



## Nurses Obesity Network Newsletter

### Obesity and Women's Health

July 2022

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## The Nurses Obesity Network is Changing the Conversation About Obesity... Learn More About Us!

The [Nurses Obesity Network](#) is a diverse group of nursing organizations committed to changing the way we view, treat, and advance care for people living with obesity — including members of our own nursing profession. Collectively, we will become role models for wellbeing, champions for change, and advocates for better obesity care and treatment.

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### Women's Health and Obesity

Obesity impacts women and men differently. Here are some things you should know about the overall impact of excess weight and obesity on women's health throughout a lifetime.

#### **Obesity in women is associated with numerous comorbid conditions.**

*Obesity is a treatable, chronic disease, with nearly 250 associated conditions and comorbidities. Women living with excess weight or obesity are more likely to develop many of these comorbidities including diabetes, cardiovascular disease and hypertension. They also live with increased odds of experiencing major depression related to their weight.*

Women are also more at risk for 13 different kinds of cancer that have been linked to obesity: breast, colon and rectal, endometrial, gallbladder, stomach, esophagus (throat), liver, kidney, meningioma (cancer of the tissue that covers the brain and spinal cord), multiple myeloma (cancer of blood plasma cells), pancreatic, ovarian, and thyroid cancers.



#### **Obesity disproportionately impacts women of color.**

*More than two thirds of women in the US live with excess weight or obesity, but the highest rates - approximately 4 out of 5 – are within the African American community, followed by 78.8% of Hispanic American women. Adiposity around the waist may contribute more to chronic illness and associated health risks than overall BMI. This is where African American women tend to carry excess weight starting in adolescence. A study of racial differences found that black females had significantly higher waist circumference at all ages than white adolescent females.*

## Maternal obesity contributes to increased maternal mortality and complications.

*Obesity and excess weight increase the risk of maternal mortality by 1.6, and that risk more than triples for women with severe obesity.* Not only does obesity often present challenges in conceiving due to irregular menstrual cycles and polycystic ovary syndrome, but excess weight may also cause many complications throughout pregnancy and delivery. Obesity puts a woman at risk for developing gestational hypertension, preeclampsia, gestational diabetes, and obstructive sleep apnea. The disease of obesity also increases the risk of birth defects, preterm birth, and stillbirth.



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## Nurses Take Action!

Now that we know more about the potential impact of obesity on a woman's health, it's time to take action! Obesity is a serious and progressive chronic disease, but it **is treatable!** Nurses are a trusted source of healthcare and information that play an important role in the health of our nation - - both as role models of wellbeing and champions of change! Take some time to learn more about how weight may be affecting your overall health or the health of loved ones and patients. Learn more here: [Treatment for Obesity | NIH](#).

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## Register for Upcoming Conferences and Events

Join Nurses Obesity Network member organizations at upcoming national conferences and events! Visit [EVENTS - Nurses Obesity Network](#) for more details!



### ANCC National Magnet Conference® and ANCC Pathway to Excellence Conference®

You're invited to the ANCC National Magnet Conference® and ANCC Pathway to Excellence Conference® in Philadelphia, October 13-15! There is so much to learn and do. Access both conferences for one price and choose from 120 educational sessions, hear from three inspiring keynote speakers, view 177 posters, explore the latest innovations and technologies in the Exhibit Hall, be a part of the Magnet® and Pathway to Excellence designation celebration, and attend the amazing Welcome Party at the Franklin Institute! Plus, take advantage of tons of networking opportunities. Hurry – the early-bird rate ends July 19. \$100 ANA member discount is also available. Register today:

<https://hubs.ly/Q01fVpd00>. #ANCCMagnetCon #ANCCPathwayCon