

# PALO PINTO GENERAL HOSPITAL

PPGH's Health  
Promotion  
Program

Week 3

Palo Pinto General Hospital  
400 SW 25th Ave.  
Mineral Wells, TX 76067  
940-325-3102



## Obesity

People who are obese have too much body fat and are very overweight. Medically, people are considered obese if they have a body mass index (BMI) of 30 or higher. BMI is calculated from a person's height and weight, and a BMI 25 to 29.9 is considered overweight.

Obesity, which has been linked to numerous health problems, affects an increasing number of U.S. residents.

### Complications of Obesity

Several common health problems are directly connected to the growing obesity problem. Topping that list are heart disease and diabetes. Obesity increases the risk for high blood pressure, certain cancers, liver and gallbladder disease and stroke. People who are obese may have breathing problems, sleep apnea or develop arthritis. Women who are obese may have difficulty conceiving a child or become infertile.

### Preventing and Treating Obesity

The secret to preventing or treating obesity is to sustain a healthy weight. That means maintaining weight if BMI is in the normal range, or losing weight if it swings to "overweight" or "obese."

Losing weight requires burning more calories than you consume. This can be done by either taking in fewer calories each day or increasing activity levels to burn more calories (or both).

Of course, there's a lot more to it than that, and individuals who want to get serious about ending obesity need to have a plan, set realistic goals and realize that maintaining a healthy weight is a long-term, even lifetime, commitment to health.

There are numerous ways to modify diet and activity levels to reach these goals, and often conversations (emails) with health care providers such as nutritionists and personal trainers (physical therapists) can be helpful in developing a realistic, workable plan. U.S. Centers for Disease Control and Prevention

