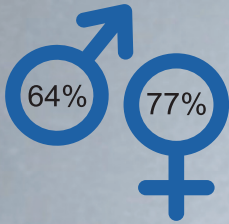


CONSEQUENCES

Obese individuals are more likely to suffer from severe disorders such as diabetes mellitus, cardiovascular diseases and certain tumours. Other frequent consequences are joint and bone damage. But obesity is also a risk factor for mental disorders such as



Alzheimer's disease and overweight individuals often suffer from psychological problems including depression. Overall, overweight individuals have less quality of life, are less active and more likely to consider themselves as outsiders.



...CASES OF DIABETES CAUSED BY OBESITY



Obesity contributes to a range of diseases, which not only cause considerable individual suffering, but is associated with significant socio-economic consequences on a societal level. According to the WHO, 6% of the European health budget was spent on obesity-related illnesses in 2006 with an upward tendency. Overall obese patients incur 30%



higher expenses to the health system than patients with normal BMI. Obese people are more likely to require expensive treatments such as artificial joints.



SHORTER LIFE SPAN:

THE LIFE EXPECTANCY OF A PERSON WITH A BMI GREATER THAN 30 IS 5 YEARS AND WITH A BMI GREATER THAN 40 IS 10 YEARS SHORTER THAN FOR A PERSON WITH A HEALTHY BMI



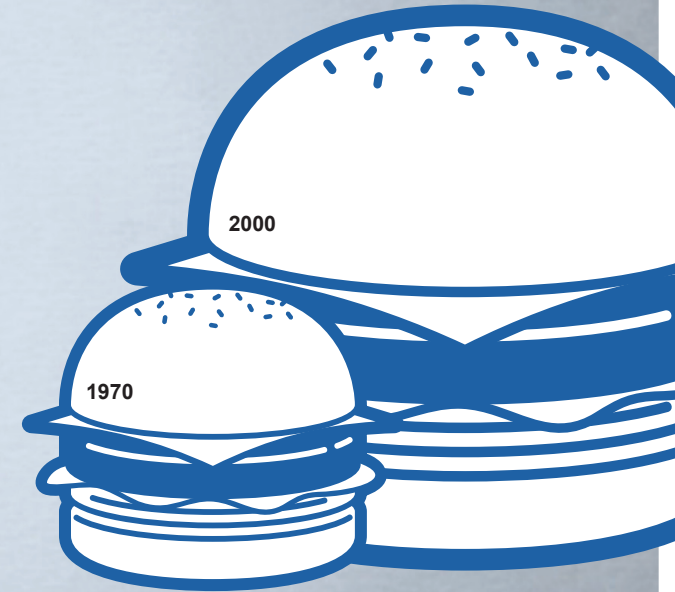
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OBESITY A GROWING PROBLEM



THE AVERAGE PORTION OF FAST FOOD IS **THREE TIMES LARGER** SINCE 1970

OBESITY



Severe overweight is referred to as obesity or adipositas. It is characterised by an abnormal increase of body fat, which constitutes a serious threat to health. According to the Body Mass Index (BMI = weight [kg] / height [m²]), people with a BMI greater than 25 are called overweight, and above 30 are categorised as adipose.

The rising prevalence of obesity has become alarming as severe health problems, most notably diabetes and cardiovascular diseases such as heart attack, are associated. Widespread weight problems in the world therefore not only constitute a severe threat to the health of obese individuals, but also to the sustainability of publicly funded health systems.

CAUSE

Obesity has a variety of causes and therefore no simple solutions: In principle obese people consume more calories

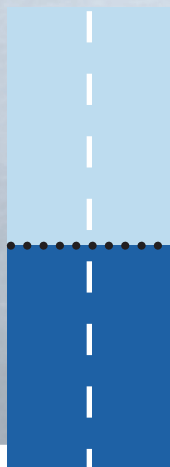


SEDENTARY LIFE STYLE

than they can burn as they do not get enough physical exercise - whether during their work or in their leisure time. A sedentary life style coupled with unhealthy eating habits supported by the food industry with its oversupply of unhealthy and high caloric products contribute significantly to this problem. One root of the obesity epidemic is that people increasingly fail to value a self-prepared meal with healthy ingredients.

than they can burn as they do not get enough physical exercise - whether during their work or in their leisure time.

