

## HEALTHY DIET



# A Healthy Weight Needs a Healthy Diet

Obesity, severely overweight and overweight are defined as having excess body fat, and are pervasive chronic conditions that currently affect 78.9% of adults and 40.7% of children. While behavior, environment and genetics are all leading contributors, overweight and obesity typically occur when more calories are consumed than expended, which are then stored as fat.

## WHAT ARE THE EFFECTS OF CARRYING EXCESS BODY WEIGHT?

Being obese or overweight **increases the likelihood of developing various diseases and conditions**, including heart disease, type 2 diabetes, respiratory disorders, reproductive issues, digestive concerns, sleep complications, mood/behavioral issues and certain types of cancer. That's why addressing your weight is an important first step toward taking charge of your health. But sometimes, it takes more than just a commitment to change.

## ARE THERE TREATMENT OPTIONS?

A healthy weight can be achieved with the help of different health professionals, including your primary care physician to monitor your overall health, and a **registered dietitian (RD)** to regulate your diet.

An RD is considered a "food and nutrition expert," and can help you (1) **achieve a healthy weight** by offering personally-tailored advice after learning about your eating and exercise habits, goals, and family health history; (2) **manage or prevent chronic diseases** through nutrition education; (3) **develop a weight-loss program** that begins with mindful eating; and (4) **have a better relationship with food** and make healthy dietary choices.

## HEALTHY DIET COUNSELING

If you're interested in altering your diet due to health concerns, Independent Health offers healthy diet counseling as one of many **\$0 preventive services**. That means you can start getting the help you need, for free, regardless of being in a deductible health plan.

### Consider consulting with an RD if:

- You are clinically obese, overweight, or underweight.
- You have diabetes, cardiovascular problems or high blood pressure.
- You have digestive problems.
- You're pregnant or trying to conceive.
- You want to manage your weight.
- You have an eating disorder.
- You want to eat smarter.

By using our Find a Doctor tool online, you can search for an in-network dietitian closest to where you live or work. Just search for "Nutrition Services." Referrals are not needed. Children who are obese, overweight or at risk of becoming overweight/obese can also seek \$0 preventive care from a dietitian.



## Questions?

For more information on healthy diet counseling and other \$0 preventive services, contact our Member Services Department at (716) 631-8701 or 1-800-501-3439.

### TOOLS & RESOURCES

No matter what your goals are, Independent Health is here to help you get and stay healthy – from our health tips and guidelines that keep you informed, to a wide variety of benefits, resources and tools that make it easier for you to manage your health. To learn more, visit the “My Health” section at [MylH.com](https://www.MylH.com).



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