



# NeuRA

Discover. Conquer. Cure.

SCHIZOPHRENIA LIBRARY

<18,5  
UNDERWEIGHT

18,5-24,9  
NORMAL

25-29,9  
OVERWEIGHT

30-34,9  
OBESE

35<  
EXTREMELY OBESE

## SCHIZOPHRENIA Factsheet

June 2020

### How is obesity related to schizophrenia?

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, or metabolic effects of psychotropic medications.

Obesity is defined as abnormal or excessive fat accumulation that presents a risk to health. A crude 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 on metric measures is generally considered obese. Being obese is a major risk factor for diabetes, cardiovascular diseases and cancer.

### What is the evidence for obesity?

Moderate quality evidence suggests people with chronic (multi-episode) schizophrenia have increased rates of abdominal obesity compared to age and gender-matched population controls and compared to drug-naive patients with schizophrenia.

For more information see the technical table



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*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 schizophrenia 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/donate/schizophrenia](http://neura.edu.au/donate/schizophrenia).