

- Overview
- Statistics
- Screenings & Tests
- Treatment
- Vitamins, Supplements & Diet
- Chiropractic's Role



September Celebrates Healthy Weight

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If you experience any symptoms, it's important to consult with a doctor or other qualified healthcare professional for diagnosis and treatment.

OVERVIEW

Obesity is a significant public health issue in the United States, affecting a large portion of the adult and child population. It is labeled as a public health crisis, partly due to its overlap and causal relationship with many other health issues. The prevalence of obesity has been steadily increasing, with more than one in three adults currently affected. This has led to a rise in related health problems and increased healthcare costs.

KEY STATISTICS

Adults: Obesity affects one in three adults. More than 42% of adults in the U.S. have obesity, with some states exceeding 35% obesity rates, according to the CDC.

Children: A significant number of children and adolescents are also affected by obesity at 20% or 14 million children. Obesity affects one in six children.

Rising Trend: Obesity rates have significantly increased over the past few decades, and will continue to rise..

- Adults living in rural areas have higher obesity levels than urban areas.
- Black adult men had the highest prevalence of obesity at 49.9%; Black women at 54.8%.
- Prevalence among Hispanic adults is 45.6%.
- Prevalence among White adults is 41.4%.
- Prevalence among Asian adults is 16.1%.
- Adults with college degrees had lower obesity compared with those with less education.*

Prevalence of obesity by race and gender

Race	Males	Females
Caucasian	31.9	33.0
African American	37.3	49.6
Mexican American	35.9	45.1

* National Library of Medicine (NIH). <https://pmc.ncbi.nlm.nih.gov/articles/PMC3228640/> - :~:text=SYNOPSIS,yet clear evidence of success.

** Centers for Disease Control (CDC). http://www.cdc.gov/NCHS/data/hestat/obesity_adult_07_08/obesity_adult_07_08.pdf

CONSEQUENCES OF OBESITY

Increased Risk of Disease: Obesity is a major risk factor for various chronic diseases, including type 2 diabetes, heart disease, certain cancers, stroke, elevated cholesterol, high blood pressure, osteoarthritis, liver disease, sleep apnea, infertility, depression and social isolation.

Healthcare Costs: The rising rates of obesity-related illnesses are putting a strain on the healthcare system and leading to increased medical costs -- \$173 billion annually.

Reduced Life Expectancy: Severe obesity can reduce life expectancy, potentially by a significant number of years. Severe obesity may shorten life expectancy by 14 years (similar to cigarettes).

Factors Contributing to Obesity: Obesity is a disease resulting from increased caloric intake and reduced physical activity. Many factors influence the occurrence of obesity, including body-weight genes, insulin resistance, increased ghrelin levels (hunger-stimulating hormone), reduced tracheal traction (collapsed airway that occurs during obstructive sleep apnea that relates to obesity), type and quantity of food consumed, physical activity, lack of sleep, stress, and socioeconomic factors.

Lifestyle Changes: Changes in diet, with increased consumption of calorie-dense, processed foods, and decreased physical activity contribute to weight gain.

- Americans eat more corn-derived sweeteners than 20 years ago, as well as more cheese, but less beef, and less milk.
- Americans are cooking at home less and eating more than they used to, which can make portion control and nutritional choices a challenge.
- Limited income can put healthier foods out of reach for some.
- Americans spend more time in sedentary work and less walking.
- Depression and anxiety can lead to emotional eating patterns and reduced motivation for adopting healthy lifestyle changes.

Environmental Factors: The environment in which people live and work can influence their food choices and physical activity levels.

Genetic Predisposition: Genetic factors can also play a role in a person's susceptibility to obesity.

Efforts to Address Obesity:

- **Public Health Initiatives:** Public health organizations are working to promote healthy eating and physical activity, with the goal of making healthy choices more accessible.
- **Individual Action:** Individuals can take steps to address obesity by making lifestyle changes, such as improving their diet and increasing physical activity.
- **Research:** Research is ongoing to better understand the causes of obesity and to develop effective prevention and treatment strategies.*

Complications of Obesity



* Obesity Medicine Association (OMA). <https://obesitymedicine.org/blog/rising-obesity-rates-in-america-a-public-health-crisis/> - ~:text=Alarming Statistics of Obesity in,expectancy due to cigarette smoking.

