

Weight-Related Comorbidities

High Risk

- Type 2 diabetes
- Dyslipidemia
- Obstructive sleep apnea
- Obesity hypoventilation syndrome
- Shortness of breath
- Excessive daytime fatigue
- Fatty liver



Moderate Risk

- Cardiovascular disease (Heart attack and stroke)
- High blood pressure
- Gallstones
- Gout
- Osteoarthritis
- Endometrial cancer
- Overall mortality



Mild Risk

- Cancer (breast, prostate, colon)
- Fertility Problems
- Pregnancy complications
- Asthma
- Gastroesophageal Reflux Disease (GERD)



Source: US Department of Health and Human Services, & US Department of Agriculture. (2015, December) Dietary Guidelines for Americans 2015-2020 [Informative]. Health.Gov. <https://www.cnpp.usda.gov/dietary-guidelines>; CDC. Adult Obesity Causes & Consequences | Overweight & Obesity | CDC. February 4, 2020