



Facts About Obesity and Your Health

Obesity has been in the news a lot lately and much of the information is confusing. But what you need to know is really very simple: there is conclusive evidence that controlling your weight significantly improves your health and the quality of your life.

HERE ARE THE FACTS:

- ✓ **FACT:** If you are overweight, shedding excess pounds is one of the healthiest things you can do. That's because obesity increases the risk of developing serious diseases—especially Type 2 diabetes, high blood pressure, heart disease, some forms of cancer, gallbladder disease, and osteoarthritis.
- ✓ **FACT:** Even a modest weight loss —5 to 10 percent of your original weight—will improve your health significantly. There is good evidence that losing weight lowers blood pressure, improves cholesterol values, decreases triglyceride levels, and improves the body's use of insulin. And these positive changes can be measured in a matter of days or weeks.
- ✓ **FACT:** Sustained weight loss is something you can achieve. Despite a lot of hype to the contrary, many Americans have achieved lasting weight loss. The key is to set realistic goals and adopt a comprehensive weight program that includes healthy eating, being physically active, and being surrounded by a supportive atmosphere.

Simply put: healthy weight and good health go hand-in-hand. So, follow the advice of the U.S. Surgeon General, the Centers for Disease Control and Prevention and every health organization in America and improve your health by controlling your body weight.

American Association of Diabetes Educators
American Cancer Society
American Council on Science and Health
American Diabetes Association
American Dietetic Association
American Institute for Cancer Research
American Obesity Association
American Public Health Association

American Society for Clinical Nutrition
American Society for Nutritional Sciences
National Consumers League
National Women's Health Resource Center
NAASO, The Obesity Society
Pennington Biomedical Research Center
University of California Department of Nutrition
Yale Prevention Research Center



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