



COVID-19 and Obesity Fact Sheet

February 28th –
March 6th, 2021

COVID-19 (Coronavirus) is an infectious respiratory disease that is highly contagious. Unfortunately, people affected by obesity or excess weight may be at a higher risk than others for becoming extremely sick if they have contracted the virus. Underlying conditions associated with obesity (hypertension, diabetes, chronic lung disease, etc.) also increase the risk for a serious infection.

Because obesity is an independent high-risk factor for COVID-19 infection, hospitalization and the need for intensive care, it's important to be armed with the facts about:

- How this disease could affect you
- How it has affected so many others already
- How to take proper precautions against contracting the virus



People with COVID-19 who had underlying health conditions—most commonly hypertension, obesity, cardiovascular disease, diabetes mellitus, and chronic lung disease—were **6 times as likely** to be hospitalized and **12 times as likely** to die from the disease as those without underlying health conditions.¹



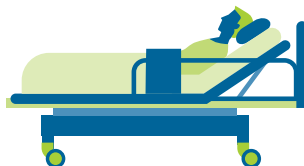
Individuals below **age 60** with a **BMI of 30 or higher** were more likely to be admitted to acute and critical care than patients in the same age categories with a BMI below 30.¹



Individuals with chronic heart failure, kidney disease, and a **BMI of 40 or higher** are at a particularly higher-risk of being negatively impacted by COVID-19.¹



Having obesity may triple the risk of hospitalization due to a COVID-19 infection.²



If you have an underlying medical condition, you should continue to follow your treatment plan:³

- Continue your medicines.
- Have at least a **30-day supply** of your medicines on hand.
- Call your healthcare provider with any concerns you may have or if you are experiencing symptoms of COVID-19.



The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to:³

- Wear a mask in public.
- Encourage social distancing.
- Wash your hands.
- Limit contact with commonly touched surfaces or shared items.
- If you have had close contact with someone who has come in contact with COVID-19 or has COVID-19, stay home and monitor for symptoms.



Sign-up for OCW Alerts to learn how you can get involved!

ObesityCareWeek.org/ocw-alerts

Resources:

1. Obesity Advocacy Network - The Members of the Committee on Framework for Equitable Allocation of Vaccine for the Novel Coronavirus National Academies of Science, Engineering and Medicine.
2. Centers for Disease Control and Prevention (CDC).<https://www.cdc.gov/obesity/data/obesity-and-covid-19.html>
3. Centers for Disease Control and Prevention (CDC).<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>