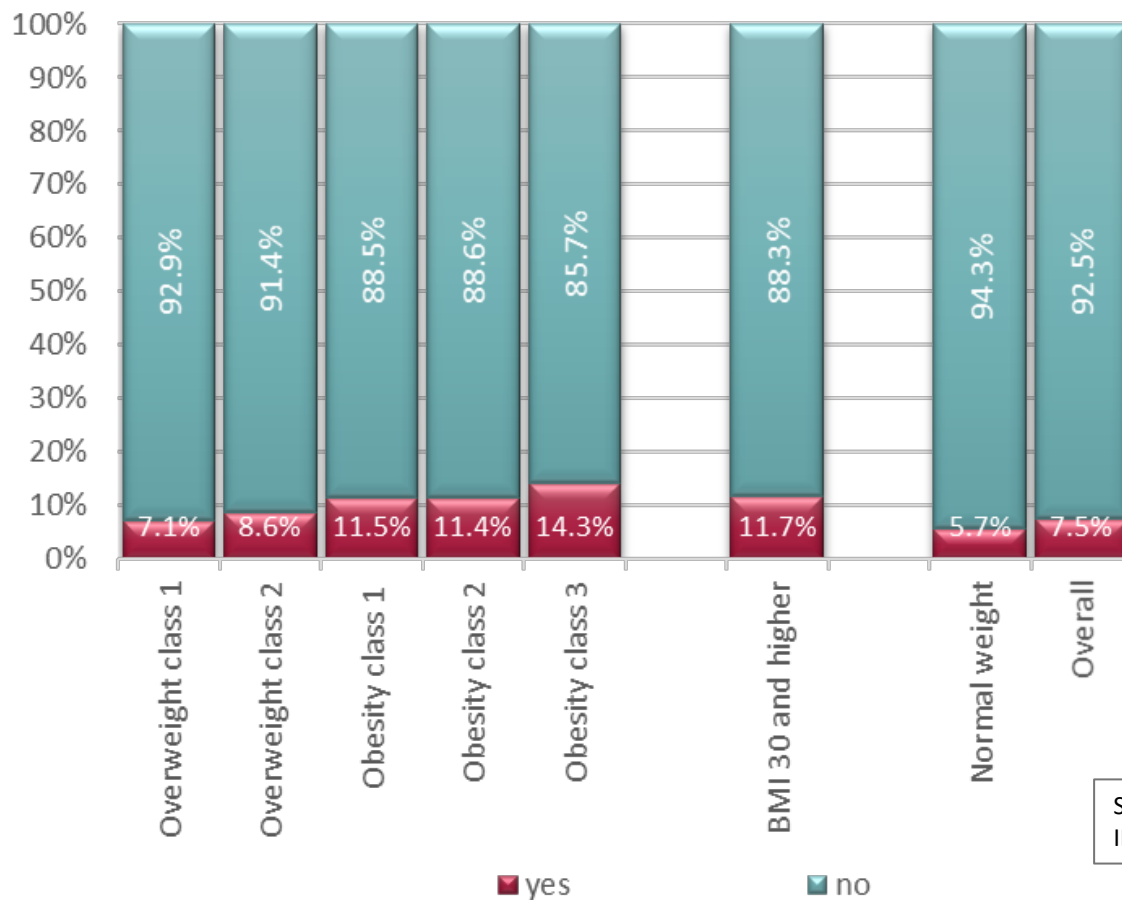
- 47,2% of persons BMI 30+ are limited (severely or not severely) because of a health problem in activities people usually do, compared to 24,4% of the population with normal weight (difference: 22,8%-points)



Source: ATHIS (Statistics Austria), IHS 2021.

