

# What to Know About Managing Obesity

One in five deaths in the U.S. can be attributed to obesity, according to the American Journal of Public Health. Obesity impacts **93.3 million** people in the United States, yet there is little education in public schools about it.

## DEFINING OBESITY

Obesity is a medical condition that involves having an excessive amount of body fat. It can be linked to type 2 diabetes, cardiovascular disease, high blood pressure and cancer.

## ABOUT BMI

Obesity is diagnosed by a person's Body Mass Index, or BMI, and having too much body fat. Body Mass Index is calculated by a person's weight in pounds divided by inches squared times a conversion factor of 703. If your BMI is higher, it can indicate high body fatness. The CDC provides a BMI calculator on their website.

### What is considered Underweight Vs. Obese

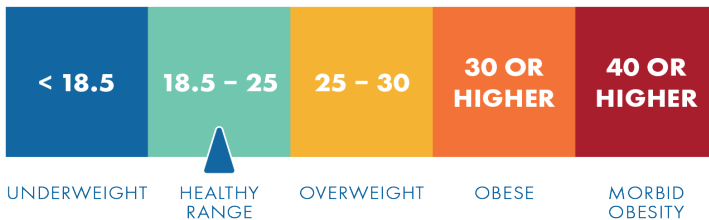
Underweight: Less than 18.5

Healthy Range: 18.5 to 25

Overweight: 25 to 30

Obese: 30 or higher

Morbid obesity: 40 or higher

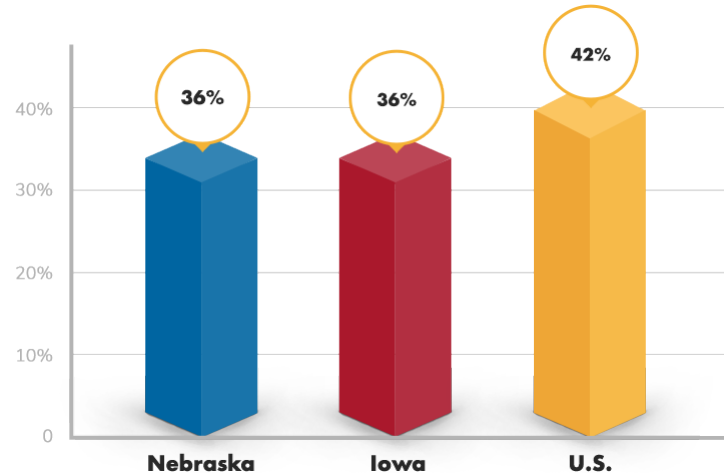


## TIPS TO LIVE A HEALTHY LIFESTYLE

Although obesity is a common issue in the United States, there are steps you can take to resolve many of the risks associated with obesity:

- **Choose healthier foods** – Whole grains, fruits and vegetables, healthy fats and protein sources
- **Engage in regular physical activity** – Any amount of exercise is better than nothing, but aiming for 30 minutes of physical activity a day should be a general goal.
- **Get your friends or family involved** – It can take time to lose a significant amount of weight, but starting with small goals and including supportive people along the way helps.
- **Learn how to meal prep** – Preparing your meals ahead of time can allow you to have healthy meals ready to go.
- **Reduce your daily stress** – Increased stress can change your eating patterns, causing you to eat more.

## Percent of Obese Residents in Nebraska and Iowa



Source: CDC

## EFFECTS

Obesity occurs when an individual takes in more calories than he or she burns through normal daily activities and exercise, according to Mayo Clinic. Risk factors include:

- **Higher Costs** – According to the CDC, “the medical cost for people who are obese was \$1,429 higher than those of normal weight.”
- **Increased Risk for Multiple Types of Cancer** – Cancers most commonly linked to obesity include breast, cervix, endometrium, ovary, uterus and colon.
- **Quality of Life** – You may experience weight-related issues such as depression, disability, shame and guilt, social isolation and lower work achievement.
- **Diabetes** – The most strongly influenced condition by body weight is type 2 diabetes, according to Harvard Health.

Sources: CDC, JAMA Network, Mayo Clinic, Healthline

# PERSONAL WEIGHT JOURNEY

This guide about your personal medical history will help you create and track your weight loss plan. Review with your Primary Care Provider at your next appointment to make sure you're on the right track.

Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI (if you know it): \_\_\_\_\_ Date of Appt: \_\_\_\_\_



## This series of questions can help determine what areas need to be improved upon:

Do you eat between meals or snack before bedtime?  Yes  No

Do you eat as a response to your emotions?  Yes  No

Do you have a history with an eating disorder?  Yes  No

If yes, which one? When? (Anorexia, bulimia, etc.) \_\_\_\_\_

Do you have any dietary restrictions?  Yes  No



## Approximately how much exercise do you get in one week?

None  30-60 mins (half hour to 1 hour)  120-180 mins (2-3 hours)

30 min or less  60-120 mins (1-2 hours)  More than 180 mins (3 hours)



## What barriers have kept you from losing and/or maintaining weight in the past?

(Nutritional choices, no time, no access to gym, health, etc.)



## How many serious weight loss attempts have you made in the past 5-10 years?

None  Two  Four

One  Three  More than Four



## Have you participated in a structured weight-loss program in the past?

(WeightWatchers, Jenny Craig, etc.)

Yes  No

If yes, when: \_\_\_\_\_



## Goals

Starting weight: \_\_\_\_\_

Ideal Weight (#): \_\_\_\_\_

What would you like to do to achieve this goal? \_\_\_\_\_

Approximately how long will this take to accomplish? \_\_\_\_\_