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THE START OF A MOVEMENT

SHIFTING THE WEIGHT LOSS CONVERSATION TO HEALTH GAINED, NOT JUST POUNDS LOST

THE OBESITY EPIDEMIC HAS GROWN



The prevalence of obesity has more than doubled among adults over the past thirty years



More than 2 out of 3 American adults are affected by obesity or are overweight

PERCEPTIONS OF THE CONDITION ARE CHANGING. The medical community recognizes obesity as a chronic, progressive disease that needs to be treated.

American Medical Association
Centers For Disease Control and Prevention
National Institutes of Health

DOCTOR/PATIENT CONVERSATIONS ARE NOT HAPPENING DESPITE THE OBESITY EPIDEMIC



92%

of doctors say they always or sometimes counsel about diet, exercise and weight loss resources



44%

of overweight/obese patients say their doctors haven't counseled them on weight loss



LET'S ADDRESS THIS ISSUE!

Productive conversations between doctors and patients are vital. With support from a doctor, patients can set specific goals and make small lifestyle changes that research shows can lead to weight loss success.

LET'S EMBRACE A NEW WAY OF THINKING.

INTRODUCING *MY HEALTHY™*, A NATIONAL MOVEMENT THAT SHIFTS THE FOCUS OF THE WEIGHT CONVERSATION TO HEALTH GAINED, NOT JUST POUNDS LOST.

MAKE THE MY HEALTHY PROMISE

Today I promise that there is more to my health than just my size. I promise that every positive step I take will count towards getting healthy:



Talk openly with my doctor about my weight and health



Make healthy food choices



Be more active

MAKE SURE YOU ASK YOUR DOCTOR:



What is a healthy weight for me?



What are the health benefits of losing even a small amount of weight?



What could my weight loss plan include?



SMALL CHANGES CAN MAKE A DIFFERENCE

A promise to have a better dialogue with your physician, along with making healthier food choices and being more active, can help get you there.



Join the community of people striving to get healthy at myhealthy.com.

Make the *My Healthy™ Promise* and upload your **#MyHealthy** photo or video selfie showing the small steps you're taking on the path to get healthy.



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