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URL of this page: <https://medlineplus.gov/obesity.html>

Obesity

Obesity means having too much body fat. It is different from being overweight, which means weighing too much. The weight may come from muscle, bone, fat, and/or body water. Both terms mean that a person's weight is greater than what's considered healthy for his or her height.

Obesity happens over time when you eat more calories than you use. The balance between calories-in and calories-out differs for each person. Factors that might affect your weight include your genetic makeup, overeating, eating high-fat foods, and not being physically active.

Obesity increases your risk of diabetes, heart disease, stroke, arthritis, and some cancers. If you have obesity, losing even 5 to 10% of your weight can delay or prevent some of these diseases. For example, that means losing 10 to 20 pounds if you weigh 200 pounds.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases

Start Here

- About Obesity [<https://www.cdc.gov/obesity/php/about/>] (Centers for Disease Control and Prevention)
- Healthy Weight [<https://womenshealth.gov/healthy-weight>] (Department of Health and Human Services, Office on Women's Health)
- Obesity [<https://www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742?p=1>] (Mayo Foundation for Medical Education and Research)
- What Are Overweight and Obesity? [<https://www.nhlbi.nih.gov/health/overweight-and-obesity>]
 (National Heart, Lung, and Blood Institute)
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/sobrepeso-y-obesidad>]

Diagnosis and Tests

- Assessing Your Weight and Health Risk [https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm]
 (National Heart, Lung, and Blood Institute)
- Body Mass Index Table [https://www.nhlbi.nih.gov/sites/default/files/media/docs/bmi_tbl.pdf]
 (National Heart, Lung, and Blood Institute)
- Obesity Screening [<https://medlineplus.gov/lab-tests/obesity-screening/>]
 (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/evaluacion-de-obesidad/>]

Prevention and Risk Factors

- Aim For a Healthy Weight [https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm]
 (National Heart, Lung, and Blood Institute)
- Balance Food and Activity [<https://www.nhlbi.nih.gov/health/educational/wecan/healthy-weight-basics/balance.htm>]
 (National Heart, Lung, and Blood Institute)
Also in Spanish [<https://www.nhlbi.nih.gov/health/educational/wecan/espanol/pesosaludable.htm>]

Learn More

- Staying Active at Any Size [<https://www.niddk.nih.gov/health-information/weight-management/staying-active-at-any-size>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/control-de-peso/como-mantenerse-activo-independientemente-peso>]

Treatments and Therapies

- Weight Control: MedlinePlus Health Topic [<https://medlineplus.gov/weightcontrol.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/weightcontrol.html>]
- Weight Loss Surgery: MedlinePlus Health Topic [<https://medlineplus.gov/weightlosssurgery.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/weightlosssurgery.html>]

Related Issues

- Disability and Obesity [<https://www.cdc.gov/disability-and-health/conditions/obesity.html>]
(Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/ncbddd/Spanish/disabilityandhealth/obesity.html>]
- Obesity [<https://madeforthismoment.asahq.org/preparing-for-surgery/risks/obesity/>] (American Society of Anesthesiologists)
- Obesity [<https://www.endocrine.org/patient-engagement/endocrine-library/obesity>] (Endocrine Society)
- Obesity and Cancer [<https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet>] 
(National Cancer Institute)
Also in Spanish [<https://www.cancer.gov/espanol/cancer/causas-prevencion/riesgo/obesidad/hoja-informativa-obesidad>]
- Obesity and Your Digestive Health [https://s3.gi.org/patients/obesity/pdfs/ACG_Obesity_Patient_Education_Pamphlet.pdf]
(American College of Gastroenterology) - PDF

Specifics

- Health Risks of Overweight and Obesity [<https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity/health-risks>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/control-de-peso/en-que-consisten-sobrepeso-obesidad-en-adultos/riesgos>]
- Obesity [<https://www.apa.org/topics/obesity?partner=nlm>]
(American Psychological Association)
Also in Spanish [<https://www.apa.org/topics/obesity/obesidad?partner=nlm>]
- Obesity Hypoventilation Syndrome [<https://www.nhlbi.nih.gov/health/obesity-hypoventilation-syndrome>] 
(National Heart, Lung, and Blood Institute)
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/sindrome-de-hipoventilacion-por-obesidad>]
- Understanding Adult Overweight and Obesity [<https://www.niddk.nih.gov/health-information/weight-management/adult-overweight-obesity>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [[https://www.niddk.nih.gov/health-information/informacion-de-la-salud/control-de-peso/informacion-sobre-sobrepeso-obesidad-adultos?dkrd=health-information/informacion-de-la-salud/control-de-peso/informacion-sobre-sobrepeso-obesidad-adultos](https://www.niddk.nih.gov/health-information/informacion-de-la-salud/control-de-peso/en-que-consisten-sobrepeso-obesidad-en-adultos?dkrd=health-information/informacion-de-la-salud/control-de-peso/informacion-sobre-sobrepeso-obesidad-adultos)]
- Weight Management and Healthy Living Tips [<https://www.niddk.nih.gov/health-information/community-health-outreach/healthy-living-tips>]  (National Institute of Diabetes and Digestive and Kidney Diseases)

