

# What You Need to Know about Obesity

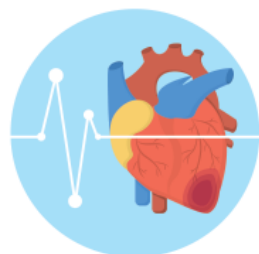
## Did you know:

- Obesity is a disorder of energy balance arising from consuming calories in excess to the energy expended.
- The prevalence of obesity was 42.4% and severe obesity was 9.2% in 2017~2018.
- Obesity is associated with serious health risks.



## INCREASES THE RISK FOR

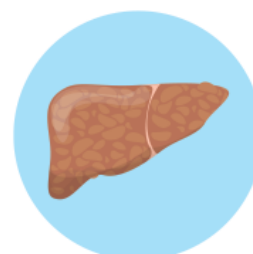
Recent studies found that obesity contributes to nearly **1 in 5** deaths in the United States.



Heart Disease



Diabetes



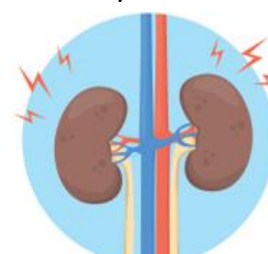
Fatty Liver



High Blood Pressure



Cancer



Kidney Disease

## 6 Health Benefits of Losing Weight

1

REDUCE THE RISK OF SERIOUS ILLNESS  
(see above)

2

REDUCE ACID REFLUX

3

GOOD QUALITY OF SLEEP

4

BREATHE EASIER

5

SAVE YOUR KNEES

6

MORE ENERGY



To learn more about our doctor's group, call Member Relations: (415) 590-7418



[aamgdoctors.com](http://aamgdoctors.com)



[youtube.com/c/AAMGDoctors](https://www.youtube.com/c/AAMGDoctors)



[facebook.com/DoctorsAAMG](https://www.facebook.com/DoctorsAAMG)