



YOUR WEIGHT,
YOUR HEALTH,
YOUR TOOLKIT,
YOUR TALK

A HELPFUL GUIDE FOR TALKING
TO YOUR HEALTHCARE PROVIDER
ABOUT YOUR WEIGHT AND HEALTH



A National Weight and Health Awareness Campaign
Brought to You by
the Obesity Action Coalition (OAC)



Weight affects everyone differently and can be difficult to talk about. However, talking about weight with your healthcare provider, spouse, friend or other loved ones is important. The *Your Weight Matters* Campaign is here to help.

Whether you have taken the *Your Weight Matters* Challenge online or received this toolkit at your healthcare provider's office, it was designed with you in mind. Use this toolkit to:

- Understand how your weight impacts your health.
- Learn about safe and effective weight-loss options.
- Prepare for The Challenge you pledged to take: Have a discussion about your weight with your healthcare provider.

Congratulations
and Welcome to
the *Your Weight Matters*
Campaign
Challenge!



Use this toolkit throughout your weight management journey. Take it along with you to your first appointment with your healthcare provider.



I am Taking the **CHALLENGE!**

I, _____,
have pledged to take the *Your Weight Matters*
Campaign Challenge to talk to a healthcare
provider about my weight and health. I recognize
this as an important first step to understanding
my weight and how it impacts my health. I will
make an appointment with my healthcare
provider and use this toolkit to help me prepare.

It's time to get started!

Take the next step and make
an appointment with your
healthcare provider.

Inside Your **Toolkit**

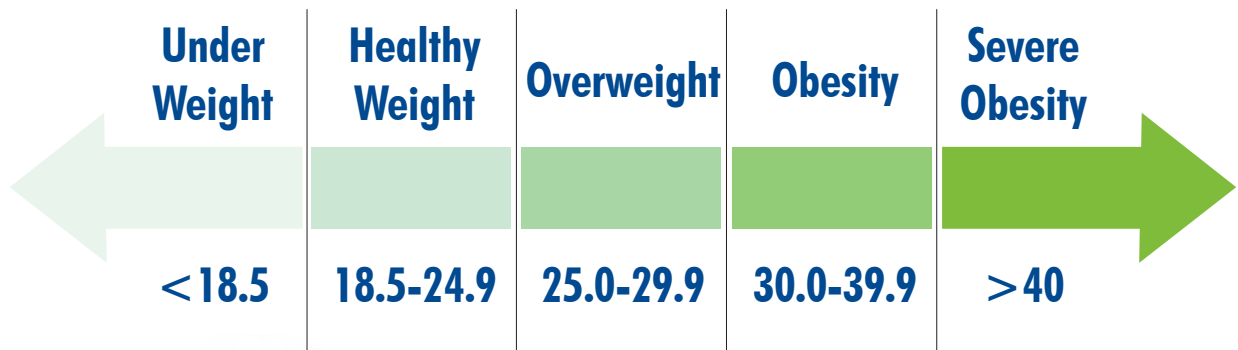
This toolkit will help you with your next steps on your weight management journey. It includes useful information on topics related to your weight and health, sample questions for your first appointment with your healthcare provider, and much more. Topics covered are:

	4-5 Understanding Weight and Its Impact	6-8 Food and Nutrition	9 Exercise and Physical Activity
10-11 Weight Management	12-15 Talking With Your Healthcare Provider	16-17 Know Your BMI	18-21 Food Journal and Health Notes

Weight – Why Does It Matter?

Weight matters to people for many different reasons. The most important reason weight matters is how it affects your health. To better understand the different ways weight impacts

your health, you need to understand what weight is. As discussed on the *Your Weight Matters* website, there are five weight categories. Knowing which category your weight falls in is based on your body mass index (BMI) and will be important when you meet with your healthcare provider. If you need to calculate your BMI, please see the BMI chart on pages 16-17 of this brochure.



Weight and Health

Excess weight strains your whole body. Being impacted by excess weight is a health concern. It can lead to other health problems including obesity. More than 50 health problems are linked to having obesity. These health problems are diseases and conditions that decrease your quality of life and include type 2 diabetes, heart disease, hypertension, sleep apnea, osteoarthritis and many others.

