

Body Mass Index



NeuRA

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POST-TRAUMATIC STRESS DISORDER LIBRARY



<18,5

UNDERWEIGHT

18,5-24,9

NORMAL

25-29,9

OVERWEIGHT

30-34,9

OBESE

35<

EXTREMELY OBESE

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POST-TRAUMATIC STRESS DISORDER Factsheet

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How is obesity relevant to people with PTSD?

People with mental disorders often have increased rates of physical disorders, including obesity. This may be due to genetic factors, lifestyle choices, and metabolic effects of psychotropic medications. 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 is generally considered obese. Being obese is a major risk factor for diabetes, cardiovascular diseases, and cancer.

What is the evidence for obesity in people with PTSD?

Moderate to low quality evidence found around half of middle-aged people with PTSD are obese. Moderate to high quality evidence finds this represents a medium-sized increase in risk of obesity when compared to people without PTSD. Moderate to high quality evidence also found large effects in people with PTSD aged between 20 and 30 years and aged over 60 years when compared to age-matched controls.

For more information see the technical table



NeuRA

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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 PTSD and 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

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