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Aims:
- The overall goal of this four-year project is to generate evidence-based recommendations to reduce obesity, improve health outcomes and reduce the use of healthcare resources among Australian adults.
- The program will quantify the impact of excess weight on reducing life expectancy in Australian adults, relative to their healthy counterparts, in order to determine key areas of need.

Methods:
- The program will develop a health economic model to evaluate interventions that prevent the progression of weight gain, obesity-related co-morbidities and premature mortality.
- The model will be informed by Australian-specific longitudinal data of over 250,000 individuals aged 45 years and over with linked health administrative and costs data.

Impact:
- This research has found that overweight and obese adults aged 20–69 years in Australia have a lower life expectancy than their healthy counterparts. For adults with excess weight aged 20–39 years, the impact is as high as 8–10 years of life lost for both men and women.
- The program will lead to the development of a health economic model that is designed to inform healthcare policy decisions through provision of evidence on long-term health and cost outcomes.

Background:
- Excess weight is associated with a wide range of debilitating, chronic and life-threatening conditions. This leads to many serious but avoidable complications, premature mortality and significant healthcare costs.
- With levels of obesity forecast to increase, the disease burden and healthcare costs are expected to worsen in the future.

Facts:
- Overweight and obesity is estimated to have cost the Australian economy $8.6 billion in 2011–2012.
- The latest statistics show almost two in three Australian adults (63%) were overweight or obese.
- 28% of Australian adults are obese, a figure projected to rise to 35% by 2030.
- Overweight and obesity is the second-leading risk factor contributing to the disease burden in Australia.

The George Institute For Global Health:
We’re improving the lives of millions of people worldwide through innovative health research. Working across a broad health landscape, the Institute conducts clinical, population and health system research aimed at changing health practice and policy worldwide.

Project Cycle:
2018–2021

Partners:
The George Institute for Global Health, Australia
UNSW Sydney
University of Sydney, Australia

Supporters:
The George Institute for Global Health
National Health and Medical Research Council (NHMRC), Australia
The Heart Foundation, Australia

Contact:
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