

# Obesity and heart disease

Cardiovascular disease is a term for several conditions, including heart disease, that affect the heart and blood vessels. People living with obesity can have an increased risk of cardiovascular disease, **which includes heart attack and stroke.**

Obesity is **connected to** high blood pressure, unhealthy cholesterol, and type 2 diabetes. Individuals who lose 5% or more of their weight could improve these measures.

Ask a health care provider about the relationship between your weight and the numbers below. Together you can build a weight-management plan that can help you lose weight and maintain it.



Obesity **increases the risk of** cardiovascular disease



Losing **5%** or more weight can **improve** certain heart disease **risk factors**



## Blood pressure

Blood Pressure Category	Systolic Blood Pressure (Upper Number)		Diastolic Blood Pressure (Lower Number)
Normal	<120 mmHg	and	<80 mmHg
Elevated	120-129 mmHg	and	<80 mmHg
High blood pressure (Stage 1)	130-139 mmHg	or	80-89 mmHg
High blood pressure (Stage 2)	≥140 mmHg	or	≥90 mmHg

**Diastolic:** The second number in a blood-pressure reading, showing the pressure when your heart rests.

**Systolic:** The first number in a blood-pressure reading, showing the pressure when your heart beats.



## Cholesterol

Optimal Cholesterol Levels	
Total cholesterol	About 150 mg/dL
LDL ("bad") cholesterol	About 100 mg/dL
HDL ("good") cholesterol	At least 40 mg/dL in men and 50 mg/dL in women
Triglycerides	Less than 150 mg/dL

**HDL:** High-density lipoprotein.

**LDL:** Low-density lipoprotein.



## Blood sugar

	Normal	Prediabetes	Diabetes
A1C	Up to 5.6%	5.7%-6.4%	6.5% or higher
Fasting blood sugar test (mg/dL)	Up to 99	100-125	126 or higher
Glucose tolerance test (mg/dL)	Up to 139	140-199	200 or higher

**A1C:** Glycated hemoglobin, also known as HbA1c, is a blood protein that is attached to sugar.

**Talk to your doctor about how weight loss for obesity could be a part of your cardiovascular risk factor treatment plan.**

Learn more at [TruthAboutWeight.com](https://www.TruthAboutWeight.com)



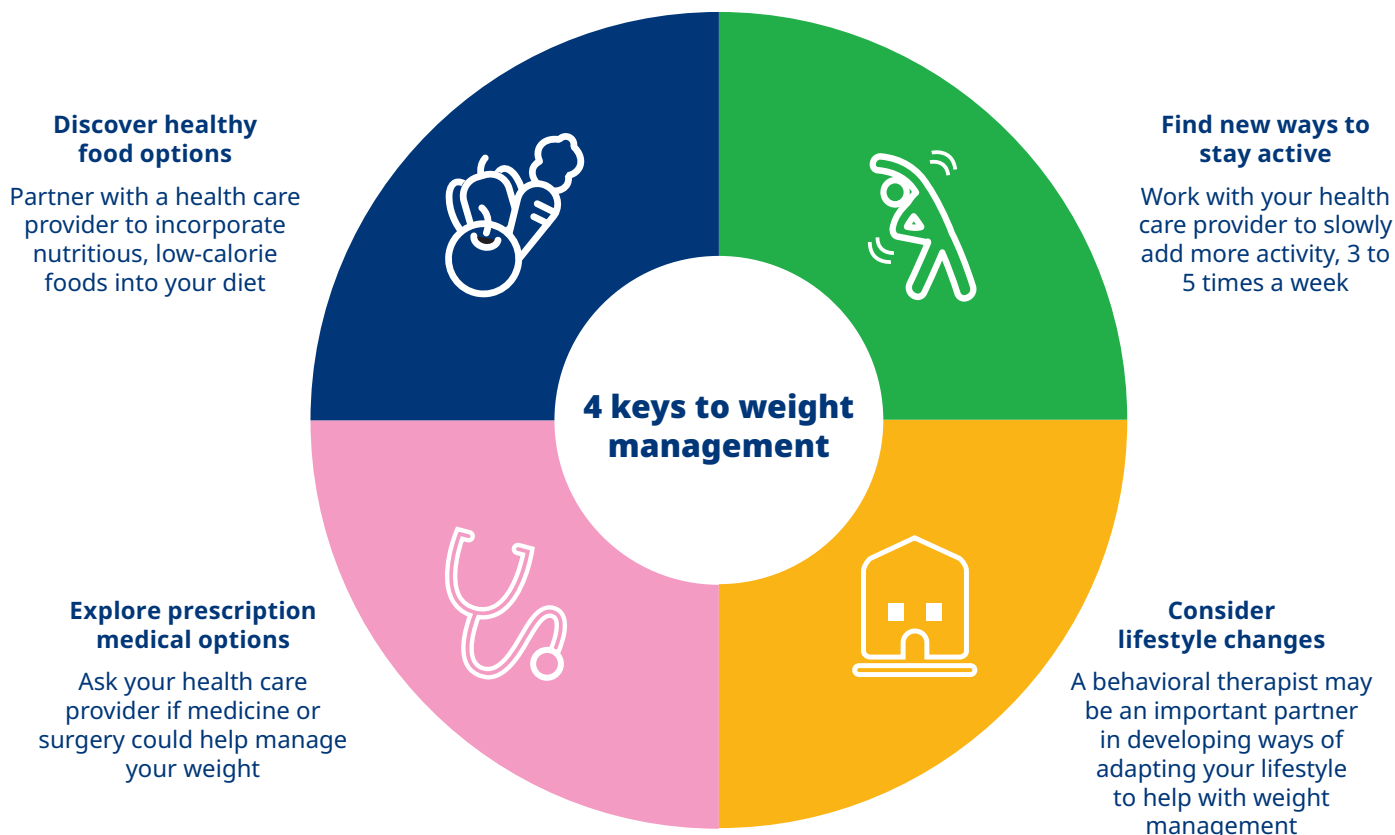
# Make a plan for long-term weight management

Losing weight and maintaining it is hard because of how the body responds to weight loss. Many people lose weight at first, but the weight can return. While healthy eating and increased physical activity are important, for many people, that **may not be enough to keep the weight off**.

People can lose **5 times** more weight

when working with a health care provider, compared to people who do it alone.

Partner with a health care provider to establish a personalized weight-management plan.



Actor portrayals.

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**Want to learn the science behind weight?**  
Find out more at [TruthAboutWeight.com](https://www.TruthAboutWeight.com)



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