

Are You at **Risk?**

Obesity increases the risk of many diseases and health conditions, including coronary heart disease, Type 2 diabetes, certain types of cancer, high blood pressure, stroke and osteoarthritis.

Do you know your body mass index (BMI)? BMI is an approach to assess if your weight is considered underweight, normal, overweight or obese. You can enter your height and weight into this calculator to find your BMI:

www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm.

If you are overweight or obese, talk to your doctor about achieving a healthier weight. Also consider these lifestyle changes:

- Be active.**
- Eat nutritiously.**
- Sleep well.**

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For informational purposes only. Consult a medical professional for medical advice.