

What Is Obesity?

Obesity is a chronic but treatable disease associated with excess weight. For people living with obesity, there is more to weight management than just the pounds you can see.

Numbers count

When people think of obesity, they may tend to think of it in terms of pounds—how much a person weighs. **But obesity is not just about the pounds.**

Healthcare providers use 2 screening tools to estimate weight status in relation to potential disease risk:



- 1. Body mass index (BMI)**—BMI is a measurement that can point to unhealthy weight in adults and is calculated using your body weight and height. Knowing your BMI can give you a place to start when talking with a healthcare provider about your weight. A helpful calculator for finding your BMI can be found at https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html



- 2. Waist circumference**—This is the measure of your body around your waistline, just above your hip bones. For adults, a man may be at a higher risk of developing weight-related conditions if his waist circumference is more than 40 inches. For a woman (non-pregnant), that measurement is 35 inches

The higher a person's BMI and waist circumference is, the higher his or her risk of weight-related complications

How widespread is obesity?

Approximately 108 million adults have obesity in the US and the prevalence is growing.

If this trend continues, it is projected that nearly half of the US adult population will have obesity by 2030



Meet Donna

Donna spent 3 decades trying fad diets before finally achieving lasting success with the help of her healthcare provider.

"I didn't realize that there were other people that suffered like that, and I didn't realize that there was something I could do about it. I've learned now that obesity is a disease."

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Factors that affect weight management

Different factors—from a person's genes to his or her environment—have an impact on how they gain weight.



Appetite signals



Genetics



Behavior



Environment

Focus on your goals

Remember that weight management is an investment in yourself and your well-being—one that can have benefits now and later. Consider these practical tips to help you focus on your weight-management goals.



Your goals are unique. Set goals that are meaningful to you. Some people may want to lose weight so they look better. Others may be in it for the health benefits. Think about what you want to get out of your weight-loss goals



Set goals that you can achieve. Be sure that any goals you set for yourself are ones you can attain. If you set your goals too high, you may get discouraged and give up

Weight regain

If you have repeatedly tried to lose weight and the results don't seem to last, you're not alone. People with excess weight generally make 7 serious attempts to lose weight. Many lose weight at first, but the weight can return.

Ever wonder why it can be so hard to keep the weight off? You and your healthcare provider can work on a plan to manage weight for the long term.

Did you know that losing 5% to 15% of your weight can improve some weight-related conditions such as heart disease and type 2 diabetes?
Talk with your healthcare provider about your weight today.

For more information please visit www.TruthAboutWeight.com.