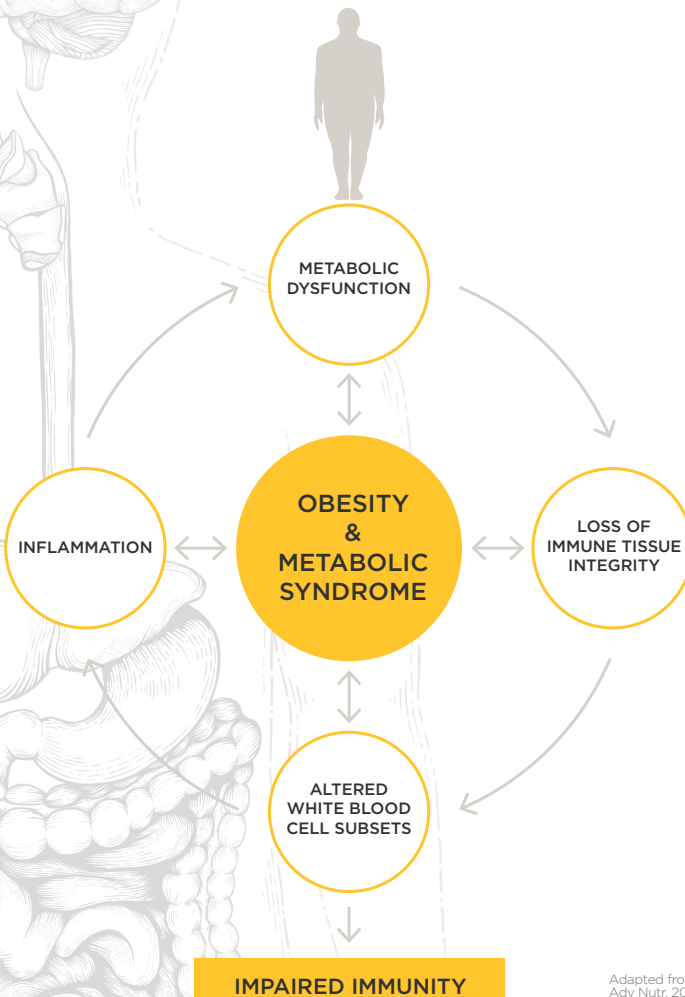


HOW TO MANAGE OBESITY & IMMUNE FUNCTION

Obesity is a common, serious and costly chronic disease. It's on the rise in the US.¹

HOW YOUR IMMUNE SYSTEM IS AFFECTED BY OBESITY



Adapted from Anderson, CJ, et al. Adv Nutr. 2016 Jan; 7(1): 66-75.²

THERE ARE ACTIONS YOU CAN TAKE

to help manage obesity and support the immune system.³



**EATING A
HEALTHY DIET**



**BEING
ACTIVE**



**GETTING
ENOUGH SLEEP**



**COPING
WITH STRESS**

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CONSEQUENCES OF OBESITY ON IMMUNE FUNCTION

INCREASES YOUR RISK OF SEVERE ILLNESS FROM CERTAIN INFECTIONS^{4,5,6}

MAY TRIPLE THE RISK OF HOSPITALIZATION DUE TO CERTAIN INFECTIONS^{7,8}

OBESSE PATIENTS HAVE INCREASED INTENSIVE CARE UNIT (ICU) LENGTHS OF STAY AND ARE MORE LIKELY TO DIE IN THE HOSPITAL^{10,11,12,13}

OBESITY WITH A BMI >30, INCREASES RISK OF MANY DISEASES AND HEALTH CONDITIONS¹⁴

TAKE HOME ACTION PLAN

Your immune system may benefit from small changes to your lifestyle.

FOCUS AREAS

OUR PLAN & EXPECTATIONS

MY DAILY STRATEGY

EACH MORNING:

AT LUNCH:

AT DINNER:

AT BEDTIME:

MEDICATIONS & SUPPLEMENTS/TIME OF DAY:

ADDITIONAL INSTRUCTIONS/TAKE AS NEEDED:

TOP 3 OUTCOMES/GOALS

1

2

3

ADDITIONAL NOTES

RESOURCES & SUPPORT LINKS

[Centers for Disease Control and Prevention](#)

[USDA](#)

[American Heart Association](#)