Genetics

- Congenital leptin deficiency: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/congenital-leptin-deficiency>] 
(National Library of Medicine)
- Leptin receptor deficiency: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/leptin-receptor-deficiency>] 
(National Library of Medicine)

Health Check Tools

- Adult BMI Calculator [<https://www.cdc.gov/bmi/adult-calculator/index.html>] (Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/bmi/es/adult-calculator/index.html>]
- Calculate Your BMI [<https://www.nhlbi.nih.gov/calculate-your-bmi>]  (National Heart, Lung, and Blood Institute)

Test Your Knowledge

- Test Your Weight Loss Knowledge [https://medlineplus.gov/ency/quiz/000348_4.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/quiz/000348_64.htm]
- Weight Loss Myths & Facts Quiz [https://medlineplus.gov/ency/quiz/007297_2.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/quiz/007297_62.htm]

Statistics and Research

- Diabetes Interactive Atlas [<https://gis.cdc.gov/grasp/diabetes/DiabetesAtlas.html>] (Centers for Disease Control and Prevention)
- FastStats: Obesity and Overweight [<https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>]
(National Center for Health Statistics)
- Obesity and Cancer [<https://www.cdc.gov/cancer/risk-factors/obesity.html>] (Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/cancer/es/risk-factors/obesity.html>]
- Overweight and Obesity Statistics [<https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity>] 
(National Institute of Diabetes and Digestive and Kidney Diseases)

Clinical Trials

- ClinicalTrials.gov: Obesity [<https://clinicaltrials.gov/search?cond=%22Obesity%22&aggFilters=status:not%20rec>] 
(National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Effects of an Exercise Intervention Based on mHealth Technology on the... [<https://www.ncbi.nlm.nih.gov/pubmed/40743469>]
- Article: Ketamine's impact on mood after day-case surgery and its relation to... [<https://www.ncbi.nlm.nih.gov/pubmed/40739637>]
- Article: Effects of 4:3 Intermittent Fasting on Eating Behaviors and Appetite Hormones:... [<https://www.ncbi.nlm.nih.gov/pubmed/40733010>]
- Obesity -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Obesity%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- Find a Nutrition Expert [<https://www.eatright.org/find-a-nutrition-expert>] (Academy of Nutrition and Dietetics)
- Find an Obesity Medicine Clinician [<https://obesitymedicine.org/about/find-a-provider/>] (Obesity Medicine Association)
- National Heart, Lung, and Blood Institute [<https://www.nhlbi.nih.gov/>] 
- National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>] 

Children

- Obesity in Children: MedlinePlus Health Topic [<https://medlineplus.gov/obesityinchildren.html>]
 (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/obesityinchildren.html>]

Teenagers

- Dealing With Feelings When You're Overweight (For Teens) [<https://kidshealth.org/en/teens/feelings-overweight.html>]
(Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/feelings-overweight.html>]

Men

- Belly Fat in Men: Why Weight Loss Matters [<https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/belly-fat/art-20045685?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/mens-health/in-depth/belly-fat/art-20045685?p=1>]

Women

- Belly Fat in Women: Taking -- and Keeping -- It off [<https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/belly-fat/art-20045809?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/womens-health/in-depth/belly-fat/art-20045809?p=1>]
- Pregnancy and Obesity: Know the Risks [<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-and-obesity/art-20044409?p=1>] (Mayo Foundation for Medical Education and Research)

Patient Handouts

- Body mass index [<https://medlineplus.gov/ency/article/007196.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007196.htm>]
- Health risks of obesity [<https://medlineplus.gov/ency/patientinstructions/000348.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000348.htm>]
- Obesity [<https://medlineplus.gov/ency/article/007297.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007297.htm>]
- Obesity hypoventilation syndrome (OHS) [<https://medlineplus.gov/ency/article/000085.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000085.htm>]



MEDICAL ENCYCLOPEDIA

[Body mass index \[<https://medlineplus.gov/ency/article/007196.htm>\]](https://medlineplus.gov/ency/article/007196.htm)

[Health risks of obesity \[<https://medlineplus.gov/ency/patientinstructions/000348.htm>\]](https://medlineplus.gov/ency/patientinstructions/000348.htm)

Obesity [<https://medlineplus.gov/ency/article/007297.htm>]

Obesity hypoventilation syndrome (OHS) [<https://medlineplus.gov/ency/article/000085.htm>]

Related Health Topics

Body Weight [<https://medlineplus.gov/bodyweight.html>]

Obesity in Children [<https://medlineplus.gov/obesityinchildren.html>]

Weight Control [<https://medlineplus.gov/weightcontrol.html>]

Weight Loss Surgery [<https://medlineplus.gov/weightlosssurgery.html>]

National Institutes of Health

The primary NIH organization for research on *Obesity* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

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