

OBESITY EDUCATION

WHAT IS OBESITY?

Body Mass Index (BMI) is a measure that is typically used to see if an individual's weight is appropriate for his or her height. An individual will be categorized as overweight or obese based on the following BMI range:

- Normal weight: BMI between 18.5 and 24.9
- Overweight: BMI between 25 and 29.9
- Obese: BMI of 30 or greater

If an individual is overweight or obese, his/her weight is considered too heavy for his/her height.

WHAT ARE THE SYMPTOMS OF OBESITY?

Common symptoms of obesity include difficulties breathing (particularly with movement), trouble sleeping at night, regularly feeling fatigued or depressed, regularly having aches and pains, including chest pain, and occasionally losing control of one's bladder.

WHAT ARE THE CONSEQUENCES OF OBESITY?

Being obese increases a person's risk of developing several serious health issues, including diabetes, high blood pressure, high cholesterol, heart disease, stroke, asthma, sleep apnea, and cancer. Obesity may also contribute to a person dying younger than expected.

WHAT ARE THE TREATMENT OPTIONS FOR BEING OVERWEIGHT OR OBESE?

Lifestyle changes, including dietary modifications and increased physical activity, are important to losing weight. In severe obesity, for those who have not been able to lose weight through diet and exercise, medication and surgery are options.