

Weight Control



Achieving and maintaining a healthy weight can be challenging, but leading a healthy lifestyle including physical activity and healthy eating helps with weight loss. More than 70% of adults are overweight or obese. This extra weight increases the risk of developing health problems such as diabetes, heart disease, and kidney disease, among others.

Risk Factors

- **Family history:** The development of overweight people is greater if one or both parents are overweight or obese.
- **Race or ethnicity:** Some groups, including racial and ethnic minorities, are more likely to have obesity.
- **Age:** Most people gain weight as they get older.
- **Poor diet:** People consume a lot of foods and beverages high in calories, sugar and saturated fat.
- **Sedentary lifestyle:** Spending a lot of time sitting or lying down, for example, watching television.



Complications

Not having weight control increases the development of certain complications, such as:

- Diabetes
- Hypertension (high blood pressure)
- Stroke
- Sleep apnea or breathing problems
- High LDL cholesterol
- Body aches and difficulty with physical functioning
- Mental illness (depression, anxiety)



Prevention

To prevent obesity or obesity, it is important to follow a healthy and physical activity. Some recommendations are to limit the consumption of foods and beverages high in sugar, salt and saturated fats. Perform at least 150 minutes of physical activity per week and reduce alcohol consumption.

Social and Emotional Aspects

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

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References

<https://www.cdc.gov/healthy-weight-growth/food-activity/overweight-obesity-impacts-health.html>
<https://medlineplus.gov/weightcontrol.html>
<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/control-de-peso-saludable>

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