



[Home](#) → [Health Topics](#) → Obesity

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 \[https://www.cdc.gov/obesity/php/about/\]](https://www.cdc.gov/obesity/php/about/) (Centers for Disease Control and Prevention)
- [Healthy Weight \[https://womenshealth.gov/healthy-weight\]](https://womenshealth.gov/healthy-weight) (Department of Health and Human Services, Office on Women's Health)
- [Obesity \[https://www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742?p=1\]](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? \[https://www.nhlbi.nih.gov/health/overweight-and-obesity\]](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 \[https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm\]](https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm)
 (National Heart, Lung, and Blood Institute)
- [Body Mass Index Table \[https://www.nhlbi.nih.gov/sites/default/files/media/docs/bmi_tbl.pdf\]](https://www.nhlbi.nih.gov/sites/default/files/media/docs/bmi_tbl.pdf)
 (National Heart, Lung, and Blood Institute)
- [Obesity Screening \[https://medlineplus.gov/lab-tests/obesity-screening/\]](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 \[https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm\]](https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm)
 (National Heart, Lung, and Blood Institute)
- [Balance Food and Activity \[https://www.nhlbi.nih.gov/health/educational/wecan/healthy-weight-basics/balance.htm\]](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/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)

Proopiomelanocortin deficiency: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/proopiomelanocortin-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+%5Bedat%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>]

Health risks of obesity [<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>]

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our **disclaimer** [<https://medlineplus.gov/disclaimers.html>] about external links and our **quality guidelines** [<https://medlineplus.gov/criteria.html>] .

The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health.

[Learn how to cite this page](#)