

# START A CONVERSATION WITH YOUR DOCTOR TO ASSESS YOUR RISK FOR WEIGHT-RELATED HEALTH ISSUES.



## ACCORDING TO THE CDC:

- Excess weight is a leading risk factor for type 2 diabetes, arthritis, heart disease.
- It increases the risk for high blood pressure which damages arteries in the heart, brain, kidneys and eyes.
- 55% of cancer diagnoses for women, 24% for men, are associated with excess weight.

**Your weight matters.**  
*It's about health, not judgment.*

Talking about excess weight is uncomfortable for just about everybody.

Yet 75% of Saginaw County residents say they are overweight or obese. One in three Saginaw County children are overweight, with 1 in 6 obese.

Start a conversation with your healthcare provider. Ask questions. Know your numbers. Understand your health risks.

For more resources, visit:  
[BWellSaginaw.org](http://BWellSaginaw.org)

**BWELL**   
Saginaw



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