A sedentary life



50% OF THE CAR RIDES IN EUROPE ARE SHORTER THAN 5 KM

HOW DOES TOBI HELP?

Obese people face many difficulties to lose weight and consequently suffer from associated diseases including diabetes and atherosclerosis. Inflammatory processes in fat tissue considerably contribute to onset of these illnesses. While ideally healthy life styles should be promoted, the current consequences of obesity need to be controlled by suitable measures. Inflammatory processes in fat tissue are an attractive option in this respect. Curbing inflammatory processes in fat tissue by novel therapeutics could pose an attractive solution to prevent severe disease in obese individuals.

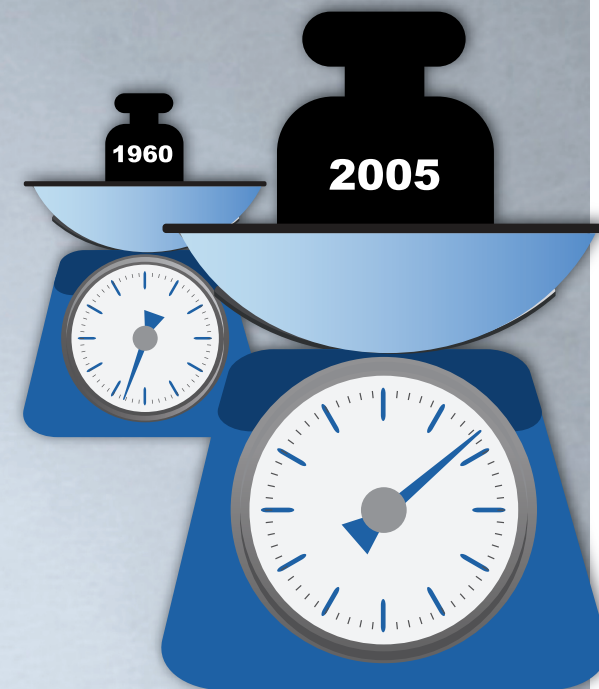
The project TOBI started in January 2008 to explore avenues of therapeutic intervention reducing the harmful effects of inflammatory processes in obese patients. The aim of the project is to characterise inflammatory processes in fat tissue and to develop strategies and target molecules for an effective treatment.

THE PROJECT

TOBI does not search for a new diet or a remedy for weight loss, but interferes where the problem originates. The main research interest of the project is the analysis of molecular mechanisms in adipose tissue during inflammatory events and to identify key molecules of these processes for the development of new drugs. With the financial support of 3 M€ from the European Union 10 partners from 5 European countries are working together for 3 years. The coordinator of the project is Prof. Thomas Stulnig from the Medical University of Vienna.

EXPECTATIONS

The consortium aims at identifying candidate molecules, which might serve as a starting point for the development of new drugs and consequently might reduce the risk of obesity-associated disorders.



THE CALORIC INTAKE PER PERSON AND DAY INCREASED FROM 2250 KCAL IN 1960 TO 2800 KCAL IN 2005 MAINLY DUE TO PRODUCTS CONTAINING TOO MUCH SUGAR

IN THE MEANTIME ...

Although the results of TOBI are promising, the clinical development of drugs curbing inflammatory processes in obese patients are years off. If you care about your health, review your life-style for unhealthy habits now! Small but consequent steps already show great impact: a balanced diet is the first move towards maintaining a healthy weight and also stops silent inflammation. With the right ingredients and mild preparation, a delicious and healthy meal can be prepared in minimal amounts of time. In addition, use every opportunity for physical exercise, walking short distances or using stairs are easy ways to improve your everyday life.