Overweight and Obesity Awareness

Overweight and obesity increases the risk of illness and premature death from certain common conditions and vaccine-preventable illnesses, like COVID-19. The WHO defines overweight and obesity as abnormal or excessive fat accumulation that poses a risk to your health.
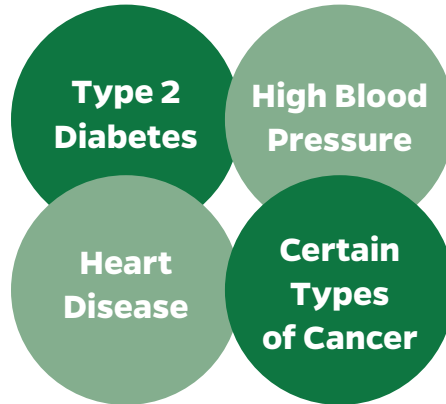
42%

of Americans have obesity and there has been an

11%

increase in the past two decades.

SOURCE: Centers for Disease Control and Prevention

Being overweight or obese can place you at greater risk for other common health conditions:

- Type 2 Diabetes
- High Blood Pressure
- Heart Disease
- Certain Types of Cancer

How does this affect my risk for COVID-19?

Obesity multiplies a person's risk for severe COVID-19 and complications, tripling the risk for hospitalization due to impaired immune functioning. Getting vaccinated for COVID-19 can help reduce your risk for complications. There may be other vaccines recommended for you based on your lifestyle, travel habits, and other factors. Talk to your doctor about which vaccines are right for you.

How can I lower my general risk for overweight and obesity?

EXERCISE: Participating in regular physical activity for at least 20-30 minutes a day can help increase the number of calories your body uses for energy. Burning calories, in addition to reducing the number of calories you are consuming, can help you lose weight or maintain a healthy weight.

GET ENOUGH SLEEP: Getting enough sleep is important to your overall health. Evidence shows that getting less than 7-9 hours of sleep a night can increase your risk of weight gain and obesity over time.

EAT A HEALTHY DIET: Swap out some unhealthy food items in your diet for more nutritious ones. A diet that is rich in whole grains, fruits and vegetables, healthy fats, and protein sources is a great way to lower your risk for overweight and obesity.

GET SUPPORT: Having positive interactions with your friends and family can help improve your overall health. They may encourage you to take care of yourself or join you in physical activity, which may reduce your stress levels.