

Risks of Being Obese

Weighing too much may increase your risk for having many health problems. Being obese means having a high amount of extra body fat. You are at risk for problems such as diabetes, heart disease, stroke, some cancers, arthritis, and problems breathing when you sleep. If you lose weight, stay active and eat healthy, you can lower your risks for health problems.



Signs of Obesity

- **BMI:** BMI is a ratio of your weight to your height. A BMI of 30 or higher is considered obese.
- **Waist size:** Large amounts of belly fat put you at greater risk for health problems than fat in other body areas.
- **Weight:** If your weight is going up and you need larger clothes, you are at risk.

Get Healthy

- Eat healthy foods.
- Take your medicine as your doctor tells you to.
- See your doctor regularly for checkups.

Be Active

Being active can help you:

- Lower your risk of heart disease and diabetes, along with other health problems.
- Keep your lungs strong.
- Keep muscles and joints strong.
- Keep your bones strong.
- Help you to sleep better.
- Help you relax and deal with stress better.