The more weight you carry, the more likely you are to develop related health problems.

Finding and treating health conditions early is best for your overall health.

Weight-loss as small as 5-10 percent can reduce the effects of having excess weight.



Obesity-related Health Conditions

What is **Type 2 Diabetes**?

Type 2 diabetes is a chronic condition requiring regular monitoring of an individual's blood sugar level and treatment. In type 2 diabetes, people cannot properly make or use insulin which causes high blood sugar levels. Left untreated, diabetes can cause an added risk of heart disease and loss of limbs.

What is **High Blood Pressure**?

High blood pressure (also called hypertension) refers to the pressure that blood applies to the inner walls of your arteries. Having excess weight is a risk factor for high blood pressure. When you suffer from obesity, your heart has to work harder to pump blood through your body. That extra effort puts strain on your arteries. Your arteries, in turn, resist this flow of blood, causing your blood pressure to rise.

What is **Heart Disease**?

You are at an increased risk of heart disease when you have the combination of excess weight and high blood pressure. Your blood carries oxygen and nutrients that your body needs. Heart disease is a disorder of the blood vessels of the heart that can lead to a heart attack. A heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart.

When a person has excess weight, their volume of circulating blood goes up. This means the heart has to pump more blood with each heartbeat, which puts strain on the heart throughout time, increasing your risk for a heart attack and congestive heart failure.



Emotional Issues and **Weight**

Not only can weight impact your physical health, it can also emotionally impact your life. When we think about weight, we most likely focus on the physical aspects. We look at the number on a scale or the size listed on our clothes. However, weight is more than that. Weight has emotional aspects. Some studies have shown that people affected by obesity

have a 20 percent greater chance of also suffering from depression. People with depression are more likely to overeat and less likely to exercise. Emotional eating can greatly impact your weight and can be difficult to overcome.

Finding ways to cope with depression are important when it comes to improving your weight and making healthy lifestyle changes. If you think you might be suffering from depression, please see your healthcare provider.



Health and Well-being Tips



Health and well-being go hand-in-hand, so it is no surprise that factors that affect your weight can impact your health and well-being. Eating healthy foods and getting physical activity are important steps when working to manage your weight. As always, before making changes to your eating habits or starting an exercise program, be sure to check with your healthcare provider.

Nutrition Facts

Nutrition is key to losing weight and managing your health, but not many of us were taught about healthy eating and nutrition in school. Here are some facts to get you started:

- **How many calories should you consume each day?** The average person should consume about 2,000 calories each day from food and beverages. Please note, this number is based on a 200-pound male. This number may be more or less based on your height, weight and dietary needs. Your healthcare provider or dietitian can help you determine the number best for you.
- **How many calories are in a pound of body fat?** 3,500 calories
- **Do you know how much money spent on food is spent on food eaten outside the home?** It is estimated that 40 to 50 percent of every dollar spent on food is spent on food eaten outside the home.
- **How many calories are in a 16oz can of soda?** 200 calories—or about 10 percent of your recommended daily intake—are found in just one can.
- **Why is added sugar bad?** Many added sugars are “hidden” sugars found in most processed foods from breads to frozen dinners. Sugar has no nutritional value. Eating a large amount of added sugars can cause weight gain and contribute to heart disease and type 2 diabetes.
- **Why should I eat a variety of vegetables each day?** Vegetables are high in vitamins, minerals, fiber and many other nutrients beneficial to your health.

