


# Health Risks and Obesity

- **Obesity is a very common chronic disease** and effects more than 1 in every 3 adults (42.5% of United States adult population)
- **Obesity is associated with other chronic diseases:** diabetes, high blood pressure, osteoarthritis, gallbladder disease, liver disease, heart disease, asthma, stroke, sleep apnea and cancers.
- **Losing weight can improve your health and lead to a longer life.**
- **At Beth Israel Lahey Health we are here to help you. Please see the attached flyer for our weight loss resources.**

BMI	Weight Status
Below 18.5	Underweight
18.5–24.9	Healthy Weight
25.0–29.9	Overweight
30.0 and Above	Obesity

Scan QR code to calculate your BMI and see your current weight status.



# Weight Loss Resources

## The Lifestyle Management Institute's Weight Management Program

- Available to anyone interested in losing weight
- You may enter the program with a referral from your PCP
- You will receive a comprehensive evaluation by the Weight Management Team consisting of:
  - Physician/NP/PA evaluation
  - Nutrition evaluation and training
  - Behavioral health assessment
  - Clinical exercise physiologist evaluation and training
  - Pharmacist evaluation and training
- 12-week educational series that focuses on nutrition, exercise, and behavior modification where each week builds on the previous week's topic (In person and virtual offerings)
- Weight loss medications (when applicable) are prescribed

## The Lifestyle Management Institute's Surgical Weight Loss Program

- Surgical weight loss patients are seen for consultation and for surgical follow up appointments at Beth Israel Lahey Health (BILH) Care Center- Danvers.
- Surgeries are currently being performed at BILH Beverly Hospital and other BILH hospitals.
- You will receive a multidisciplinary team approach consisting of:
  - Surgery consult
  - Nutrition evaluation and training
  - Behavioral health assessment
- This multidisciplinary approach is the key to successful long-term weight loss and well-being
- Scan QR code to register for a virtual information session:



**Beth Israel Lahey Health Care Center- Danvers**

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Scan QR code for  
additional BILH  
weight loss resources  
and information:

