

Take Charge of Your Health

In the U.S., 69% of adults age 20 or older are overweight or obese.¹



Get Started
Towards
Better Health



Getting to a
Healthy Weight



Being at a
Healthy Weight

● Losing even a small amount of weight can help lower your blood pressure, blood sugar and LDL "bad" cholesterol.²

● If you are overweight, you can gain health benefits just by reducing your weight by 5-10 percent.³

● Being at a healthy weight puts less stress on your body and can reduce your risk of:

- High blood pressure
- Type-2 diabetes
- Heart disease
- Stroke
- Some cancers

Take Action!



What's a healthy weight for you?
Find out by talking to your health care provider.

Get information you need at:
Healthcare.gov/preventive-care-benefits/
to find out about diet and weight counseling, and other preventive health services, which may be free with your health coverage.

Use SuperTracker.usda.gov to find your free, personal Food & Fitness Plan and Weight Manager.

Sources:

1. National Center for Health Statistics. [Health, United States, 2014: With Special Feature on Adults Aged 55-64](#). Hyattsville, MD. 2015. (Accessed: 21 Jan. 2016)
2. "[Watch Your Weight.](#)" Healthfinder.gov. U.S. Department of Health and Human Services. 8 Dec. 2015. Web. (Accessed: 21 Jan. 2016)
3. "[Losing Weight.](#)" CDC.gov. Centers for Disease Control and Prevention. U.S. Department of Health and Human Services. 15 May 2015. Web. (Accessed: 21 Jan. 2016)

HRSA
Health Resources & Services Administration