YOUR RISK FOR SERIOUS ILLNESS FROM COVID-19 WHEN YOU HAVE OBESITY

Extra fat in the abdomen pushes up on the diaphragm, making it harder to breathe. Extra fat can also cause heart problems, lung problems, or diabetes.

If you are overweight or living with obesity, you are more likely to suffer from local infections or viral disease. This can lead to serious complications from COVID-19.

In addition to having obesity, you may also be suffering from mental health conditions in which a person has more body fat than is healthy. These include eating disorders, anxiety, and depression.

The risk of ending up in a hospital, needing a ventilator, or dying from COVID-19 increases the longer you have obesity present. A person who has obesity is more likely to have other health problems, such as diabetes, heart disease, or high blood pressure.

A recent study found that people with obesity were more likely to get COVID-19 and have more severe symptoms. In this study, about 30% of people with obesity were hospitalized due to COVID-19.

Your Risk Increases If You Have More

• Extra fat in the abdomen pushes up on the diaphragm, making it harder to breathe.
• Extra fat can also cause heart problems, lung problems, or diabetes.

Your Risk Increases If You Didn't Finish College

Self-reported rates of obesity among adults by education level:

Graduated from college 26.3%
High school graduate 31.9%
No high school diploma 38.4%

Your Risk Increases If You Have a Medical Condition

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Your Risk Increases If You Have Certain Medical Conditions

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While it's important to stay healthy and manage your weight, it's also important to focus on your overall health and well-being. This includes getting regular exercise, eating a balanced diet, and managing stress.

If you have been vaccinated, and other risk factors. Talk to your healthcare provider about your personal risk.

The Centers for Disease Control and Prevention (CDC) provides information on how to protect yourself and others from COVID-19.

The CDC recommends that you wash your hands often, avoid touching your face, and stay at least 6 feet away from others. If you are sick, stay home and avoid close contact with others.

If you need emergency care, such as at a hospital, you should let the healthcare provider know that you have obesity.

What you can do to help reduce COVID-19

• Take care of your mental health.
• Follow recommendations for what to do if you need emergency care.
• Wear a mask or respirator (for example, N95)
• Get enough sleep
• Learn about stress and coping. It can be helpful
• Continue your medications as prescribed and do
• Continue medications and preventative care
• Seek care when needed
• Follow your current treatment plan to keep your

For people living with obesity:

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Admission and discharge planning.

• Get health information that is easy to understand
• Tell your healthcare provider

Additional reminders for people at high risk for severe illness from COVID-19

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Resources:

• COVID-19 Vaccine Information: https://www.cdc.gov/vaccines/covid-19

References

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2. Di Filippo L, De Lorenzo R, Sciorati C, et al. Adiponectin to leptin ratio reflects inflammatory burden and
4. The Overweight and Obesity in Adults: Data from the National Health and Nutrition Examination Survey (NHANES) 2017-2020
8. Bhat ZF, Morton JD, Mason S, Bekhit AEA, Bhat HF. Obesity and neurological disorders: Dietary perspective
9. Getting very sick (being severely ill) with COVID-19 means that a person is more likely to be hospitalized,
10. Stay Up to Date with COVID-19 Vaccines Including Boosters. Centers for Disease Control and Prevention.
12. Your Risk Increases If You Have More

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