Healthy Eating Tips

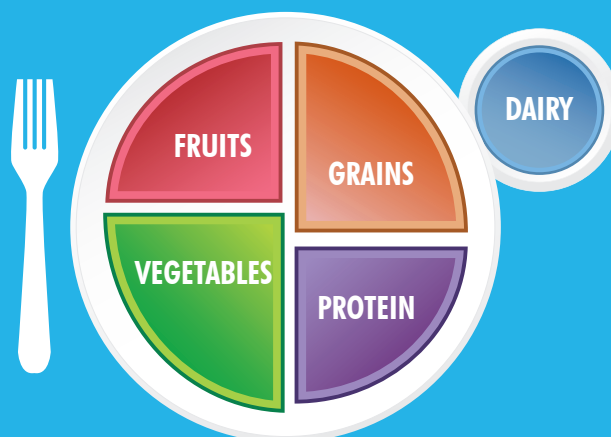
- Ignore fad diets that recommend cutting out an entire food group.
- Eat slowly – it can take up to 15 minutes for your brain to get the message that you are full.
- Drink plenty of water and calorie-free beverages.
- Avoid eating in front of the TV, while driving, walking or busy with other activities – you are less likely to realize you are full.
- Take one serving according to the food label and eat it off a plate rather than straight from the package.
- Get plenty of fiber from fresh fruits, vegetables and high-fiber starches.
- Limit juice, regular soda, high-fat and calorie foods as well as alcoholic beverages.
- Cut restaurant portions in half.
- Make a shopping list of healthy foods before grocery shopping and shop mainly from the outer aisles of the grocery store where you will find foods such as produce, bakery-made bread, dairy and meat.
- Use smaller dishes, bowls and glasses so you eat and drink less.
- Eat meals at regular times to avoid overeating later or between meals.

Keep a Food Journal

Writing down what you eat and drink along with how much you ate, when you ate it and why you ate it is very helpful. It will help you track your total calories for the day as well as help you manage portion size and understand why you eat. A sample food journal is found on pages 18 through 20 of this toolkit.

My Plate

In school, you may have learned about the Food Guide Pyramid. Today we have MyPlate. MyPlate shows the 5 food groups that make a healthy diet in an image we all know well, a place setting. For more information on MyPlate please visit www.ChooseMyPlate.gov.



Choose**MyPlate**.gov

Portions and Servings: What is the Difference?

A portion is how much food you eat at one time. A serving is the amount of food suggested on the Nutrition Facts or food label.

Did you know the most important information about food is often printed on the back or side of

a food product? That is where the Nutrition Facts for every food can be found. One of those facts is the serving size. Each food has its own suggested serving size from 13 pretzels to 250 ml of milk or 1 oz of cooked boneless, skinless chicken.

Sometimes a serving is the entire container (a yogurt cup or canned beverage) and sometimes there are many servings in one container (a bag of frozen peas). Servings are based on an “average” 2,000 calorie diet. It might be suggested that you consume fewer calories to lose or maintain weight. A dietitian can work with you to adjust the serving size listed on a package to be a portion that works best for you.

- 1 Servings per container and serving size:** Compare your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.
- 2 Calories per serving:** The number of calories in a single serving.
- 3 Total fat:** These numbers let you know how much total fat is in each serving as well as the amount of saturated or trans fats (fats to avoid) in each serving.
- 4 Sodium:** The amount of sodium (salt) in a single serving. It is suggested you limit total sodium intake to 2,400 mg per day, which is less than 1 teaspoon.
- 5 Added sugars:** The amount of sugar added to a product. It is advised to limit the amount of added sugars to 10 percent or less of your total calories per day.
- 6 Daily vitamins:** These numbers show the amount of needed daily vitamins per serving. Getting enough vitamins is important in maintain a healthy life.

Nutrition Facts	
1	8 servings per container Serving size 2/3 cup (55g)
2	Amount per serving Calories 230
% Daily Value*	
3	Total Fat 8g 10% Saturated Fat 1g 5% Trans Fat 0g
	Cholesterol 0mg 0%
4	Sodium 160mg 7%
	Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g
5	Includes 10g Added Sugars 20%
	Protein 3g
6	Vitamin D 2mcg 10% Calcium 200mg 15% Iron 8mg 45% Potassium 235mg 6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Combining a physical activity plan with your nutritional plan is key in reaching your weight-loss goals. Increasing your physical activity will help you feel better and give you more energy. No matter what exercise you choose, make sure your goals are **SMART**.

- S**pecific: Pick one specific behavior to modify per goal.
- M**easurable: Can you measure this goal against a baseline?
- A**ttainable or Action-based behaviors: Is the goal attainable? Use action words when writing goals. For example: "I can take a walk each night after dinner" or "I will drink one less can of soda each day."
- R**ealistic: Do you have realistic and honest expectations of yourself with your time, body and likes/dislikes?
- T**imely: Is your timeline for modifications reasonable and manageable?

