

COVID-19 and OBESITY

Am I at risk?



PLATINUM
HEALTH

Obesity is a common, serious and costly chronic disease. Being overweight puts people at risk for many other serious chronic diseases and increases the risk of severe illness from COVID-19.

The World Health Organisation (WHO) defines obesity as having abnormal or excessive fat accumulation that presents a risk to health.

OBESITY WORSENS OUTCOMES FROM COVID-19

- Being overweight increases the risk of severe illness from COVID-19.
- Obesity may increase the risk of hospitalisation due to COVID-19.
- Obesity decreases lung capacity and makes ventilation more difficult.
- As obesity increases, the risk of death from COVID-19 increases.

MANAGING OBESITY

- Frequent meals
- Healthy diet
- Sport
- Walks in the open air
- Daily regime

If you are obese and need help, talk to a Platinum Health Healthcare Provider for guidance.

