

PATIENT EDUCATION HANDOUT

Risks of Obesity

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Obesity is a medical condition defined by a body mass index (BMI) over 30 kg/m. There are some risk factors out of your control, but you still have the power to stay healthy if you change certain aspects of your lifestyle.

WHAT IS BMI?

BMI is an index of weight-for-height used to classify overweight and obesity in adult individuals.

- Healthy weight: A BMI between 18.5 kg/m and 24.9 kg/m
- Overweight: A BMI between 25.0 kg/m and 29.9 kg/m
- Obese: A BMI equal to or more than 30.0 kg/m

BEHAVIORS PUTTING YOU AT RISK FOR OBESITY:

- Eating an unhealthy diet: An unhealthy diet may consist of fast foods, frozen meals and high-sugar content.
- Living a sedentary lifestyle: Most of our jobs require a desk and a chair. Your body needs to burn the foods that you feed it. The less you move, the more energy will be stored and eventually turned into fat.
- Stress: Stress is a risk factor because it can cause overeating in addition to an increase in the hormone called cortisol. This hormone has been linked to weight gain.
- Lack of sleep: A variable sleep cycle without a set schedule can cause weight gain because individuals may eat more than their required caloric needs.

WAYS TO PREVENT OBESITY:

- Participate in at least 30 minutes or more of physical activity every day, such as gardening, brisk walking, biking or swimming.
- Make a habit to comply with the recommended 2,000 calorie intake diet and make modifications depending on your current fitness goals.
- Pay attention to what you are eating. Incorporate fruits, vegetables and foods low in cholesterol and sodium.
- Develop and maintain a schedule to meditate, sleep and keep up with your mental health needs.

MEDICAL CARE & TREATMENT OPTIONS

If you have any questions about obesity, please contact your osteopathic family physician. With a thorough history and physical exam, your doctor will help you determine which treatment options will be best for you to achieve healthy body weight. For more information on how to prevent obesity, visit <https://www.cdc.gov/obesity/index.html>.



SOURCE(S): Centers for Disease Control and Prevention

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