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About My Healthy™

The Start of a Movement

It's time to think about what really matters to foster more productive conversations between patients and doctors – overall health, not just weight loss. Both sides play key roles in patients' health, and only together can they develop a weight loss plan that is supportive and attainable. Let's embrace a new way of thinking!

Obesity in America: Where We Stand



The American Medical Association (AMA), Centers for Disease Control & Prevention (CDC) and the National Institutes of Health (NIH) now recognize obesity as a chronic, progressive disease that should be treated. The prevalence of obesity has more than doubled among adults over the past thirty years, with nearly one-third of adults affected by obesity and another one-third overweight.

Doctor/Patient Conversations are not Happening Despite the Obesity Epidemic

Eisai Inc. conducted a survey in partnership with the Obesity Action Coalition (OAC) and The Obesity Society (TOS), which revealed a disconnect between patients and physicians when discussing weight loss:

- Only 56% of adults affected by obesity or overweight report they have discussed weight with their doctor, yet 98% of doctors say they discuss consequences of being overweight/obese with patients
- Less than 40% of patients affected by obesity or overweight say their doctor has encouraged them to lose weight
- The majority of physicians say they offer weight loss tools, but 37% of patients believe their doctors can't help them lose weight

Did You Know?

- For those who are affected by obesity or overweight with a weight-related health condition, losing as little as 3-5% of your body weight may help lower your triglycerides (a type of blood fat), blood sugar and A1C level (a measure of blood sugar control over time)
- Losing 5% may help improve your health even more, and sustaining weight loss is also very important
- Research shows that setting specific goals and making small changes in your daily life are critically important to achieving weight loss



Make the My Healthy™ Promise:

My Healthy™ is a national movement that shifts the focus of the obesity conversation from just pounds lost to health gained. The *My Healthy™ Promise* is a commitment to set realistic goals and recognize that every positive steps counts. It starts with changing what hasn't worked in the past:

- *Today I promise to set realistic goals for myself—ones that fit who I am:*
 - ✓ *Talking openly with my doctor about my weight and my health*
 - ✓ *Making healthy food choices*
 - ✓ *Being more active*
- *Today I promise to start finding My Healthy™.*

Join the community of people striving to get healthy at myhealthy.com. Make the *My Healthy™ Promise* and upload your [#MyHealthy](https://twitter.com/MyHealthy) photo or video showing the small steps you're taking on the path to get healthy.