MEDICAL SCREENINGS FOR DETERMINING OVERWEIGHT AND OBESITY ISSUES

Medical screenings for overweight and obesity primarily involve calculating Body Mass Index (BMI), measuring waist circumference, and assessing body composition. Some or all of the following screenings help determine if an individual falls within healthy weight ranges or if they are overweight or obese.

Here’s a breakdown of the common screenings:

- **BMI Calculation:** BMI is a calculation that uses height and weight to estimate body fat. It's a quick, cost-effective, and widely used screening tool. (see more at bottom of page)
- **Waist Circumference Measurement:** Measuring waist circumference helps identify abdominal fat, which is a risk factor for various health issues.
- **Body Composition Analysis:** Techniques like skinfold measurements, ultrasound, DEXA scans, and bioelectrical impedance analysis are used to assess body fat percentage and distribution.
- **Medical History:** Doctors look at eating patterns, activity, weight history, and related health conditions.
- **Vital Signs:** Blood pressure and heart rate are checked during a physical exam.
- **Blood Tests:** Assess for diabetes, cholesterol levels, and liver function, etc..
- **Thyroid Function Tests:** To rule out thyroid disorders, which can contribute to weight gain.
- **Sleep Studies:** To assess for sleep apnea, a common condition associated with obesity.
- **Psychological Assessments:** To identify eating disorders or mental health conditions that may be contributing to obesity.
- **Underlying Conditions:** Testing for diabetes, high cholesterol, or thyroid problems may be done if deemed necessary, as these can contribute to or be influenced by weight issues.*

What is BMI and How Is It Used?

Body mass index (BMI) is a simple and reliable screening measure of health. BMI is a calculated measure of body weight relative to height. For adults 20 and older, BMI categories are based on a person's BMI regardless of age, sex, or race. BMI is one potential health indicator. It should be considered with other factors when assessing an individual's health. If you have questions about your BMI, talk with your health care provider. The chart to the right represents BMI categories for adults (ages 20 and older):

BMI Category	BMI Range (kg/m ²)
Underweight	Less than 18.5
Healthy Weight	18.5 to less than 25
Overweight	25 to less than 30
Obesity	30 or greater
Class 1 Obesity	30 to less than 35
Class 2 Obesity	35 to less than 40
Class 3 Obesity (Severe Obesity)	40 or greater

* CDC. BMI. <https://www.cdc.gov/bmi/adult-calculator/bmi-categories.html>

OBESITY TREATMENT

The OMA endorses a comprehensive care model for treating obesity that we call the four pillars made up of: nutrition therapy, physical activity, behavioral modification, and medical interventions. Applying this model equips medical professionals to treat the whole person, not just the symptoms of obesity.

- **Nutrition Therapy.** Applying this model equips healthcare professionals to treat the whole person, not just the symptoms of obesity. A patient can focus on consuming whole grains, fruits and vegetables, fat-free or low-fat milk, along with a variety of proteins derived from animal or plant sources. Recommend that a patient cut back on processed foods and keep sugar intake under six teaspoons a day. They can also focus on drinking more water daily.
- **Physical Activity.** The American Heart Association (AHA) recommends 150-300 minutes of moderate-intensity aerobic activity weekly. Walking 10,000 steps daily is another way to target a reasonable physical activity goal. It may be very difficult for a person to go from no activity to 10,000 steps overnight. Celebrate increased activity wins, regardless of how small they are. If patients can find ways to wean themselves away from screens and mobile devices, they may find it easier to fit activity and movement into their routines. A wearable device can track their steps and may help motivate them.
- **What to Know.** For effective weight loss through cardio (aerobic exercise). Aerobic exercise includes activities like: brisk walking, swimming, jogging, rowing, stair climbing, spinning, etc.
- **Aim for a heart rate** between 60% and 75% of your maximum heart rate (MHR). This range is often referred to as the "fat-burning zone". While all exercise burns calories, working out in this zone helps your body utilize more fat for fuel. Here's how to determine your MHR and target heart rate zone:
 1. Calculate your Maximum Heart Rate (MHR): *
 - General Formula: $220 - \text{your age}$.
 - Example: For a 35-year-old, the estimated MHR would be $220 - 35 = 185$ bpm.
 2. Calculate your Target Heart Rate Zone:
 - General Formula: Multiply your MHR by 0.60 and 0.75 to find the lower and upper limits of your target zone.
 - Example (using the 185 MHR):
 - Lower limit: $185 * 0.60 = 111$ bpm
 - Upper limit: $185 * 0.75 = 139$ bpm
 - Your target heart rate zone for weight loss would be roughly 111-139 bpm.
- **Combine with strength training:** Strength training can help boost your metabolism and burn more calories at rest, aiding in weight loss. (*continued on next page*)
- **Consult with your healthcare provider:** If you have any health concerns, consult with a healthcare professional or certified trainer for personalized guidance before starting an exercise program.



