

WHAT YOU SHOULD KNOW ABOUT OBESITY

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Being overweight means that you weigh more than is healthy. Overweight people have medical problems, such as high cholesterol, diabetes, heart disease, arthritis, and breathing problems, as well as shorter lives. Losing weight can be hard, but losing even a little can make you healthier.

How do you know if you are overweight?

Body mass index (BMI) measures how tall you are in meters (m) and how much you weigh in kilograms (kg) to tell you if you weigh too much.

- Normal BMI is under 25 kg/m². You are overweight if your BMI is between 25 kg/m² and 30 kg/m². You are obese if it is over 30 kg/m².

What are the best ways to lose weight?

- To lose weight, you have to eat less and exercise more. Some diets are easier than others for some people.
- Sometimes getting advice or joining self-help groups makes it easier to stay on a diet.
- If diet and exercise are not enough, your doctor may give you medicine to lose weight.
- If you are very obese and have serious medical problems, your doctor may consider surgery on your stomach so that you eat less and lose weight.

Why is losing weight so hard?

- It is hard for your body to change. When you go on a diet, you lose some weight and then stop for a while.



- Set a goal for your new weight that you can reach. Even a few pounds makes a difference.

Web Sites with Good Information on Losing Weight

National Heart, Lung, and Blood Institute:
Aim for a Healthy Weight!

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

American Heart Association: Healthy Lifestyle
www.americanheart.org/presenter.jhtml?identifier=1200009

Centers for Disease Control and Prevention:
Overweight and Obesity
www.cdc.gov/nccdphp/dnpa/obesity/index.htm

Surgeon General: Physical activity and health: A report of the Surgeon General
www.cdc.gov/nccdphp/sgr/sgr.htm

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