

LATINOS

LIVING HEALTHY

Building Healthy Communities

WHAT IS OBESITY?



Obesity is a chronic, progressive disease that requires long-term management. Obesity is defined as having a body mass index (BMI) of 30 or higher.

Obesity can raise risk factors for many medical conditions including:



HEART
DISEASE



TYPE 2
DIABETES



HIGH BLOOD
PRESSURE

LATINOS AND OBESITY

According to the CDC, approximately 44.8% of Latino adults live with obesity, the second highest when compared to other ethnic or racial minority groups. Among Hispanic American women, 78.8% are overweight or obese.

There are several factors that contribute to obesity rates being higher in the Latino community including lack of access to:



AFFORDABLE
HEALTHY FOODS



STABLE AND
AFFORDABLE
HOUSING



ACCESS TO
QUALITY HEALTH
CARE

Latinos have the highest uninsured rate of any racial or ethnic group in the US. Studies have demonstrated that uninsured people are less likely than those with insurance to receive preventive care and services for major health conditions and chronic diseases

TREATMENT

- Consult an obesity care specialist
- Ask your health care provider about anti-obesity medications (AOMs)
- Eat more healthy foods
- Increase physical activity
- Find your support system

LEARN MORE AT →

[LULAC.ORG/OBESITY](https://lulac.org/obesity)

#LatinosLivingHealthy #HealthyLiving #TuSaludImporta



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