Prevention is the best medicine!
The role of obesity in the prevention of heart failure

Current statistics
About 40% of adults age 20 and over are obese
Another 32% are overweight

Why is maintaining a normal weight important?
Excess weight increases the risk of diabetes, hypertension (high blood pressure), heart disease, and obstructive sleep apnea. All of these conditions place you at higher risk for developing heart failure. Maintaining a normal weight is associated with lower risk of heart failure.

What can I do to maintain a normal weight?
• Aim for 30 minutes of walking at least 5 days/week
• Avoid highly processed and fast foods
• Manage portion size
• Include these in your diet: whole grains and other high fiber foods, lean protein, lots of fruits and vegetables
• Limit sugary beverages
• Plan meals ahead when possible

For more info on healthy eating on a budget, check out these sites:
heart.org/en/healthy-living/healthy-eating/cookingskills/shopping/grocery-shopping-on-a-budget
nia.nih.gov/health/10-tips-eating-healthy-budget
nia.nih.gov/health/maintaining-healthy-weight
healthline.com/nutrition/19-ways-to-eat-healthy-on-a-budget