

# Quality of life with obesity:

Obesity associated conditions account for **deterioration of life quality** apart from the substantial negative impact on emotional well-being and self-esteem<sup>1,2</sup>.

A **vicious cycle** can occur in which poorer quality of life and impaired mental health can act as triggers for sub sequent weight gain<sup>1,2</sup>.



**Reference:**

1. Gonzalez-Muniesa P, Martinez-Gonzalez MA, Hu FB, Despres JP, Matsuzawa Y, Loos RJJ, Moreno LA, Bray GA, Martinez JA. Obesity. Nat Rev Dis Primers. 2017 Jun 15;3:17034.
2. Nature Reviews Disease Primers. Obesity. Article number: 17035 (2017). <https://www.nature.com/articles/nrdp201735>