

Find Out More About Obesity and heart disease

Losing weight can help improve certain heart disease risk factors

Obesity is **connected to** high blood pressure, unhealthy cholesterol, and type 2 diabetes. Living with these problems can increase your risk of cardiovascular disease, **which includes heart attack and stroke**. It is important to work with your health care provider to build a personalized weight-management plan for helping you lose weight and maintain it.



Actor portrayals.



People can lose **5 times** more weight when working with a health care provider, compared to people who do it alone.

Start your conversation



Managing weight loss

Discuss with your health care provider how your weight makes you feel.

What should my weight-loss goal be?

What steps can I take to lose weight and maintain it?

How could weight management affect my health?

Could weight-management medicine help me lose weight and maintain it?



Stay informed

Does my weight put me at risk for heart disease or its risk factors?

- Why is blood pressure important?
- What do blood sugar numbers mean?
- What are the effects of unhealthy cholesterol?

What is my body mass index (BMI)?

Know my numbers

Record your health statistics on the next page.



Obesity **increases the risk** of cardiovascular disease

Did you know losing 5% or more weight can improve certain heart disease risk factors?
Record below to help stay on track for weight loss.

Numbers to know



“ **What is my weight?** ”

At your appointment

MY CURRENT WEIGHT

MY GOAL



“ **Is my blood pressure normal?** ”

MY CURRENT BLOOD PRESSURE

Other numbers to know



“ **Cholesterol can be good and bad. What are my levels?** ”

MY TOTAL CHOLESTEROL

LDL OR “BAD” CHOLESTEROL

TRIGLYCERIDES

HDL OR “GOOD” CHOLESTEROL



“ **What are my blood sugar numbers?** ”

TYPE OF TEST (PICK 1)

A1C

Fasting blood sugar test

Glucose tolerance test

RESULTS



“ **Am I at risk for heart disease?** ”

- People with a family history of heart disease can have an increased risk of developing it themselves
- Tell your health care provider about any family history of heart problems. Ask about setting weight-management goals



“ **What is my BMI?** ”

MY BMI NUMBER

Underweight
(BMI of less than 18.5)

Normal Weight
(BMI of 18.5-24.9)

Overweight
(BMI of 25-29.9)

Obesity
(BMI of 30 or greater)

Want to better understand the numbers? Visit [TruthAboutWeight.com](https://www.truthaboutweight.com)
Download our guide to BMI, blood pressure, cholesterol, and blood sugar values.

