THE GROWING GENDER DIVIDE IN OVERWEIGHT AND OBESITY-RELATED DISEASE BURDEN: INSIGHTS FROM THE GLOBAL BURDEN OF DISEASE STUDY 1990-2019

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Analysis of Global Burden of Diseases data from 1990 to 2019 reveals diverging trends in overweight and obesity-related mortality and disability between males and females, with males experiencing increasing age-standardized death rates while females showed decreasing rates.

KEY POINTS

- In 2019, overweight and obesity-related diseases accounted for 160.2 million disability-adjusted life years (DALYs) and approximately 5.02 million deaths globally.
- Male age-standardized death rates increased from 58.19 to 66.55 per 100,000 person-years between 1990 and 2019 (annual percent change 0.36%, P <.001), while female rates decreased from 59.31 to 58.14 per 100,000 person-years (annual percent change -0.22%, P <.001).
- Male-to-female rate ratios for both mortality and DALYs increased substantially from near parity in 1990 (0.98 and 1.01, respectively) to 1.14 and 1.16 in 2019, with higher male-to-female ratios found in more than half of countries and territories.
- The study analyzed data from 26 diseases across 204 countries and territories, with a large proportion of the higher burden in males explained by increases in development.

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