

LIGHTENING AMERICA'S OBESITY BURDEN



Obesity is a chronic disease impacting **NEARLY HALF OF AMERICAN ADULTS.**



Treating obesity requires a personalized **COMBINATION OF TREATMENT OPTIONS.**

OBESITY MEDICATIONS

Several FDA-approved medications treat obesity

BARIATRIC SURGERIES

Surgical changes to the digestive system can help people lose weight

DIET

A nutritious diet can help people maintain a healthy weight

EXERCISE

Consistent activity can burn excess calories

THERAPY

Treatment for related depression, anxiety or sleep disorders can help

DUAL-BENEFIT MEDICATIONS

Some address obesity while also treating common comorbidities

LIMITED HEALTH PLAN COVERAGE

limits people's ability to treat obesity.



TO REDUCE OBESITY IN AMERICA,
HEALTH PLAN COVERAGE MUST SUPPORT
PATIENT-CENTERED TREATMENT.