## CD10 (EHIS) During the past 12 months, have you had any of the following diseases or conditions? Depression

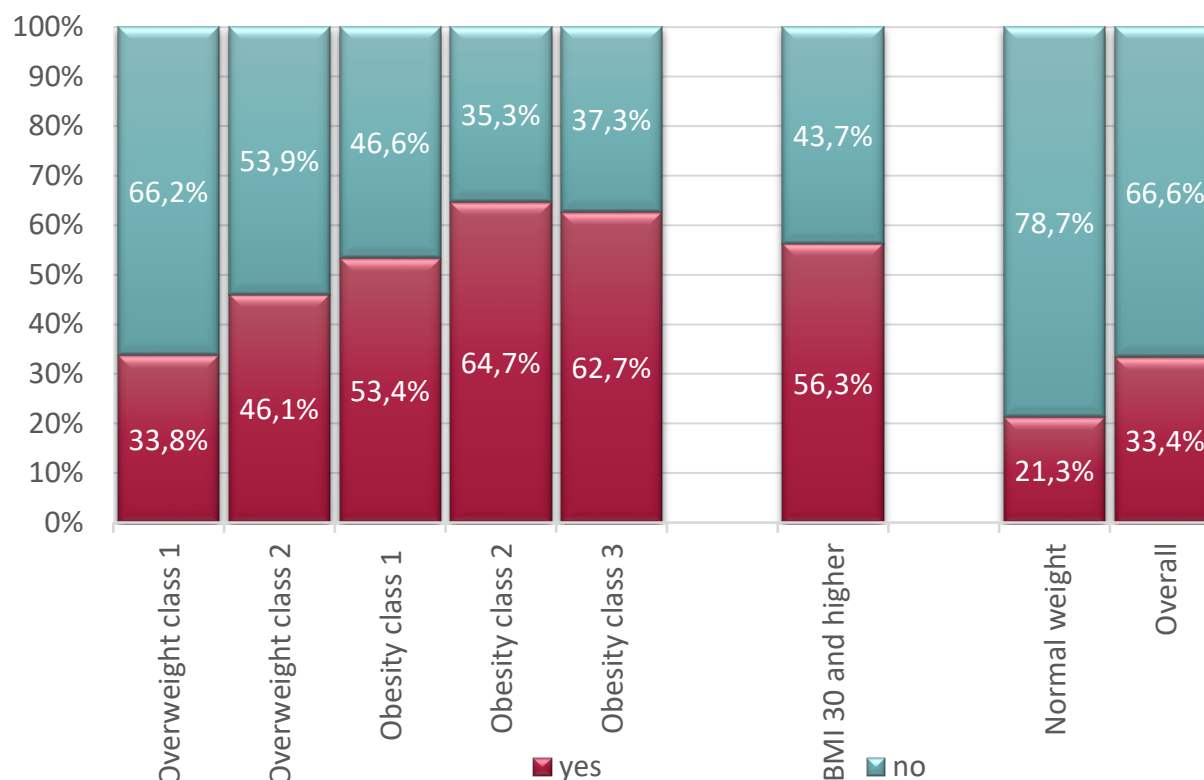
- 11,7% of persons BMI 30+ have had a depression during the past 12 months, compared to 5,7% of the population of normal weight (difference: 6,0%-points)



Source: ATHIS (Statistics Austria), IHS 2021.

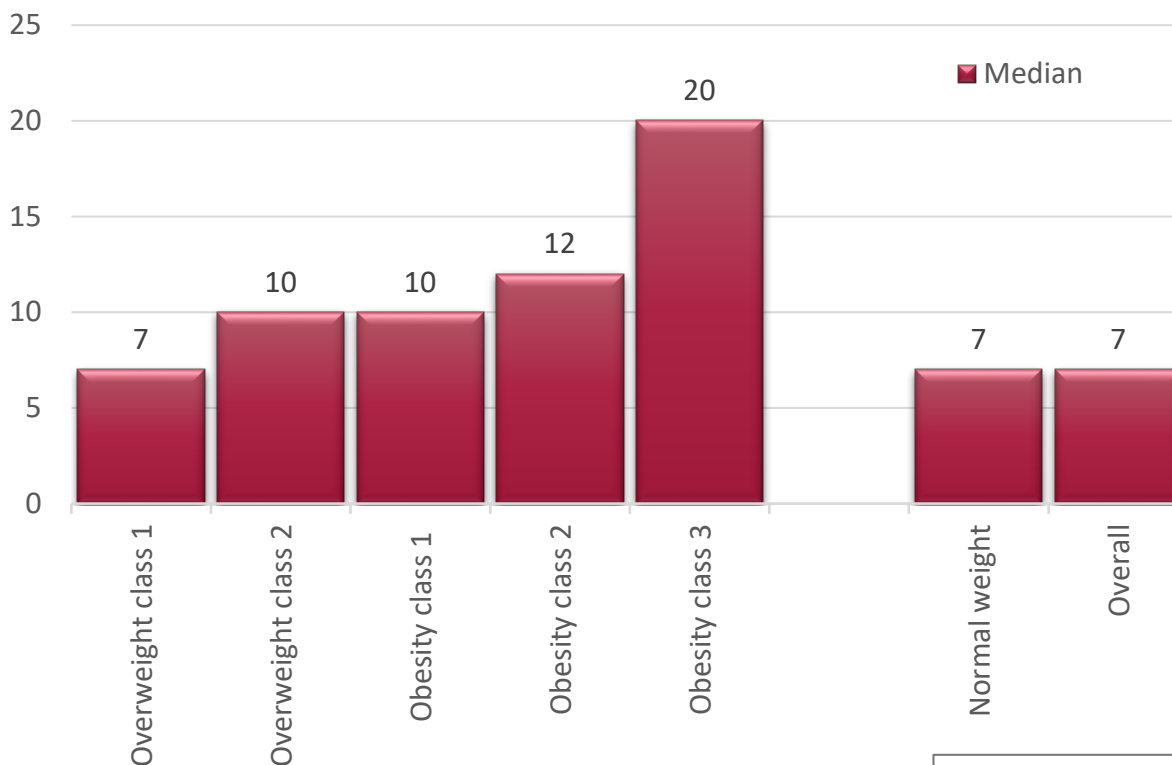
**CD1 (EHIS) During the past 12 months, have you had any of the following diseases or conditions? At least one of CD1C (heart attack), D (coronary heart disease), E (High blood pressure), F (stroke), P (High blood lipids) → Cardiovascular (CV) comorbidities**

