



MACOMB COUNTY

COMMUNITY MENTAL HEALTH

MCCMH Handout: Obesity and Healthy Weight		
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This handout has been designed for educational purposes only and is meant to inform persons served and their guardians of the importance knowing about how to prevent obesity and healthy weight and their potential complications based on the most current standard of preventive care recommendations.

*It is ultimately the responsibility of a health care provider or licensed prescriber to advise and determine what type of recommendations or treatment an individual requires based on a comprehensive understanding of the individual's medical history and presentation.

Who is at risk for Obesity:

Per the CDC, certain health behaviors can contribute to excess weight gain and are risk factors for obesity:

- Lack of physical activity
- Not enough sleep or poor-quality sleep
- Too much TV, computer, video games, and other screen time
- People over 60 due to slower metabolism
- Non-Hispanic African Americans, followed by Hispanics followed by non-Hispanic whites
- Long term exposure to stress, which leads to an increase in hormones such as cortisol that impact directly on appetite and promote cravings
- Psychiatric medications, such as mood-stabilizing drugs, antipsychotics and antidepressantsSteroids
- Certain types of hormonal birth control, such as progestins
- Certain blood pressure and diabetes medications
- Single-gene disorders, such as Bardet-Biedl syndrome and Prader-Willi syndrome
- Unhealthy eating patterns such as:
 - Too many highly processed foods or added sugars, including too many sugar-sweetened beverages
 - Too little fiber a diet limited in fruits and vegetables



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Access to resources, whether those are safe areas to exercise, supportive school environments, access to affordable food, economic stability, safe housing, transportation, etc. may also impact the ability to make health choices.

What can obesity lead to? The CDC reports that obesity in children and adults increases the risk for:

- High blood pressure and high cholesterol which are risk factors for heart disease and stroke
- Type 2 diabetes, various types of cancer, premature deathBreathing problems related to asthma and/or sleep apnea.
- Joint problems such as arthritis and muscle discomfort.
- Gallstones and gallbladder disease
- Mental illness such as depression and anxiety, etc.
- In childhood: Children may be at risk for psychological problems such as anxiety and depression, struggle with low self-esteem and lower self-reported quality of life, face bullying and stigma and increase their risk to suffer of obesity as adults.

To learn more, utilize the following link: <https://www.cdc.gov/obesity/basics/consequences.html>

What might cause rapid and unexplained weight loss?

- Loss of appetite from illness or diseases such as hyperthyroidism, cancer, Crohn's Disease or allergies, etc.
- Refusal to eat secondary to pain/discomfort following eating or due to dental issues or swallowing difficulties
- Depression, death of a close friend or loved one, or stress
- Malnutrition – a steady diet of unhealthy, or non-nutritious foods
- Failing vision causing difficulties in meal preparation and actual eating
- Psychological disorders – new or ongoing, fears developed about eating or dementia
- Abuse
- Lack of mobility that results in too much trouble to prepare food



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What happens when people don't eat?

- Nutrient deficiencies occur such as Anemia and nutrient/vitamin deficiencies
- Immune response is diminished making us more prone to illnesses (i.e. infections)
- Delayed wound healing
- Bone loss and osteoporosis
- Heart irregularities and blood vessel diseases
- Loss of periods in women which may result secondary to struggling with severe eating disorder.
- Delayed wound healing

Talk to your doctor?

If your weight is above or below the expected for your age and height or are concerned about weight-related health problems, set an appointment and speak to your doctor about those concerns

Some helpful free mobile apps to look into: Discuss with a health care provider how these apps may help towards your healthy weight goals.

- Samsung Health
- MyFitness Pal
- Carb Manager for diabetics

State and Federal Assistance Programs:

<https://www.fns.usda.gov/snap/recipient/eligibility>

<https://www.michigan.gov/mdhhs/assistance-programs/wic>

<https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program>

<https://doubleupfoodbucks.org/>

Other helpful links:

<https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/cardiovascular/healthiertomorrow>

<https://www.thecommunityguide.org/topics/obesity.html>