

REMINDER

HEALTH & SAFETY: HEALTHY LIFESTYLES AND OBESITY

Description of Issue and Importance

People who have excess body fat, especially at the waist, are more likely to develop heart disease, diabetes, and stroke, even if they have no other risk factors.

Excess weight increases the heart's work; raises blood pressure; raises blood cholesterol and triglyceride levels; and lowers HDL ("good") cholesterol levels.

Excess weight increases the risk for diabetes.

Losing weight can be difficult. By losing as few as ten pounds, the risk of heart disease can be reduced.

Recommended Action and Prevention Strategy

- Healthy Eating brings some of the greatest benefits for wellness. Healthy eating includes foods from the major food groups: fruits, vegetables, grains, low-fat dairy products, lean protein sources, nuts and seeds. Consult a physician and/or dietitian to ensure special dietary needs are met.
- Regular Exercise is a great way to control weight, manage stress, and improve overall health. Start gradually and work your way up. Always consult the physician before starting a new exercise program.
- Quality Sleep, enough and the right type of sleep in adequate amounts, can reduce stress, boost the immune system, and help the nervous system work properly. Most adults need 7-8 hours of sleep a night.

Related Resources

American Heart Association website: www.americanheart.org

Mayo Clinic website: www.MayoClinic.com

Outreach Services

1-866-429-5290 • outreach@fssa.in.gov • DDRSOutreach.IN.gov

For related reminders and resources, please visit DDRSOutreach.In.gov.



Indiana Family & Social Services Administration
Division of Disability & Rehabilitative Services
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