



DALLAS
CARDIOVASCULAR
SPECIALISTS

HOW DOES WEIGHT AFFECT HEALTH?

People who maintain a normal body weight are positively impacting their overall health. Thirty-five percent (35%) of US adults are overweight and an additional 30% are obese. Sixteen percent (16%) of US children and teens are also overweight. As a person's weight increases, the prevalence of high blood pressure, high cholesterol and of metabolic syndrome increase. (See the e-brochure on *Metabolic Syndrome*). If we look at the American workforce, 35% of obese workers have high blood pressure and 54% have metabolic syndrome. Twelve percent (12%) of obese workers have Type 2 diabetes - a threefold increase in risk. Other ways in which excess weight affects health include:



- Increases LDL or low-density lipoprotein (bad cholesterol)
- Lowers HDL or high-density lipoprotein (good cholesterol)
- Affects joints and mobility
- Can cause gall bladder disease
- Can cause sleep apnea and other respiratory problems
- Can impact some cancers