

Weight matters when it comes to your heart and overall health.

Unhealthy or excess weight has been linked to 60+ diseases and conditions, including:

- ▶ **Heart risk factors**
 - High blood pressure
 - High cholesterol
 - Diabetes
 - Depression
 - Sleep apnea
- ▶ **Heart disease**
(heart blockages, heart failure, heart rhythm problems)
- ▶ **Heart attack and Stroke**



More than
2 out of 5 adults
in the U.S. have obesity –
a medical condition that
can be treated.



Know if your weight is unhealthy

Your scale is just one number. Other useful measures:

⚠ **Body mass index (BMI)**

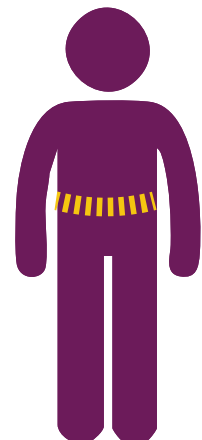
is calculated using your weight and height. But it doesn't account for weight around your waistline, which may better predict your risk of heart disease

BMI category	kg/m ²
Healthy	18.5 to under 25
Overweight	25 - 29
Obese	30 or higher

⚠ **Waist size (circumference)**

can signal trouble

35+ inches
for women



40+ inches
for men

⚠ **Waist-to-height ratio**

A waist size more than half your height is a sign of excess weight

Did You Know?

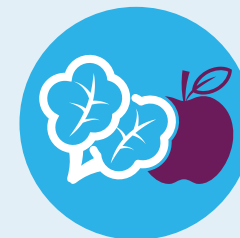
People of Asian descent may have higher heart risks at lower body weights and waist sizes.

What you can do



Increase your activity

Move more to burn more calories.



Eat fewer and better calories

Focus on fruits, vegetables, whole grains, and low-fat, unprocessed foods.



Get enough sleep

Aim for 7-9 hours a night.



Consider seeing a dietitian, or joining a weight loss program



Weight loss medicine

As a first step for many.



Bariatric surgery

For some.

Losing weight is hard. Get the support you need.

For more information, visit [CardioSmart.org/Weight](https://www.CardioSmart.org/Weight)
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