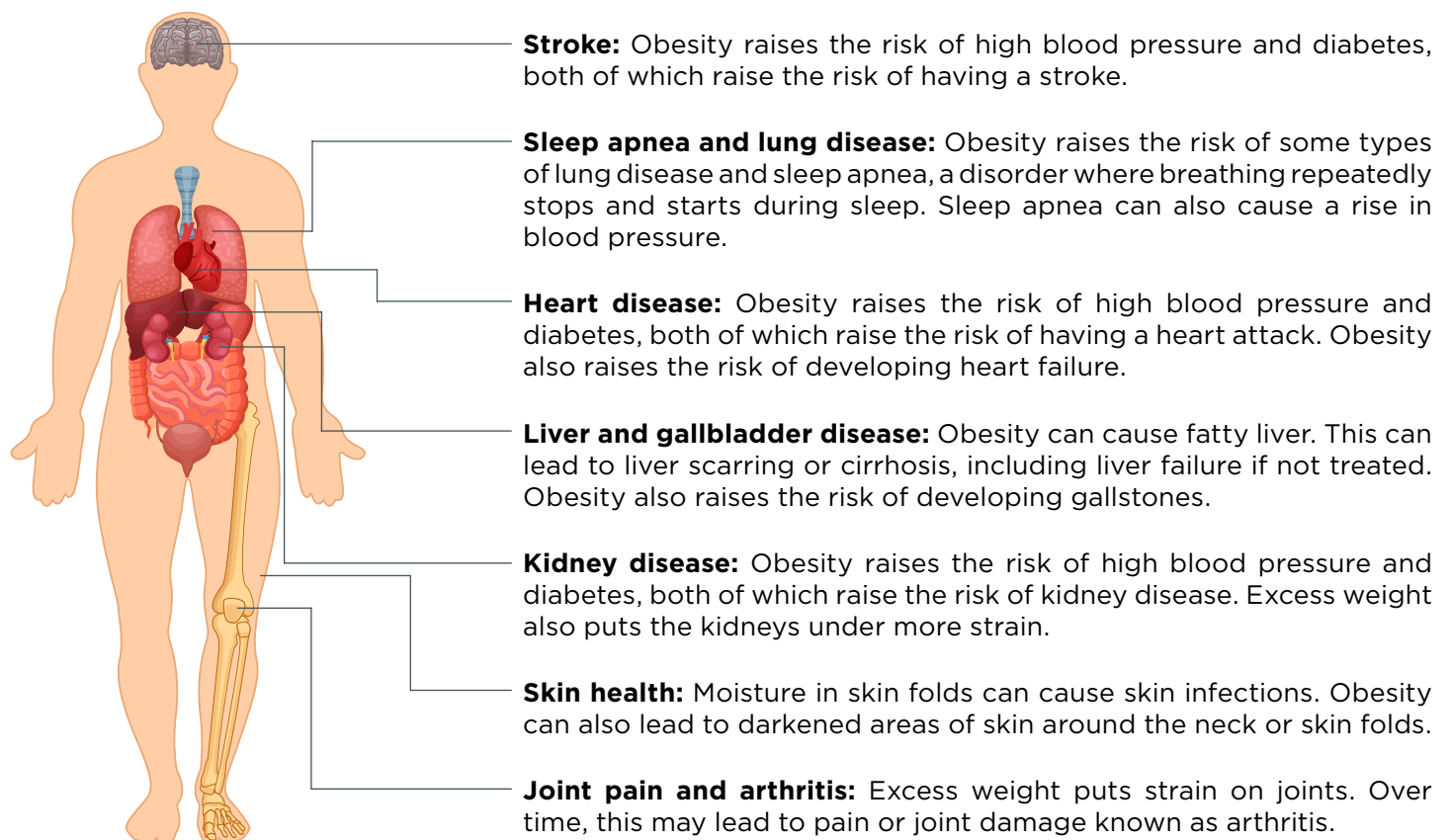


Obesity is a growing health problem in the United States. Over the past 30 years, obesity rates have greatly increased. Some causes include changes in the food industry as well as less active lifestyles across the country.

Being overweight or obese is a medical issue. Being overweight or obese can cause serious long-term health problems. Excess weight harms the body and can lead to type 2 diabetes, high blood pressure, and high cholesterol and/or triglyceride levels.

Obesity complications

Excess weight affects nearly every part of the body. Obesity can raise the risk of health problems, such as the ones listed below.



Getting to an ideal body weight for you

Achieving and maintaining a normal body weight is important for your overall health. Talk with your doctor about what an ideal body weight might be for you. Multiple studies have shown that even small amounts weight loss improves health.

Staying at an ideal body weight can be hard in our modern lives. Many people spend a lot of time sitting in front of a computer or television or driving. Busy schedules may not leave enough time for daily exercise. The way food is made has changed the way we eat, and many people tend to eat highly processed foods, which contain addictive additives such as corn syrup, sodium, preservatives, and other unhealthy products. In addition, foods that are quick and convenient, such as fast-food options, often lack nutritional value. Any weight loss plan must include learning about nutrition.

Food knowledge is power

Knowing what you are eating is important when trying to lose weight. Here are some tips:



- Limit going out to eat and eating ready-made meals. Most are processed and full of unhealthy additives.
- Cook or prepare food at home.
- Try to cook like your grandparents did. Use basic, non-processed foods.
- Check the ingredients in your food. Many packaged foods have additives that are not healthy. “If you can’t pronounce it, don’t eat it.”
- Read the nutrition facts labels on your food. To learn how, go to healthmapsolutions.com/patient-resources and download “Reading Food Labels.”
- While at first it may seem hard to change what you eat, any amount of change is helpful. Over time, these changes will feel normal and become part of your lifestyle.

Move, move, move!

Exercise is critical for staying at a healthy weight. Most experts say to increase your heart rate for 30 minutes a day, 5 days a week. Every little bit counts. If you can’t work out for 30 minutes, do what you can. Try the tips below to add movement into your day. Importantly, talk with your doctor before making changes to how you exercise.

- Walk rather than drive.
- If possible, take the stairs rather than the elevator.
- Try to get outside when you can. It will inspire movement.
- Schedule time during the week to exercise.
- For more exercise tips, go to healthmapsolutions.com/patient-resources and download “Exercising for Health.”



Medical options for weight loss

Some people may need more help with losing weight. Until recently, gastric bypass or banding surgeries were the most used medical procedures for weight loss.

Now there are medications that can help with weight loss when combined with lifestyle changes. These medications also help improve heart and kidney health. Talk to your doctor to see if a weight loss medication could be helpful for you.

To learn more about healthy weight management, call Healthmap Solutions at 1-800-481-0474 (TTY: 711). Patients must meet program requirements to access Healthmap services.



1-800-481-0474 (TTY: 711) | healthmapsolutions.com/patient-resources