



The Heavy Burden of Obesity

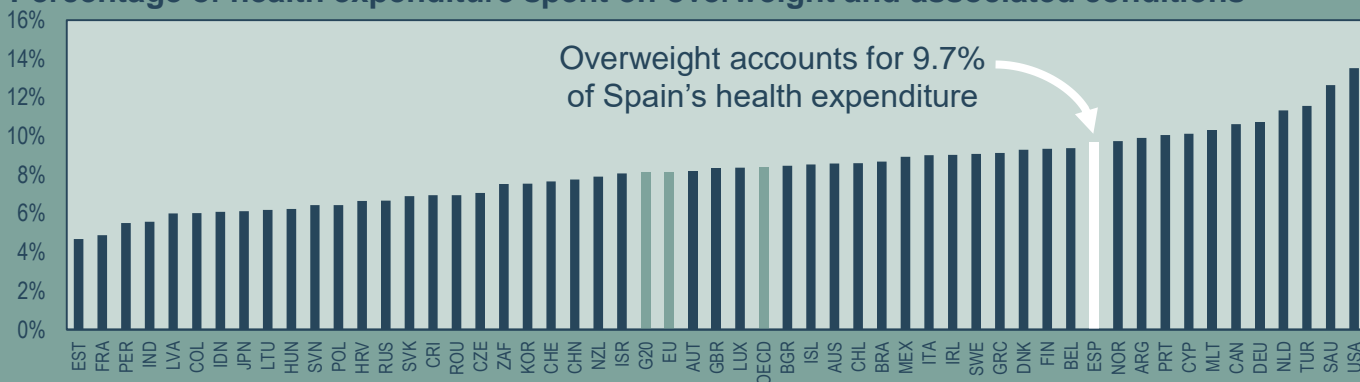
The Economics of Prevention

Over half the adult population in Spain is overweight, and this has a significant impact. The Spanish live on average **2.6 years** less due to overweight. The impact on the economy is large: overweight accounts for **9.7% of health expenditure**; and lowers labour market outputs by the equivalent of **479 thousand full-time workers** per year. Combined, this means that overweight reduces Spain's **GDP by 2.9%**. To cover these costs, each person in Spain pays an additional **EUR 265 in taxes** per year.



Spain

Percentage of health expenditure spent on overweight and associated conditions



To tackle the obesity epidemic, Spain has put in place a number of policies, including voluntary front-of-pack food labelling and advertising restrictions, and taxes on sugary drinks. However, more can be done.



A mixed package – which includes menu labelling, prescribing physical activity and workplace wellness programmes – could prevent 96 thousand non-communicable diseases by 2050, save EUR 32 million per year in health cost, and increase employment and productivity by the equivalent of 4 thousand full-time workers per year



Implementing a mixed policy package or policies to encourage reformulation would **prevent non-communicable diseases, reduce health expenditure and increase the productivity of the workforce**:



Achieving a 20% calorie reduction for foods high in sugar, salt, calories and saturated fats could prevent 472 thousand non-communicable diseases by 2050, save EUR 169 million per year in health cost, and increase employment and productivity by the equivalent of 13 thousand full-time workers per year

Public health actions to promote healthier lifestyles have a positive impact on population health and are an excellent investment:

On average, for every 1 EUR invested, up to 6 EUR are returned in economic benefits