Tech Corner

Gone are the days of using a stopwatch to track lap times or a clip-on pedometer to count your steps. Today, a wide variety of tech devices, apps and programs are available to help you lose weight and improve your health.

From wearable wrist bands and smart watches that track your heart rate, activity and sleeping pattern to downloadable apps designed to help you manage your diet or encourage you to stand once an hour. The choices are nearly endless. There is even an app that will count the calories on your plate just by taking a picture of your food.



Physical Activity Facts

- There are about 2,000 steps in a mile.
- It is recommended you get 10,000 steps per day.
- One hour of power yoga burns approximately 300 calories.
- The average person burns 1.3 calories while laughing.
- Exercise, no matter the level, can lead to a more effective cardiovascular system and a lower risk of heart disease.
- Physical activity can help prevent or manage type 2 diabetes.

Calories Burned per 30 Minutes of Activity

Activity	160 pounds	200 pounds	240 pounds	280 pounds
Bicycling	320 cal.	400 cal.	480 cal.	560 cal.
Gardening	144 cal.	180 cal.	216 cal.	252 cal.
Golf (no cart)	160 cal.	200 cal.	240 cal.	280 cal.
Housework	144 cal.	180 cal.	216 cal.	262 cal.
Walking (15 minute mile)	160 cal.	200 cal.	240 cal.	280 cal.

Benefits of Weight-Loss

There are many benefits to weight-loss. Weight-loss as small as 5 percent has been shown to greatly improve your overall health and reduce the effects of related health problems such as type 2 diabetes and heart disease.

It is important to make changes that you can keep long term. If you feel your weight management plan is not working, talk with your healthcare provider. Explain your concerns. They are there to help. And always remember, *Your Weight Matters* — For Your Health!



Lifestyle and Behavioral Modification

Your everyday choices are your behaviors. They include everything from sleeping to what you have for lunch and if you take the stairs or the elevator. They all fit together to form your lifestyle. A healthy lifestyle is one where you choose healthy foods, take walks with your family and get a full night of sleep. Keeping a food journal, joining the OAC Community (see page 22) and seeing your healthcare provider are also great ways to maintain a healthy lifestyle.

Focusing on manageable modifications to improve your health is important. How you look in the mirror or the size of your clothes may not change as much or as quickly as you want. Stay positive, every pound lost is a step toward a healthier life. Healthy is a lifestyle, not a size.

Chronic Weight Management Options

It has been proven that losing weight is more than just eating less and moving more. Thankfully, there are many options available to help you manage your weight. While there are many choices, not all are created the same. Take time to read about options and find one that is safe and effective. What works for you may not work for someone else.

For most people living with excess weight and obesity, initial weight-loss is part of an overall weight management plan. Chronic weight management is a lifelong journey. Do not become discouraged by this, weight management and living a healthy life are lifelong journeys for nearly everyone — no matter their current weight.

When you talk with your healthcare provider about your weight, you might discuss some of the options mentioned in this toolkit. Be honest with your provider about the weight management programs you have used in the past, even if you have never tried one. Your provider is there to help.

Commercial Weight Management Programs

Weight management programs offered through someone other than a healthcare provider are widely used. These programs range from books and websites to commercial weight-loss

programs or support groups. Some options may require you to use their food or supplements and charge service fees. It is important to remember not all methods are reviewed by the Food and Drug Administration (FDA) for safety and effectiveness. Also, if it sounds too good to be true, it probably is.

Finding the right option for you is important. Take time to read about several and talk about them with your healthcare provider. The success of any option takes a commitment to improving your health.



Medical Weight Management

Today, there are FDA-approved prescription medications that are designed to help with chronic weight management. Your healthcare provider may want them in your treatment plan and will talk with you about their risks and benefits. These prescription medications do not replace healthy eating and physical activity. You take them along with lifestyle and behavioral modifications. Your provider might also encourage you to see a dietitian or exercise physiologist to help make lifestyle modifications that will work for you.

Bariatric Surgery

Bariatric surgery is a weight management treatment option commonly used for people affected by severe obesity; however, some are also approved for individuals affected by obesity with at least one obesity-related condition, such as diabetes or hypertension.