- 56,3% of persons BMI 30+ have had at least one out of five comorbidities during the past 12 months, compared to 21,3% of the population of normal weight (difference: 35,0%-points)



## AW2 (EHIS) In the past 12 months, how many days in total were you absent from work for reasons of health problems?

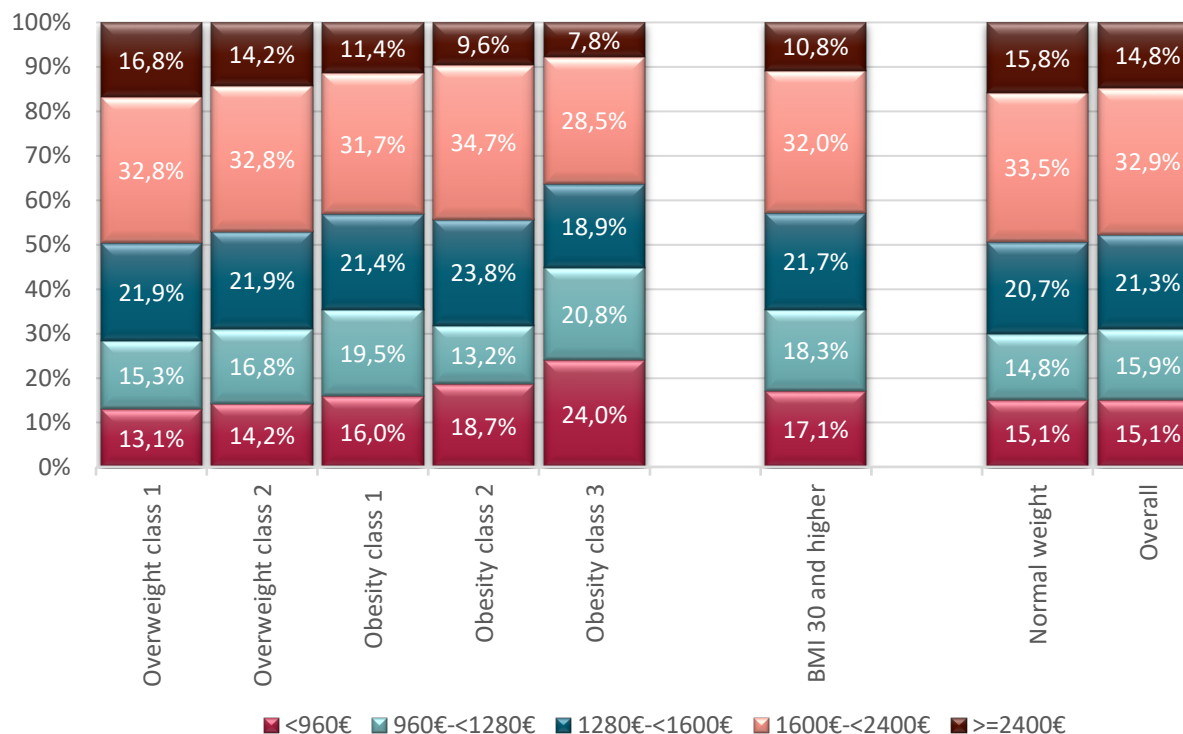
- In median, obese persons class 3 were absent 20 days from work for reasons of health problems, compared to 7 days for the population of normal weight



Source: ATHIS (Statistics Austria), IHS 2021.

