



Obesity

Obesity means that your body mass index (BMI) is greater than 30%. Your doctor uses your height and weight to calculate your BMI. You are at higher risk for obesity if one or both parents are obese. You can make changes now that will help you be healthy, active, and do the activities you enjoy more easily. The changes also help create healthy habits that can be used for the rest of your life.

What are the risks of obesity?

Obesity can cause many health problems, including:

- Injury or physical disability
- Diabetes (high blood sugar)
- High blood pressure or high cholesterol
- Heart disease
- Stroke
- Diseases of the liver or gallbladder
- Cancer of the colon, breast, prostate, liver or kidney
- Sleep apnea
- Arthritis or gout

What do I need to know about screening tests?

Screening tests are done to check for disease before signs or symptoms occur. If you are between the ages of 35 and 70, you can check your blood sugar level every 3 years for signs of prediabetes or diabetes. High blood pressure can conduct to a stroke or other problems.

What is the treatment for obesity?

The goal of the treatments is to help you lose weight and to improve your health. Even a small reduction in body mass index can reduce the risk of many health problems.

- **Lifestyle changes** include making choices to eat healthy foods and get regular physical activity.

- **Medications** can help you lose weight when used along with healthy foods and physical activity.
- **Surgery** if you are very obese and have other health problems. There are several types of weight loss surgery.

How can I lose weight effectively?

- **Set accessible and realistic goals.** An example of a workable goal is walking 20 minutes, 5 days a week. Another goal may be to lose 5% of your body weight.
- **Find a support network.** Tell your friends, family, and co-workers about your goals and ask for their support. Invite a friend to exercise together or join a motivational group to lose weight.
- **Manage stress.** Get free of high-calorie foods at home or at work that cause you to overeat. In the kitchen have a basket with fresh fruit.
- **Record what you eat and drink.** Write down the amount of time you spend doing physical activity during the day. Weigh yourself once a week and record it in your diary.



What changes in my eating habits should I make?

You will need to eat fewer than 500 to 1,000 calories a day than you currently do to lose 1 to 2 pounds a week. The following changes will help you lower the number of calories you normally eat:

- **Reduce portion sizes.** Use small side plate no larger than 9 inches in diameter. Fill half plate with fruits and vegetables. Use the measuring cups to portion foods until you know what a serving size looks like.

Vegetables 1 cup = fist		
Fruit 1 medium or 1 cup = fist		
Whole-grain bread 1 slice = flat hand		
Whole grains, such as rice ½ cup = ½ fist		
Low-fat dairy 1½ ounce = pointed finger 1 cup = fist		
Cooked beans ½ cup = ½ fist		
Lean meat or fish 3 ounces = palm		
Fat, such as butter 1 tablespoon = thumb		

- **Eat 3 meals and 1 or 2 snacks a day.** Plan your meals in advance. Cook and eat at home as much as possible. Eat slowly. Do not skip any meals because this can conduct you to eat more later in the day.
- **Eat fruits and vegetables with every meal.** These are low in calories and high in fiber which fills you up. Use herbs to season steamed vegetables.
- **Eat baked or grilled chicken or fish.** These proteins are lower in calories and fat than lean meat. Limit fast foods.

- **Limit the amount of sugar you eat.** Do not consume sugary drinks. Restrict alcohol consumption.

What activity changes should I make?

Physical activity helps you burn calories, strengthen your muscles, decreases stress and depression, improves your mood, and can help you sleep better. Check with your doctor before beginning an exercise regimen.

- **Be physically active for at least 30 minutes 5 days a week. Start slow.** Set aside time each day for physical activity that you enjoy and that works for you. It's best to do both a weight program and an activity to get your heart rate up, such as walking, bicycling, or swimming.
- **Find ways to be more active.** Do a gardening activity and clean the house. Take the stairs instead of using the elevator. In your free time, attend events that require you to walk.



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY-1-844-347-7804

References:

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