OBESITY

A serious & widespread disease

Obesity is a serious, chronic disease that affects nearly half of adults in the United States. In fact, in 2013 the American Medical Association officially recognized obesity as a disease. It is generally defined as a body mass index, or BMI, of 30 or higher.
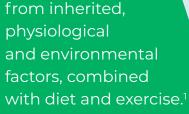
Obesity can increase the risk of:

- Heart disease
- Diabetes
- High blood pressure
- Stroke
- Certain cancers
- Musculoskeletal disorders

Obesity can result from inherited, physiological and environmental factors, combined with diet and exercise.[1]

The Impact of Obesity

On top of affecting patients' physical health, obesity can:

- Raise overall health care costs
- Reduce quality of life
- Increase risk of depression and mental health challenges
- Increase discrimination
- Contribute to earlier death

In the United States, obesity is the second-leading cause of death in adults under 70.[2]

Despite its prevalence, it can be addressed and treated.

How is Obesity Treated?

Each patient is different and requires a personalized approach to treatment.

FDA-approved obesity medicine

Bariatric surgery

Exercise

Dietary changes

Cognitive behavioral therapy

Although a number of FDA-approved medications are available to treat obesity, limited health plan coverage can hinder patient access.

Obesity is a serious disease.

The health care system must ensure that patients can access the treatment they need.

AfPA

Sources:
1. Mayo Clinic
2. Harvard School of Public Health