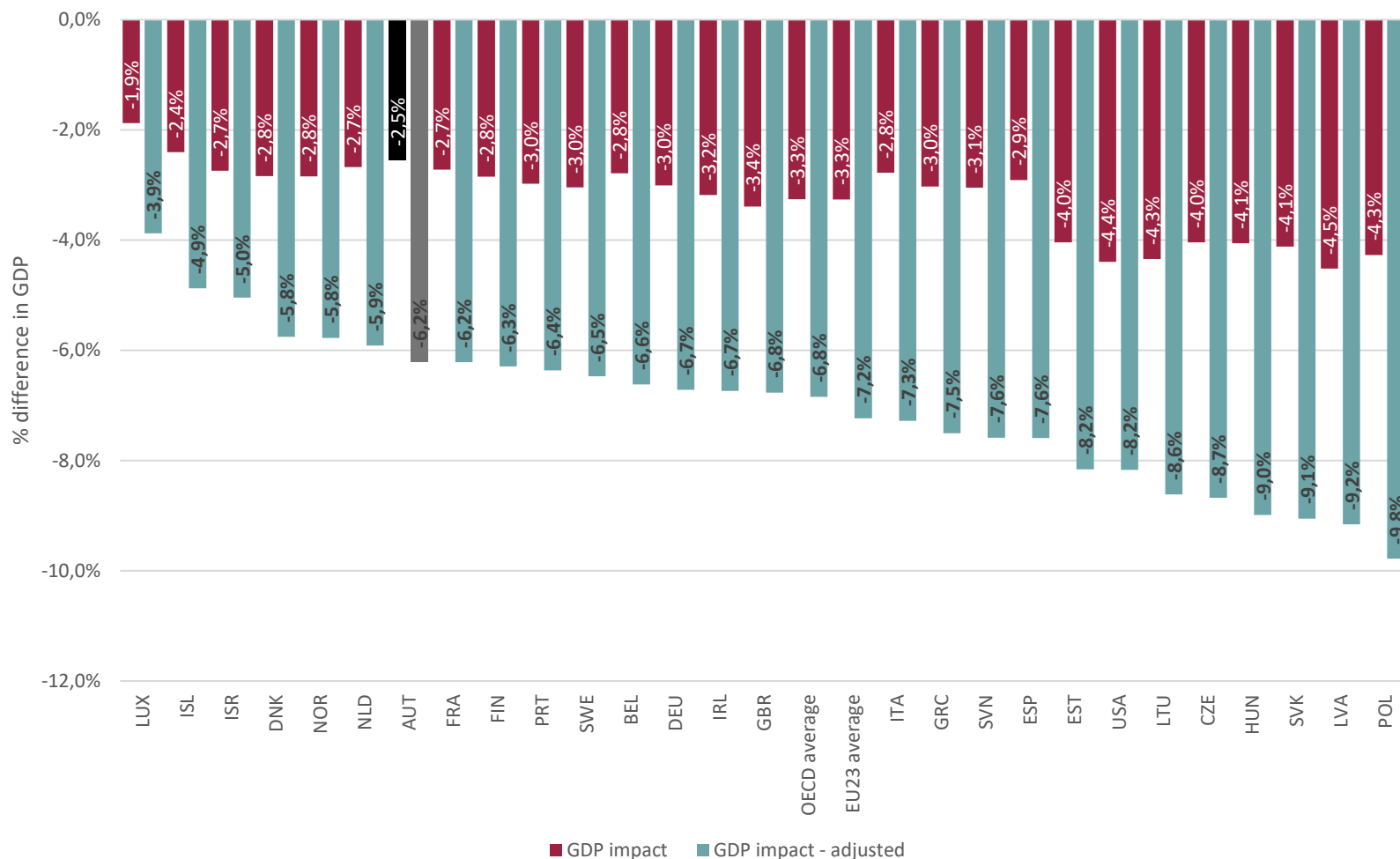
## Net monthly equalised income of the household (ATHIS), % of median (1.600€)

- 57,2% of persons BMI 30+ have a net monthly equalized income of the household lower 1.600€, compared to 50,6% of the population of normal weight (difference: 6,6%-points)



Source: ATHIS (Statistics Austria), IHS 2021.

**Percentage difference in GDP due to overweight in Austria:  
-2,5% to -6,2% (when adjusted for higher retirement age),  
average 2020-2050, selected countries**



Note: Adjusted values: Assumes a two-third year increase in legal retirement age for every one year increase in life expectancy.

Source: The Heavy Burden of Obesity: OECD analyses based on the OECD SPHeP-NCDs model & OECD long-term economic model, 2019.

## Key findings

- **Prevalence**

- Share of obese population in Austria – slightly above the EU-average, but with high growth since 2014
- Young males range “top” within Western Europe – young females on EU-average, but both with relatively high growth since 2014

- **Health impacts**

- Obese and overweight people (BMI 27+) rate their health in general not as (very) good
- Approximately half of obese and overweight people (BMI 27+) have longstanding health problems
- Prevalence of depression is correlated with BMI
- Approximately half of obese and overweight people (BMI 27+) have had at least one out of five cardiovascular comorbidities in the past 12 months (m)

- **Economic impacts**

- In median, 10-20 days absence from work (in the past 12m) for obese and overweight people (BMI 27+)
- Household income is negatively correlated with BMI
- In Austria, GDP will be 2,5% to 6,2% lower each year due to the impact of overweight (average 2020-50)