

Women's Health Update

A Healthy Weight Versus A Healthy Body

(NAPSA)—When it comes to staying healthy, it seems many women may give too much weight to what their bathroom scales have to say.

“You don’t have to be thin to be healthy—and you’re not necessarily in poor health if you’re overweight. Being healthy is a lifelong journey of informed and focused health decisions, with an understanding of how weight affects health, not a pursuit of weight-loss gimmicks or fad diets,” explains Dr. Pamela Peeke, medical advisor to the National Women’s Health Resource Center (NWHRC).

The NWHRC recently sponsored a survey called Women Talk that questioned women across the country about their views on health and weight. It found that 97 percent of women understood the risks associated with being overweight, and 70 percent reported they were worried about themselves or a family member being heavy.

Yet watching weight alone may not guard against a number of conditions, such as metabolic syndrome, which is associated with being overweight but is more closely linked to the amount of abdominal fat a person has than how much he or she weighs.

So what’s the best way to stay healthy? An important key is to communicate with your doctor. NWHRC encourages women to Take 10 to T.A.L.K. to their health care professional about weight-related health issues:



Being thin does not make people healthy and being overweight does not make them unhealthy.

T—Tell your health care professional if diabetes runs in your family.

A—Ask why excessive abdominal fat is a health risk.

L—Learn ways to improve your family’s eating and exercise habits.

K—Keep up regular health screenings.

Fortunately, talking with doctors is a tip that most women surveyed said they already knew about. For the second year in a row, 59 percent of respondents said that physicians were their most trusted source of health information.

For more information on the Women Talk survey or to order a copy of the National Women’s Health Report on women and obesity, visit www.healthywomen.org or call (877) 986-9472.