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### ***Obesity Affects Life Span***

Research shows that obesity is associated with a measurable reduction in life expectancy, with the impact increasing as obesity becomes more severe. The impact depends heavily on lifestyle factors and where fat is distributed (abdominal/visceral fat is particularly harmful).

#### **Moderate Obesity (BMI 30–35)**

- Shortens life span by about 2–4 years on average.

#### **Severe Obesity (BMI 35–40)**

- Shortens life span by about 5–8 years.

#### **Morbid Obesity (BMI ≥ 40)**

- Often reduces life expectancy by 8–10+ years.

These estimates come from large population studies (including data from the CDC and long-term cohort analyses) and are averages—not predictions for any individual. Obesity increases the risk of several conditions that cumulatively affect survival:

- Heart disease
- Type 2 diabetes
- Stroke
- Certain cancers
- Sleep apnea and respiratory problems
- High blood pressure
- Liver disease