*Taylor, Martin. WebMD. June 18, 2024. <https://www.webmd.com/fitness-exercise/what-to-know-heart-rate-fat-burning-cardio>

OBESITY TREATMENT (Continued from previous page)

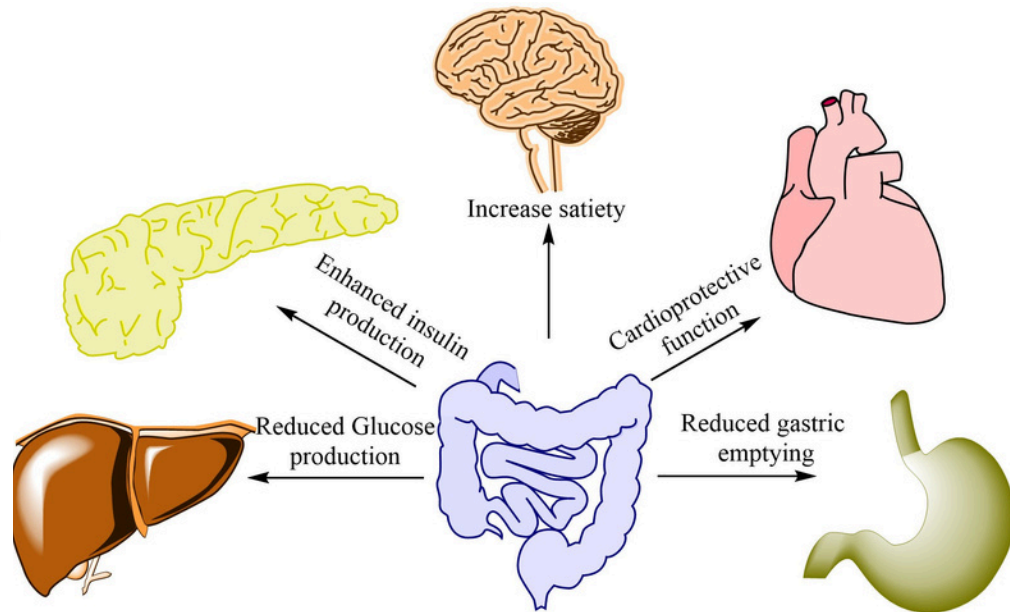
- **Behavior Modification.** Behavioral strategies can help overcome challenges like cravings, emotional eating, snacking, or inactivity.
- **Medical Interventions.** Obesity may also be managed with medications or surgery. Most treatments work by reducing appetite or slowing digestion to increase fullness. These options aren't for everyone, as factors like health history, current medications, and potential side effects must be considered.*

Other Options to Help Lose Excess Pounds

Option 1: GLP-1. If your BMI is 30 or greater, or if BMI is from 27-30 with an obesity related co-morbidity (hypertension, high cholesterol, diabetes, etc.), you are eligible for GLP-1 (Glucagon-like peptide-1) injectables. GLP-1 is a class of medications used to treat obesity and type 2 diabetes. GLP1-agonists reduce your food intake, appetite and hunger. These effects often result in weight loss. These drugs mimic the effects of the GLP-1 hormone, which regulates appetite and blood sugar levels. Several GLP-1 products that are approved for weight loss include semaglutide (Wegovy), liraglutide (Saxenda), tirzepatide (Zepbound), Ozempic (Novo Nordisk) for diabetes and weight loss, and other products.

