

OVERWEIGHT, OBESITY, AND WEIGHT LOSS

Over 60 percent of U.S. women are overweight. Just over one-third of these women are obese. Being overweight or obese can increase your risk of many health problems. These include heart disease, diabetes, and certain cancers.

- If you need to know if you're overweight or obese, find out your body mass index (BMI) by using the calculator at www.nhlbisupport.com/bmi/bmicalc.htm or the chart at www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm.
- The best way to lose weight is to use more calories than you take in. You can do this by eating healthy and being more active.
- To eat healthy, focus on fruits, vary your veggies, get your calcium-rich foods, make half your grains whole, choose lean protein and fish, and limit saturated fats and salt.
- You gain health benefits from doing the following each week:
 - 2.5 hours of moderate intensity aerobic physical activity
 - or*
 - 1 hour and 15 minutes of vigorous-intensity aerobic physical activity
 - or*
 - A combination of moderate and vigorous-intensity aerobic physical activity
 - and*
 - Muscle strengthening activities on 2 or more days
- There are drugs and surgery options for people who are very obese. But, healthy eating and physical activity are still important for those who have surgery.

FOR MORE INFORMATION

Steps to a HealthierUS,
U.S. Department of Health and Human Services
Phone number: (800) 336-4797
Internet address: <http://www.healthierus.gov>

Weight Control Information Network,
National Institute of Diabetes
and Digestive and Kidney Diseases
Phone number: (877) 946-4627
Internet address: <http://win.niddk.nih.gov>

Food and Nutrition Information Center,
U.S. Department of Agriculture
Internet address: <http://www.nutrition.gov>

MyPyramid.gov, U.S. Department of
Agriculture
Phone number: (888) 779-7264
Internet address: <http://www.mypyramid.gov>

**The President's Council on Physical Fitness
and Sports**
Phone number: (202) 690-9000
Internet address: <http://www.fitness.gov>

**National Heart, Lung, and Blood Institute
Information Center**
Phone number: (301) 592-8573
Internet address: <http://www.nhlbi.nih.gov>

U.S. Food and Drug Administration
Phone number: (888) 463-6332 (consumer
information)
Internet address: <http://www.fda.gov>

**For an in-depth look at overweight and
obesity, visit [womenshealth.gov](http://www.womenshealth.gov) at <http://www.womenshealth.gov/faq/overweight-weight-loss.cfm>.**



womenshealth.gov

1-800-994-9662 • TDD: 1-888-220-5446