



Obesity Facts

Your **best weight** is the weight you achieve while living the healthiest lifestyle you truly enjoy. Please talk to your healthcare provider on how you can discover your best weight.

What is obesity?

Obesity is a chronic and often progressive disease. It is defined by having a BMI greater than 30 kg/m². This means that you may be carrying excess body fat that may put you at increased risk for health problems.

What does it mean that obesity is a chronic disease?

Managing your best weight is a lifelong process. Sustainable and realistic long-term solutions will have the largest impact on living your healthiest life.

Who is at risk for obesity?

Several factors are associated with an increased risk for developing obesity:

- If you are *already overweight*, you are at a greater risk of developing obesity.
- Certain *life stages* are associated with excess weight gain because they can shift the body's coping mechanisms. Examples of such life stages are puberty, pregnancy, post-partum and menopause for women.
- Genetics plays a substantial role.
- *Mental health problems* such as depression and anxiety.
- *Lack of sleep* due to sleep apnea and insomnia.
- Sedentary lifestyle.
- *Medications* (antipsychotics, contraceptives, etc.).

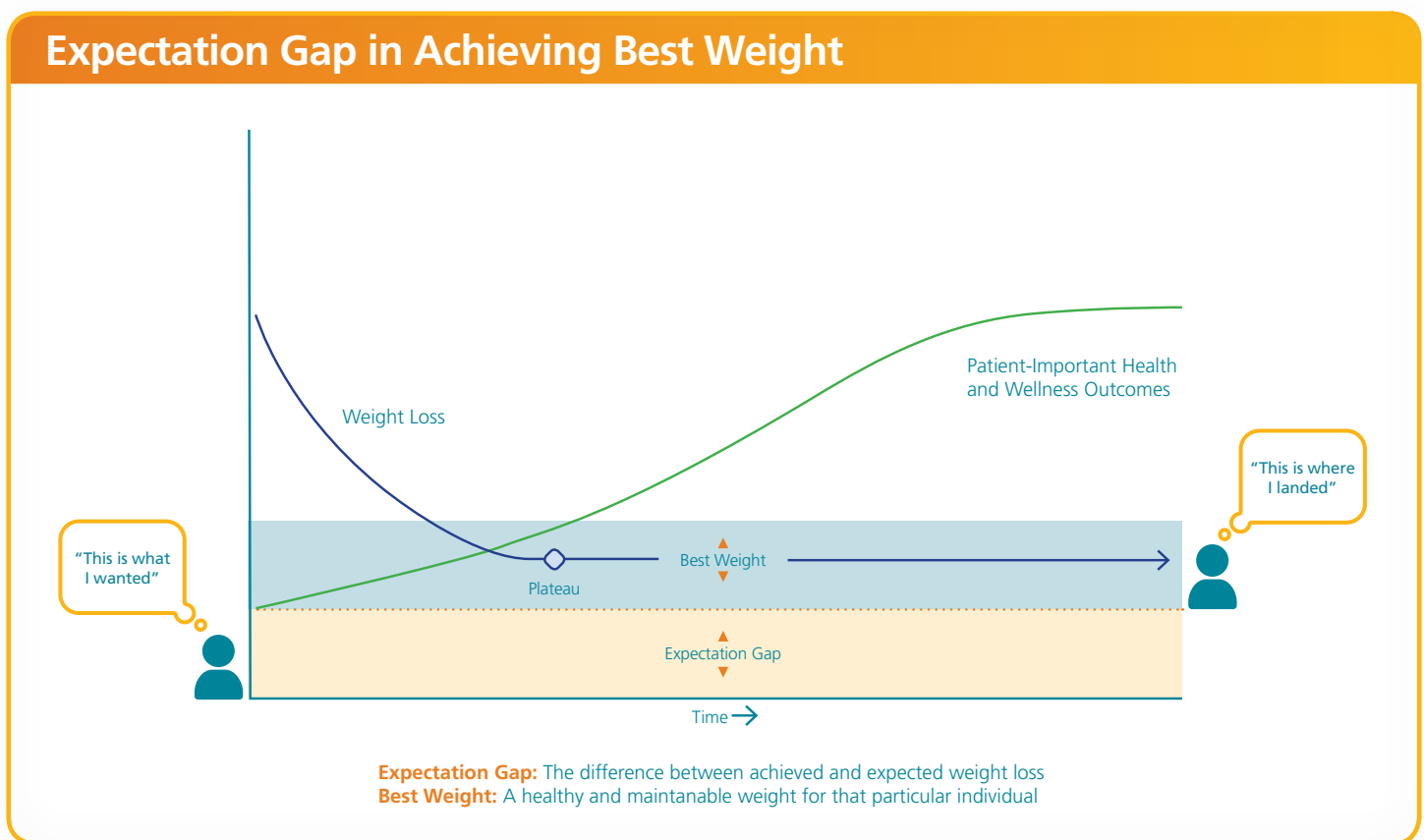


Weight loss vs. patient health and wellness outcomes

There may be an expectation gap between what you believe may be your ideal weight, and your **best weight**! Don't worry, this is normal!

It is important to remember that health and wellness outcomes will occur with *any* amount of weight loss. It is not a failure if you haven't achieved your initial expected amount of weight loss. It is a huge achievement that you have reached your **best weight**! Celebrate your healthy self!

The graph below shows the difference between the weight you may expect to lose vs. your best weight (see **blue** curve). The steep **green** curve shows that you can experience positive health and wellness outcomes regardless of the amount of weight loss.



1. CMA Press Release (October 2015). Available at: <https://www.cma.ca/En/Pages/cma-recognizes-obesity-as-a-disease.aspx>.
2. Obesity Canada. Available at: <http://www.obesitycanada.ca>.
3. Dr. David Macklin. MEDCAN. Available at: <http://www.medcan.com/>.

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