Clinical benefits include:

- Increases insulin secretion
- Improves Insulin resistance
- Lowers blood sugar levels
- Reduces food cravings & appetite
- Slows gastric emptying & digestion
- Increases metabolism
- Improves HbA1c
- Reduces risk of cardiac events*



Important Considerations:

- **Prescription Required:** All GLP-1 products require a prescription from a healthcare professional.
- **Self-Injection.** Most GLP-1 products are administered via the self-injectable pathway.
- **Potential Side Effects:** Gastrointestinal issues like nausea, heart burn, vomiting, and diarrhea.
- **Long-Term Use:** Some individuals may need to take these medications long-term. Weight regain is common after stopping the medication, highlighting the importance of lifestyle modifications.
- **Lifestyle Modifications:** GLP-1 most effective when combined with lifestyle changes, such as a healthy diet and regular exercise.*

- National Library of Medicine. Conroy, Rushika, MD, MS. Obesity Medicine. <https://obesitymedicine.org/blog/rising-obesity-rates-in-america-a-public-health-crisis/> - :~:text=Alarming Statistics of Obesity in,expectancy due to cigarette smoking.
- National Institute of Health (NIH). Conroy, Rushika, MD, MS. Obesity Medicine. <https://obesitymedicine.org/blog/rising-obesity-rates-in-america-a-public-health-crisis/> - :~:text=Alarming Statistics of Obesity in,expectancy due to cigarette smoking.
- Obesity Medicine Association. Conroy, Rushika, MD, MS. Obesity Medicine. <https://obesitymedicine.org/blog/rising-obesity-rates-in-america-a-public-health-crisis/> - :~:text=Alarming Statistics of Obesity in,expectancy due to cigarette smoking.

OBESITY TREATMENT *(continued from previous page)*

Option 2: Lipo Amino Injectables. If your BMI is 27 or less, you are eligible for Lipo Amino injectables. Lipo Amino injectables are made up of separate lipotropic agents that work together to promote healthy fat burning and weight loss. Typically, these injections include a combination of the following ingredients:

- Vitamin B12 for energy & to prevent anemia.
- Inositol, a natural sugar that helps metabolize fat & improve insulin function.
- Choline that helps metabolize lipids (fats).
- Methionine which plays a role in metabolizing energy.



VITAMINS, MINERALS & SUPPLEMENTS EFFECTIVE FOR OBESITY AND WEIGHT LOSS

Vitamins and supplements may support metabolism and weight goals when paired with healthy eating and exercise, but they aren't a quick fix. Always consult your doctor before starting any new supplement. Here's a simple look at how certain nutrients may affect weight management:

Vitamins and Minerals

- **Vitamin D:** Low vitamin D levels are linked to increased body weight and fat mass. Vitamin D also plays a role in insulin sensitivity and bone health, which can indirectly support weight management.
- **B Vitamins:** B vitamins are crucial for energy production and metabolism. Some research indicates that deficiencies in certain B vitamins, like B1, B2, B6, and B9, may be linked to higher levels of obesity.
- **Iron:** Iron is essential for oxygen transport to cells, including muscles, which helps in fat burning. Low iron levels can lead to fatigue and negatively impact metabolism.
- **Magnesium:** Magnesium is involved in blood sugar regulation and muscle function. Magnesium may help reduce BMI, particularly in individuals with magnesium deficiency or obesity.
- **Chromium:** Chromium may help stabilize blood sugar levels and reduce cravings, especially for carbohydrates and sweets. Research on these claims is limited.*
- **Calcium:** Calcium may play a role in reducing fat storage.
- **Vitamin C:** Studies suggest that vitamin C can enhance fat oxidation during exercise, potentially supporting weight loss efforts.**

Other Supplements to Consider

- **Green Tea Extract:** Green tea extract, containing caffeine and epigallocatechin gallate (EGCG), has been associated with increased calorie expenditure and fat burning.
- **Fiber** (e.g., Glucomannan): Soluble fiber that promotes feelings of fullness and reduce appetite.
- **Conjugated Linoleic Acid (CLA):** CLA may help reduce body fat mass; more research is needed.***

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* Crouch, Michelle. AARP. <https://www.aarp.org/health/healthy-living/vitamins-supplements-weight-loss/> - :~:text=In both studies, compared to,and high cholesterol in animals.

