

# WHAT YOU SHOULD KNOW ABOUT OBESITY

In the Clinic  
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## Why is obesity a health problem?

- Being overweight means that you weigh more than is healthy.
- People who are overweight have medical problems, such as high cholesterol, diabetes, heart disease, arthritis, and breathing problems, as well as shorter lives.
- Losing weight can be hard, but losing even a little can make you healthier.

## How do you know if you are overweight?

- Body mass index (BMI) measures how tall you are in meters (m) and how much you weigh in kilograms (kg) to tell you if you weigh too much.
- Normal BMI is under 25 kg/m<sup>2</sup>. You are overweight if your BMI is between 25 kg/m<sup>2</sup> and 30 kg/m<sup>2</sup>. You are obese if it is over 30 kg/m<sup>2</sup>.

## What the best ways to lose weight?

- Eat less and exercise more.
- Some diets are easier than others for some people. Sometimes getting advice or joining self-help groups makes it easier to stay on a diet.
- Set a reachable goal for your new weight. Even a few pounds makes a difference.
- If diet and exercise are not enough, your doctor may give you medication to lose weight.
- If you are very obese and have serious medical problems, your doctor may consider surgery on your stomach so that you eat less and lose weight.



## Why Is Losing Weight So Hard?

- It's not easy to break the eating habits that lead to weight gain.
- It takes patience. Healthy, long-term weight loss takes time, and the slow results can dampen your motivation.
- It's hard for your body to change. When you go on a diet, you lose some weight and then stop for a while.

## For More Information

[www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)  
Information resources from the National Heart, Lung, and Blood Institute's Aim for a Healthy Weight! Program.

[www.heart.org/HEARTORG/GettingHealthy/WeightManagement/Weight-Management\\_UCM\\_001081\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/Weight-Management_UCM_001081_SubHomePage.jsp)  
[www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity\\_UCM\\_001080\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp)  
Guidance on losing weight and on physical activity from the American Heart Association.

[www.eatright.org/Public/](http://www.eatright.org/Public/)  
Information on food and nutrition, from the Academy of Nutrition and Dietetics (formerly the American Dietetic Association).

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