There are several surgical options available, but all of them require lifestyle modifications following surgery. A team of providers will be part of your care following surgery. The team will likely include a dietitian, exercise therapist and psychologist. They will get to know you and are part of your support system. Your healthcare provider will help you decide if surgery is an option for you.

Understanding how weight impacts your health and the benefits of weight management is important. It is also important to know that weight management is not something you need to face alone. Weight and weight-loss are complex issues. Your healthcare provider can help you better understand the different reasons for weight gain as well as the best options for your weight management journey.



What to Expect at Your **First Appointment**

Discussing your weight with your healthcare provider should be a team effort. The relationship you have with your healthcare provider is very important. At this first appointment, you can expect to talk about:

- Your daily eating and physical activity habits.
- The types of weight management options you used in the past.
- Personal stress levels.
- Current medications (including vitamins and supplements).
- And more.

As part of your first appointment you may be sent for labs (blood test, urine analysis, etc.) and have your blood pressure and pulse checked. Your healthcare provider may also refer you to a dietitian or nutritionist to learn more about proper nutrition and dietary needs.

Following your healthcare provider's advice, as well as being open and honest with them, will help you and your team address your weight and improve your health.

If you do not have a healthcare provider who specializes in talking about weight, please [visit Obesity Care Providers](http://www.ObesityCareProviders.com) powered by the Obesity Action Coalition, founders of the *Your Weight Matters* Campaign, to find an Obesity Care Provider in your area. To locate a provider today, visit www.ObesityCareProviders.com



FIND A HEALTHCARE PROVIDER TO TALK ABOUT YOUR WEIGHT AND HEALTH

With Obesity Action Coalition's new member resource, www.ObesityCareProviders.com, finding the right healthcare provider is a click away. How easy is it to use?



SPECIALTY

- Bariatric Surgeon
- Dietitian
- Nurse Practitioner
- Physician
- Physician Assistant



GET HELPFUL TIPS

Prepare for your next appointment with:

- Valuable tips on what to bring during your consultation
- Questions to ask in order to have an honest conversation about your weight and health



FILTER BY LOCATION

Convenience is key.

- Use your zip code to do a quick search
- Find healthcare providers near you



**Obesity
Care
Providers**

Powered by the Obesity Action Coalition

OAC
Obesity Action Coalition

Visit www.ObesityCareProviders.com today!

Sample Questions for You to Ask Your Healthcare Provider

Asking questions and being proactive during your first appointment is the best way to understand your weight and improve your health. Here are some sample questions:

1. **What is my current weight?**

2. **What is my height?**

3. **What is my Body Mass Index (BMI)?**

4. **What does my BMI measurement mean?**

5. **Are you formally diagnosing me with obesity?**

6. **What is a healthy weight for someone of my gender and height?**

7. **What conditions am I at risk for because of my weight?**

8. **Is weight affecting any conditions I currently have (if any)?**

9. **Could a health problem I currently have be affecting my weight?**

10. **Do I need to have blood work done? What information will that provide?**

11. **Will my blood work improve if I lose weight?**

12. **How will losing weight impact my health?**

13. **How do I start getting control of my weight?**

14. **How often should I monitor my weight/weigh myself?**

15. **Should I see a dietitian to help me lose weight?**

16. **Based on my fitness level, what types of exercise would be best for me to start with?**

17. **Why is it hard to control my weight?**

18. **Why is it important to address my weight now, rather than later?**

19. **What should my goal weight be?**

20. **How long should it take to reach my goal?**

Sample Questions Your Healthcare Provider May Ask You

Not only will you have questions for your healthcare provider, but they will also have questions for you. It is important to give your provider as much information as possible to allow for the best health assessment. Below is a list of sample questions you might be asked. You may want to write down notes for your responses on the allocated spaces under each question.

Questions About Your Medical History

1. When was the last time you saw a healthcare provider?

2. Have you discussed your weight with a healthcare provider in the past?

3. When did you last have blood work done?

4. What medications do you currently take (over-the-counter, prescription, vitamins or supplements)?

5. What conditions have you been diagnosed with in the past?

6. Do other members of your family have issues with weight or weight-related conditions like high blood pressure or diabetes?