** McCafferty, Monica, MS. Nutrisense. <https://www.nutrisense.io/blog/vitamins-that-help-with-weight-loss> - :~:text=taking any supplements.,B Vitamins,Cobalamin (B12)

*** WebMD. <https://www.webmd.com/vitamins-and-supplements/herbal-remedies>

HOW CHIROPRACTIC CAN HELP

Chiropractic care can be a beneficial part of a weight management plan for obese or overweight individuals by addressing musculoskeletal issues, improving nervous system function, and promoting a healthier lifestyle. Chiropractors can help with pain management, increase mobility, and provide guidance on nutrition and exercise, all of which can contribute to weight loss and overall well-being. Here's how chiropractic care can assist with weight loss:



1. Pain Management and Increased Mobility

- Excess weight can put significant strain on the joints and spine, leading to pain and limited mobility.
- Chiropractic adjustments can help restore proper joint alignment and reduce pain, allowing individuals to become more active and engage in exercise more comfortably.
- Improved mobility can make it easier to incorporate physical activity into daily routines, which is crucial for weight loss.

2. Nervous System Optimization:

- Chiropractic care focuses on the nervous system's role in regulating bodily functions, including metabolism and digestion.
- Misalignments in the spine can interfere with nerve communication, potentially hindering metabolism and weight management.
- By correcting spinal misalignments, chiropractors can help optimize nerve function and improve the body's ability to regulate these processes.

3. Holistic Approach to Weight Loss:

- Many chiropractors offer personalized treatment plans that combine adjustments with nutritional counseling and exercise recommendations.
- This holistic approach can help individuals develop a comprehensive strategy for weight loss that addresses various factors contributing to their weight.
- Nutritional guidance can help individuals make informed food choices and create a calorie deficit, while exercise recommendations can help them burn calories and build muscle.

4. Stress Reduction and Improved Sleep:

- Stress and lack of sleep linked to weight gain, as they can lead to overeating and hormonal imbalances.
- Chiropractic care can help reduce stress and improve sleep quality by addressing spinal misalignments and promoting relaxation.
- By reducing stress and improving sleep, chiropractic care can indirectly support weight loss efforts.

5. Encouraging a Healthier Lifestyle:

- Chiropractors provide guidance on healthy lifestyle, including exercise, diet, and stress management.
- Empowers individuals to make positive changes contributing to weight loss and overall well-being.
- By addressing the physical and lifestyle factors that contribute to weight gain, chiropractic care can be a valuable tool in a weight management journey. *(continued on next page)*

* National Library of Medicine and the NIH.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3306193/>

HOW CHIROPRACTIC CAN HELP *(continued from previous page)*

If you have ever carried a few extra pounds, you know the toll that being overweight takes on your muscles and joints. When you are working toward a goal of losing weight, you constantly struggle with the pain that the added weight puts on your joints and knees and the pain you might feel while trying to exercise. It is a vicious cycle of being in pain due to being overweight and safely and effectively exercising to manage that

While chiropractic care is not a direct weight loss treatment, it can play a significant role in supporting individuals who are obese or overweight by addressing musculoskeletal issues, optimizing nervous system function, and promoting a healthier lifestyle. Chiropractic care can improve mobility, reduce pain, and optimize nervous system function, which can positively impact exercise habits and metabolic processes, making it easier to lose weight. When exercise causes pain, it can demotivate you. Chiropractic care can get your joints and spine in correct alignment and eliminate pain caused from exercise.*

In terms of activity level, weight gain can be quite restrictive. Chiropractic could be the key to aide in the transition of remaining active and losing weight. Chiropractic not only provides pain relief, but will also keep your body in alignment as it adjusts to weight loss and muscle development. When people managing obesity receive regular chiropractic care, they might find they are able to exercise with little to no pain and can more easily reach their goal of physical activity.**

FINAL THOUGHTS AND ADVICE ON WEIGHT CONTROL

Taking control of your weight is one of the most powerful gifts you can give yourself. By preventing or overcoming obesity, you're not just changing the number on a scale — you're protecting your heart, strengthening your body, and unlocking more energy to enjoy life fully. Every healthy choice you make is an investment in a stronger, longer, and more vibrant future. Remember, small steps add up, and each one brings you closer to the healthiest version of yourself.



If you experience any health symptoms, it's important to consult with a doctor or other qualified healthcare professional for diagnosis and treatment.

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* Auslander Health Solutions. <https://www.auslanderhealth.com/blogs/four-proven-ways-chiropractic-actually-helps-with-weight-loss> - ~:text=While many people think of,eliminate pain caused from exercise.

* * Shields Chiropractic. <https://www.shieldschiropractic.net/blog/can-chiropractic-help-with-obesity> - :~:text=If you have ever carried,their goal of physical activity.