



WEIGHT AND ITS EFFECT ON HEALTH

The terms "overweight" and "obesity" refer to body weight that's greater than what is considered healthy for a certain height.

The most useful measure of overweight and obesity is body mass index (BMI). BMI is calculated from your height and weight. For more information about BMI, go to ["How Are Overweight and Obesity Diagnosed?"](#)

Millions of Americans and people worldwide are overweight or obese. Being overweight or obese puts you at risk for many health problems. The more body fat that you have and the more you weigh, the more likely you are to develop:

- [Coronary heart disease](#)
- [High blood pressure](#)
- Type 2 diabetes
- Gallstones
- Breathing problems
- Certain cancers

Your weight is the result of many factors. These factors include environment, family history and genetics, metabolism (the way your body changes food and oxygen into energy), behavior or habits, and more.

You can't change some factors, such as family history. However, you can change other factors, such as your lifestyle habits. Follow a healthy eating plan and keep your calorie needs in mind. Be physically active and try to limit the amount of time that you're inactive. Weight-loss medicines and surgery also are options for some people if lifestyle changes aren't enough.