Questions About Your Lifestyle

1. How long have you struggled with your weight?

2. Have you tried to lose weight in the past?

3. Why do you think you regained weight?

4. Have you undergone any life experiences that contributed to your excess weight?

5. What do you think about your current weight? Why do you think you have a weight issue?

6. What prevents you from eating a healthier diet? For example, are you on the road a lot?

7. How physically active are you? What do you like to do for physical activity?

8. Do you think you have feelings of depression because of your weight?

9. Why are you concerned about your weight?

10. What is the main reason you want to take control of your weight?

Body fat is hard to measure directly, so it is often measured by body mass index (BMI). BMI measures weight related to height. It is a common way to measure body fat and is one tool healthcare providers use when talking about weight.

Before visiting your healthcare provider, take a moment to find your **BMI** on the chart below:

Weight in Pounds

	130	140	150	160	170	180	190	200	210	220	230	240	250
5'0"	25	27	29	31	33	35	37	39	41	43	45	47	49
5'1"	24	26	28	30	32	34	36	37	39	42	44	45	47
5'2"	23	25	27	29	31	33	34	36	38	40	42	44	46
5'3"	23	24	26	28	30	32	33	35	37	39	41	43	44
5'4"	22	24	25	27	29	31	32	34	36	38	40	41	43
5'5"	21	23	25	26	28	30	31	33	35	37	38	40	42
5'6"	21	22	24	25	27	29	30	32	34	36	37	39	40
5'7"	20	22	23	25	26	28	29	31	33	35	36	38	39
5'8"	19	21	22	24	25	27	28	30	32	34	35	37	38
5'9"	19	20	22	23	25	26	28	29	31	33	34	36	37
5'10"	18	20	21	23	24	25	27	28	30	32	33	35	36
5'11"	18	19	21	22	23	25	26	28	29	31	32	34	35
6'0"	17	19	20	21	23	24	25	27	28	30	31	33	34
6'1"	17	18	19	21	22	23	25	26	27	29	30	32	33
6'2"	16	18	19	20	21	23	24	25	27	28	30	31	32
6'3"	16	17	18	19	21	22	23	24	26	28	29	30	31
6'4"	15	17	18	19	20	21	23	24	26	27	28	29	31
6'5"	15	16	17	19	20	21	22	24	25	26	27	29	30

Underweight = Less than 18.4

Normal = 18.5 - 24.9

Overweight = 25 - 29.9

DATE														
BMI														

260	270	280	290	300	310	320	330	340	350	360	370	380	390	400
51	53	55	57	59	61	63	65	67	69	71	72	74	76	78
49	51	53	55	57	59	61	63	64	66	68	70	72	74	76
48	50	51	53	55	57	59	61	62	64	66	68	70	72	73
46	48	50	52	53	55	57	59	60	62	64	66	67	69	71
45	46	48	50	52	53	55	57	59	60	62	64	65	67	69
43	45	47	48	50	52	53	55	57	58	60	62	63	65	67
42	44	45	47	49	50	52	53	55	57	58	60	62	63	65
41	42	44	46	47	49	50	52	53	55	57	58	60	61	63
40	41	43	44	46	47	49	50	52	53	55	56	58	59	61
39	40	41	43	44	46	47	49	50	52	53	55	56	58	59
37	39	40	42	43	45	46	47	49	50	52	53	55	56	58
36	38	39	41	42	43	45	46	48	49	50	52	53	55	56
35	37	38	39	41	42	44	45	46	48	49	50	52	53	54
34	36	37	38	39	41	42	44	45	46	48	49	50	52	53
33	35	36	37	39	40	41	42	44	45	46	48	49	50	51
33	34	35	36	38	39	40	41	43	44	45	46	48	49	50
32	33	34	35	37	38	39	40	41	43	44	45	46	48	49
31	32	33	34	36	37	38	39	40	42	43	44	45	46	48

Obesity = 30 - 39.9

Severe Obesity = Greater than 40

Food Journal

Keeping track of what you eat and drink and when for a week before your first appointment will give you and your healthcare provider valuable information. It is not just about total calories. How often you eat and how many calories you drink per day are things you may not typically think about. Writing down why you are eating or drinking will also be key. It can lead to a natural pause before you eat or drink that can allow you to question if you are hungry or eating for another reason.



