



NeuRA

Discover. Conquer. Cure.

BIPOLAR DISORDERS LIBRARY

Image: ©Delphostock – stock.adobe.com

BIPOLAR DISORDERS Factsheet

October 2021

How is obesity related to bipolar disorder?

Obesity is defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), which is a person's weight divided by the square of his or her height. A person with a BMI of 30 or more using metric measures is generally considered obese. Being obese is a major risk factor for diabetes, cardiovascular diseases and cancer.

People with a severe mental illness are at increased risk of obesity, which may be due to genetic and/or socio-economic factors, lifestyle choices, and metabolic effects of many psychotropic medications.

What is the evidence for obesity in people with bipolar disorder?

Moderate quality evidence finds a small, increase in the rate of obesity in people with bipolar disorder compared to people without the disorder. The rate of obesity in children and adolescents with bipolar disorder is around 15%. Moderate to low quality evidence finds obesity is associated with worse symptoms and functioning. Weight loss following bariatric surgery is similar in people with bipolar disorder as in controls.

For more information see the technical table



NeuRA

Discover. Conquer. Cure.

NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au.

NeuRA (Neuroscience Research Australia) Foundation
T 1300 888 019 F +61 2 9399 1082
ABN 57 008 429 961

Margarete Ainsworth Building
Barker Street, Randwick NSW 2031
PO Box 1165 Randwick Sydney NSW 2031 Australia

neura.edu.au