Obesity is a chronic, hormone-mediated disease: not a willpower problem (although it takes an amazing amount of willpower to fix).

For the first time in centuries, the predicted life expectancy for current young people in the US has dropped by 3-5 years because of obesity.

The highest weight you’ve ever reached becomes a new “set point” that the body will continually try to get back to.

Two hundred years ago the average American consumed about 2 pounds of sugar/year. The current average is about 150 pounds/year. That is 6 cups/week.

In males, rising weight correlates with dropping testosterone levels. This contributes to fatigue, depression, and difficulty losing weight.

Fatty liver diseases, caused by obesity are surpassing alcoholic liver disease as the number one reason for liver transplant in America.

In 2004, the US spent $2 million per American who died from AIDs on AIDS related research. In the same year, the US only spent $250 per American who died from obesity.

Many believe that artificial sweeteners stimulate appetite much more than natural sweeteners.

Losing 10% of your current body weight can result in health improvements by 80% (decreased risk of heart disease, diabetes, hypertension, fatigue, etc.).

### National Weight Control Registry

Large study (~5,000 people) with average of 66 pound weight loss and maintained loss for an average of 5-6 years: 50% lost weight on their own and only 4% used medication.

98% modified diet (average 1400/day, 24% fat)
90% exercise on average 1 hour/day
78% eat breakfast daily
75% weigh themselves at least weekly
62% watch less than 10 hours of TV per week (average watch less than 3)
Most frequently self-monitored weight, food intake, and physical activity.
Most eat fewer than 3 meals per week away from home.
START LOSING WEIGHT!

- **Drink water!**
  - Most drinks are high in calories. Diet drinks with artificial sweeteners may increase appetite. However, don’t drink anything with meals because liquids make food move more quickly through the system.

- **Eat breakfast!**
  - Specifically one high in protein which stimulates metabolism such as eggs and meat or a protein shake.

- **Be active!**
  - Make the most of activities you already do. Walk faster, park further away, use stairs. Make exercise a priority.

- **Maintain good sleep habits!**
  - Sleeping less than 5 or more than 8 hours a night is associated with increased body fat.

- **Learn to deal with stress!**
  - Stress increases hormones in your bloodstream that increase weight gain.

- **Be positive!**
  - Negative self-talk is just that— it has a negative impact on weight loss. Talk to yourself the way you would talk to your best friend if they were trying to lose weight.

- **Eat healthy!**
  - Decrease sugars and simple carbohydrates (white flour, potatoes, etc.) and increase vegetables (especially greens).
  - Eating 10 nuts (like almonds) 20 minutes before meals may chemically trigger hormones that decrease appetite.
  - Taking a fiber supplement (like Metamucil) 20 minutes before a meal may increase fullness.
  - Be aware of portions (our culture has made it very difficult to know how much is appropriate).

- **Diet with care!**
  - Unless you are ready to make changes that maintain your weight loss, the hormonal changes brought about by weight loss actually stimulate hunger and slow metabolism. Regaining more than you lost is common. There are many diets that work. If your blood sugar is high, a low carb and high protein diet may be best. The best diet is one you can stick with. If you need help discuss this with your provider.

- **Keep a log!**
  - Most specialists recommend logging all your calories, exercise, and weight (the “My Fitness Pal” App is an easy way to do this).

**It takes 6-8 weeks to develop a new habit. Pick 1-2 of the above and work on it for 2 months**