



American Heart Association®
Cardiovascular-Kidney-Metabolic
Health Initiative™



Why Weight Matters for Your Overall Health

Weight Is More Than a Number

Weight is not just about body shape or size, it can affect:



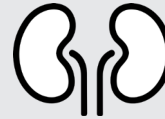
Blood Pressure



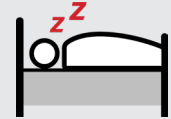
Blood Glucose (blood sugar)



Cholesterol



Kidney Function



Sleep and Energy Levels

LOSING 5% TO 10% OF YOUR BODY WEIGHT CAN HELP lower health risk and improve overall health.



How Health Professionals Measure Health — Not Just Weight

Health care professionals may use some of these tools to see how weight could be affecting overall health:



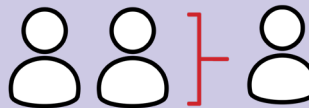
BLOOD TESTS:

Check cholesterol, blood sugar and kidney health



BMI (BODY MASS INDEX):

Estimates body fat using height and weight



FAMILY HISTORY:

Genetics can affect how the body stores fat or reacts to weight



WAIST SIZE:

Extra weight around the waist can raise the risk for heart and kidney problems

These tools can help to start a conversation with a health care professional, and give a clearer picture of overall health. Together, people and their health care professionals can set goals that fit their lifestyle, values, and what matters most.

Understanding weight is not just about the number; it's about feeling healthier and improving quality of life. Start the conversation with a health care professional today.

Learn more at heart.org/UnderstandingWeight



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