



It's OK to Talk About Weight

Talking about weight can feel hard but avoiding it might keep important health concerns from being noticed or treated which can affect overall health.

That means a potentially missed opportunity to prevent or manage conditions such as:



**Heart
Disease**



**High Blood
Pressure**



**High
Cholesterol**



**Kidney
Disease**



**Type 2
Diabetes**

It's important to begin the conversation when the time feels right.

Talking openly with a health care professional can lead to better care, helpful information, and support for staying healthy and strong.



SAMPLES:

- *"I want to understand how my weight might be affecting my overall health."*
- *"Here's how I think my weight is affecting me. Can we talk about it?"*
- *"I'm not sure where to start, but I want to feel better. Can we talk about my health?"*

Health care professionals are there to listen and work together to find what fits each person's lifestyle, culture, values and personal goals.

Each person knows their own life best.

Each person is the expert on their own life, while health care professionals, such as doctors and nurses, are experts in health.



TOGETHER, YOU CAN:

- Set goals that feel realistic and personal
- Focus on habits, not just the number on the scale
- Talk about your health goals, such as getting better sleep, feeling less stressed or moving more
- Explore treatment options that support health and fit into lifestyle
- Explore additional support to talk with physical therapists, mental health professionals, registered dietitians and community support programs like the AHA's support network supportnetwork.heart.org.

**Starting the conversation about weight can lead to a healthier, stronger future.
A well-being visit is a good place to begin.**

Learn more at heart.org/UnderstandingWeight



Lilly is a Champion sponsor of the American Heart Association's Cardiovascular-Kidney-Metabolic Health Initiative.