

Obesity & Your Health

Obesity is a global epidemic. Approximately 65% of the US adults are overweight (BMI (Body Mass Index) ≥ 25 kg/m²) and 30% are obese (BMI > 30 kg/m²)¹. In addition, the adult obesity rate is projected to reach 40% by 2015².

This rate of obesity raises concern because of its implications for the health of Americans. Obesity increases the risk of many diseases and health conditions. These include—

- Hypertension (high blood pressure)
- Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint)
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

What is healthy weight loss?

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, individuals must use up more calories than you take in. Since one pound equals an estimated 3,500 calories, they need to reduce your caloric intake by 500—750 calories per day to lose about 1 to 1.5 (lbs) pounds per week.

Once they have achieved a healthy weight, by relying on healthful eating and physical activity most days of the week (about 60—90 minutes, moderate intensity), they are more likely to be successful at keeping the weight off over the long term.

Losing weight is not easy, and it takes commitment. But if they are ready to get started, Microlife Medical Home Solutions, Inc. has a step-by-step guide to help get them on the road to weight loss and better health.

Even Modest Weight Loss Can Mean Big Benefits

The good news is that no matter what an individual's weight loss goal is, even a modest weight loss, such as 5 to 10 percent of total body weight, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.¹

For example, if a patient weighs 200 pounds, a 5 percent weight loss equals 10 pounds, bringing their weight down to 190 pounds. While this weight may still be in the "overweight" or "obese" range, this modest weight loss can decrease their risk factors for chronic diseases related to obesity.

So even if the overall goal seems large, see it as a journey rather than just a final destination. They will learn new eating and physical activity habits from WatchWT that will help them live a healthier lifestyle.

References:

1. Hedley AA, Ogden CL, Johnson CL, Carroll MD, Curtin LR, Flegal KM. Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. *Journal of the American Medical Association*. Jun 16 2004;291(23):2847-2850.
2. Wang Y, Beydoun MA. The Obesity Epidemic in the United States--Gender, Age, Socioeconomic, Racial/Ethnic, and Geographic Characteristics: A Systematic Review and Meta-Regression Analysis. *Epidemiological Review*. 2007;29(1):6-28.
3. Information obtained from the Centers for Disease Control & Prevention. www.cdc.gov.

Medical Complications from Overweight & Obesity