Important things to remember when filling out your Food Journal:

- Be honest. It will help you and your provider better understand your eating habits.
- Include all food, even midnight snacks and desserts.
- Include all drinks. Water and diet soda may not have calories, but it is important to track. Juices and sweetened teas do have calories and need to be counted too.

SUNDAY						
TIME	FOOD	AMOUNT	PLACE	HUNGER/REASON	CALORIES*	
Morning						
Afternoon						
Evening						

MONDAY					
TIME	FOOD	AMOUNT	PLACE	HUNGER/REASON	CALORIES*
Morning					
Afternoon					
Evening					

TUESDAY					
TIME	FOOD	AMOUNT	PLACE	HUNGER/REASON	CALORIES*
Morning					
Afternoon					
Evening					

WEDNESDAY					
TIME	FOOD	AMOUNT	PLACE	HUNGER/REASON	CALORIES*
Morning					
Afternoon					
Evening					

Turn to page 20 for More Food Journal

THURSDAY

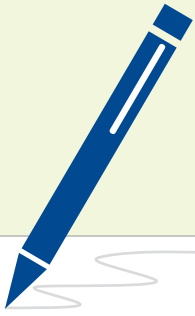
TIME	FOOD	AMOUNT	PLACE	HUNGER/REASON	CALORIES*
Morning					
Afternoon					
Evening					

FRIDAY

TIME	FOOD	AMOUNT	PLACE	HUNGER/REASON	CALORIES*
Morning					
Afternoon					
Evening					

SATURDAY

TIME	FOOD	AMOUNT	PLACE	HUNGER/REASON	CALORIES*
Morning					
Afternoon					
Evening					



Please use this section to write down notes about your health. You can use this section to capture information such as lab results, favorite exercises, thoughts, goals and much more.

Lined writing area for notes.

Healthcare Provider Appointment	Healthcare Provider Appointment	Healthcare Provider Appointment
Healthcare Provider's Name <input type="text"/>	Healthcare Provider's Name <input type="text"/>	Healthcare Provider's Name <input type="text"/>
Date: <input type="text"/>	Date: <input type="text"/>	Date: <input type="text"/>
Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>
Location: <input type="text"/>	Location: <input type="text"/>	Location: <input type="text"/>

AT THE HEART OF WHAT WE DO, ARE PEOPLE LIKE YOU.



This is why the OAC, founder of the *Your Weight Matters* Campaign, launched the **OAC Community**. We believe that we can make a greater impact in our mission to change the world for the better for people living with obesity when we **CONNECT**, **ENGAGE**, and **GROW** as **ONE COMMUNITY**.

YOUR OAC COMMUNITY

Through the OAC Community, we can amplify our impact toward making the present and the future a better world for people living with obesity — where valuable education is easily accessible to help people understand the complexities of obesity as a disease, where meaningful connections are fostered between and among those affected by obesity and those providing healthcare and support, and where taking action through advocacy challenges the stigma of weight bias and eliminates the lack of access to medical care and coverage.

WHY BECOME PART OF THE OAC COMMUNITY?



EDUCATE

Through the OAC Community, you get access to community-exclusive content and discussions that highlight health tips as well as the latest science, preventive care and treatments on obesity and weight management.



ADVOCATE

Take action through advocacy and amplify the fight against important issues like weight bias and the lack of medical access and coverage for people living with obesity.



SUPPORT

Build a stronger connection, find the support you need and be inspired by REAL stories of people in the OAC Community who genuinely share and understand your health journey — no matter where you are in it.

BE PART OF THE OAC COMMUNITY!

www.ObesityAction.org/Join | (800) 717-3117



I thought my weight was just my doing. Turns out it's also science.



Science now shows what many of us have long suspected:

- After losing weight, your body's response is to try to put it back on
- One study showed that a body's response to weight loss may turn up signals that trigger appetite for at least 12 months, which can potentially cause overeating
- Healthy eating and physical activity may not be enough to maintain your weight



To learn more and get your FREE, personalized TrueWeight® Report go to [TruthAboutWeight.com](https://www.TruthAboutWeight.com)



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