WHAT YOU SHOULD KNOW ABOUT OBESITY

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$^2$. You are overweight if your BMI is between 25 kg/m$^2$ and 30 kg/m$^2$. You are obese if it is over 30 kg/m$^2$.

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

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
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/
Information on food and nutrition, from the Academy of Nutrition and Dietetics (formerly the American Dietetic Association).