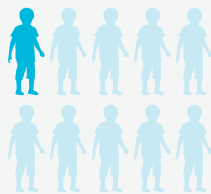


Singaporeans and obesity

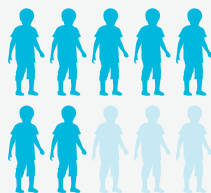


Overweight sets in during early childhood.

10% of five-year-olds are overweight.



70% of children who were overweight at age seven, stayed overweight as adults.



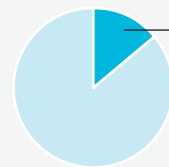
3kg heavier

Weight increase of Singaporeans, on average, compared with a decade ago.

The 11- to 12-year-olds today are more likely to be **obese or severely obese**, compared with 20 years ago.

People tend to put on weight when they **enter the workforce**.

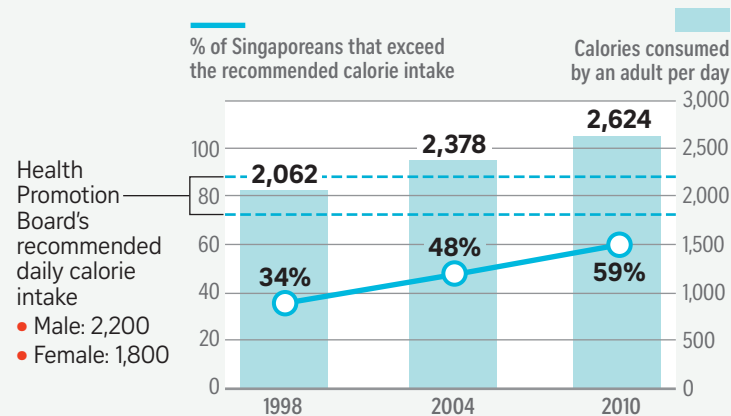
Estimated cost of obesity in Singapore in 2016



Up to 14%, or \$2.77 billion, in terms of healthcare spending and lost productivity.

This is equivalent to the cost of building one to two hospitals.

Obesity in Singapore is projected to hit **15% by 2024** if nothing is done. Currently, it is 11%.



Findings

- Increasingly more Singaporeans exceed the recommended intake of calories (dotted lines).
- There's an average 2 per cent increase in calorie consumption every year.