

Have you considered the impact that overweight and obesity may have on your African American patients?

4 out of 5 African American Women Have Overweight or Obesity.^{1*}



*Age-adjusted percentage of persons 20 years of age and over who had overweight or obesity, 2013-2016 (Body Mass Index [BMI] of 25 or greater).¹

~3 out of 5 African American Men Have Overweight or Obesity.^{1*}



*Age-adjusted percentage of persons 20 years of age and over who had overweight or obesity, 2013-2016 (Body Mass Index [BMI] of 25 or greater).¹

Cultural Factors that May Influence Patients' Weight Loss and Weight Regain



Food

Some cultural behaviors around food can impact weight goals. For example, the expectation of eating everything on one's plate may lead to weight gain.²



Body Image

Feelings about body image can vary from culture to culture. Ethnicity and race can have a role in body image and dissatisfaction.³



Stress

People from certain ethnic populations may experience high levels of stress. Stress can contribute to weight gain.^{4,5}

Consider the impact of culture when developing a weight management plan.

When thinking about a weight management plan, you may want to consider treatment options such as lifestyle modification, bariatric surgery, or pharmacotherapy.⁶

For more information about the impact of culture and weight management, visit

rethinkobesityandculture.com

Your patients can find information about science, culture, and the impact of weight at truthaboutweight.com/my-weight-my-culture.html



References:

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