

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



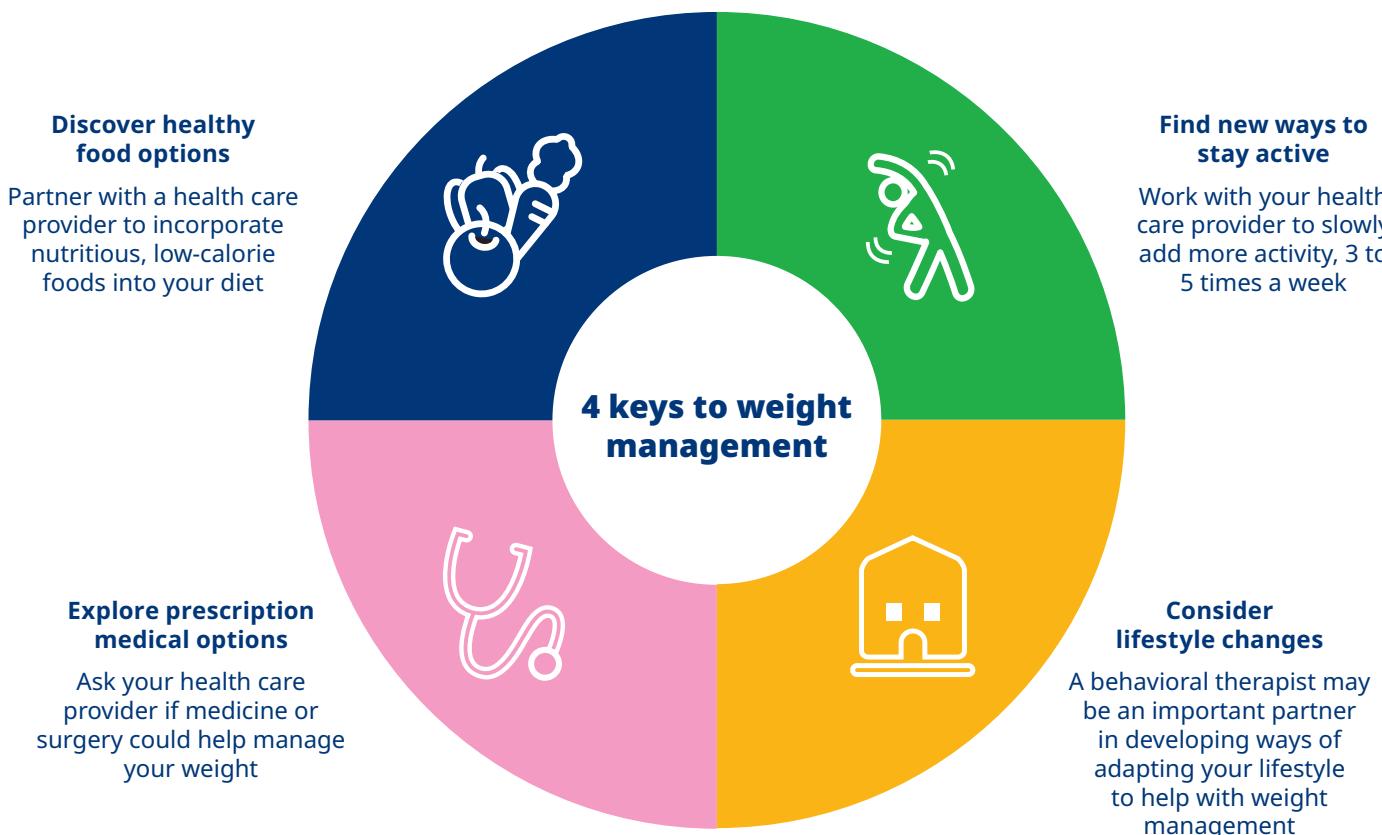
Make a plan for long-term weight management

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.

Talk to your doctor about how weight loss for obesity could be a part of your cardiovascular risk factor treatment plan.
Want to learn the science behind weight?
Find out more at TruthAboutWeight.com



Truth About Weight® is a registered trademark of Novo Nordisk A/S.
Novo Nordisk is a registered trademark of Novo Nordisk A/S.

© 2023 Novo Nordisk All rights reserved. US22OB00920 September 2023
Printed in the U.S.A.

TRUTH ABOUT WEIGHT®