

# THE 4 PILLARS OF OBESITY CARE



## Behavior Changes

Changing behavior involves understanding the mental and emotional reasons for your habits and finding ways to build healthier habits<sup>1</sup>



## Physical Activity

From daily movement to structured exercise, a physical activity plan factors in your abilities and what you like to do<sup>1</sup>



## Nutrition

Nutrition counseling helps you come up with food choices that are doable and reasonable for you<sup>1</sup>



## Medication and/or Surgery

Obesity medication and surgery have been shown to help people lose weight, maintain weight loss, and change the way they eat<sup>1</sup>

## Other benefits of obesity care:

- Increased energy<sup>2</sup>
- Improved well-being<sup>2</sup>
- More enjoyment from time spent with friends and family
- Greater access to fun activities (sports, hiking, community events)

**Talk to your doctor about how you can take control of your health**

1. <https://obesitymedicine.org/about/four-pillars/> (Accessed August 2, 2024); 2. Fastenau J, et al. *Clin Obes.* 2019;9(3):e12309; 3. <https://stop.publichealth.gwu.edu/fast-facts/benefits-weight-loss> (Accessed August 2, 2024).



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