

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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