



# OBESITY

WHAT YOU NEED  
TO KNOW



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# Let's Get Started

**Get the facts** on obesity to help you understand where you are now and what your weight-wellness journey ahead may look like. Because obesity is a progressive medical condition, treating it may change as your needs and life change.

You and your health care team will create a treatment plan based on your needs that can include lifestyle changes, emotional support, medications, or surgery.

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# Working with Your Health Care Team

Your health care provider and the rest of your health care team are going to be your partners in your weight-wellness journey. They will help you get the support you need to reach your goals and adjust your treatment plan over time.

The first step on your journey is for your health care provider to understand where you are right now, including your weight, lifestyle, emotional wellbeing, other health conditions (if any), etc.

## IMPORTANT

**You are the most important member of your health care team.**

**You are the one on your weight-wellness journey and only you know how you feel.**



# Understanding Your Weight Assessment

Figuring out a starting point will help you create your treatment plan. Talking about your body weight can be very personal. But being honest and open will help your team make sure your treatment plan is meeting your needs.

To help understand your treatment plan needs, you and your health care provider will discuss your:

- **Body mass index (BMI):** A comparison of your weight to height
- **Body composition:** Your percentage of muscle, bone, and body fat
- **Waist circumference:** Distance around your waist at your navel
- **Waist-to-hip and/or waist-to-height ratio:** A comparison of the measure of your waist against your hips and/or height
- **Physical activity and barriers to physical activity:** What activity you are doing now and what may be preventing you from doing additional activity
- **Eating habits:** An assessment of what you eat and if it is supporting your journey to better health
- **Daily routine:** An assessment of what you do every day and how that might impact your weight-wellness journey

This assessment will help you and your health care team make a treatment plan that meets your needs and helps you reach your goals.





# Your Personalized Treatment Plan

Your treatment plan will be made for your needs because your life is different from everyone else's. By working with your health care team to create your plan, you will build one that is based on your needs and helps you reach your goals.

When making your treatment plan, discuss:

- Lifestyle changes that work with your daily routine
- Medication(s) to consider
- If surgery is a good option
- If a mental health provider is needed to support your emotional wellbeing
- Any other factors to consider for your weight-wellness journey

Your weight-wellness journey and making lifestyle changes can be hard. Talk to your health care provider about **how you feel about:**

- Obesity and its management
- Physical activity
- Eating plans
- Emotional wellbeing
- Surgery
- Medications



# Medications

Medication can be an important part of your treatment plan. Medications for treating obesity work by curbing hunger while also helping to manage blood glucose (blood sugar) levels.

**Several FDA-approved anti-obesity medications include:**

**Bupropion-naltrexone** (Contrave)

**Liraglutide** (Saxenda)

**Orlistat** (Xenical, Alli)

**Phentermine-topiramate** (Qsymia)

**Semaglutide** (Wegovy)

**Setmelanotide** (Imcivree)

**Tirzepatide** (Zepbound)

Discuss what medications might work for you along with their risks and benefits.



# Surgery

Surgery is another option to discuss for your treatment plan. Obesity surgeries lower your weight by either reducing the size of your stomach or limiting the calories your body takes in.

The three most common types of obesity care surgeries performed in the U.S. are:

- **Gastric sleeve**
- **Gastric bypass**
- **Adjustable gastric band**

Remember, even after you have surgery, you still need to follow the treatment plan you create with your health care provider.







# KEY TAKEAWAYS

- Talk to your health care provider about health risks and complications associated with obesity.
- Ask for a referral to a dietitian, a mental health professional, and an exercise specialist to help in your weight-wellness journey.
- For some, a weight-wellness journey includes medications or medical procedures. Ask your health care provider about whether these options should be part of your treatment plan.