

OBESITY 101: MYTH VS. FACT

Obesity is a long-term, but manageable, disease. Obesity happens when a high level of body fat affects your overall health. Many factors may contribute to obesity.¹

MYTH

VS

FACT

Obesity is caused by **poor personal choices**.²

Obesity is caused by **genetic, environmental and behavioral factors**.^{1,3}

Everyone can lose weight with enough **willpower**.³

Weight loss is not “one size fits all.” Obesity is not a choice, and success looks different for every patient.³

You can tell if someone is healthy by **looking** at them.⁴

How someone looks does not give you an accurate picture of their health. There are many factors like **muscle mass, fitness level, and overall lifestyle** that give you more accurate information about someone's **health status**.⁴

Obesity treatments **work for everyone**.

Different obesity care methods work for everyone. **Your obesity care plan should be individualized** based on your needs and could include a combination of diet, physical activity, behavioral therapy and sometimes medication or surgery.⁵

You need to lose **large amounts of body weight** to see health benefits.

Weight loss does not have to be drastic. Losing just **5% to 10% of your weight** can greatly improve your **overall health**.⁶

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

1. <https://www.obesityaction.org/education-support/learn-about-obesity/causes/> (Accessed August 2, 2024); 2. <https://www.obesityaction.org/education-support/learn-about-obesity/common-myths/> (Accessed August 2, 2024); 3. Chaput, JP. Can Fam Physician. 2014;60(11):973-984; 4. <https://www.endocrinepractice.org/action/showPdf?pii=S1530-891X%2820%2939214-4> (Accessed August 2, 2024); 5. <https://obesitymedicine.org/about/four-pillars/> (Accessed August 2, 2024); 6. Ryan DH, Yockey SR. *Curr Obes Resp*. 2017;6(2):187-194.



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Supported by Eli Lilly and Company.



My health on my terms for obesity care