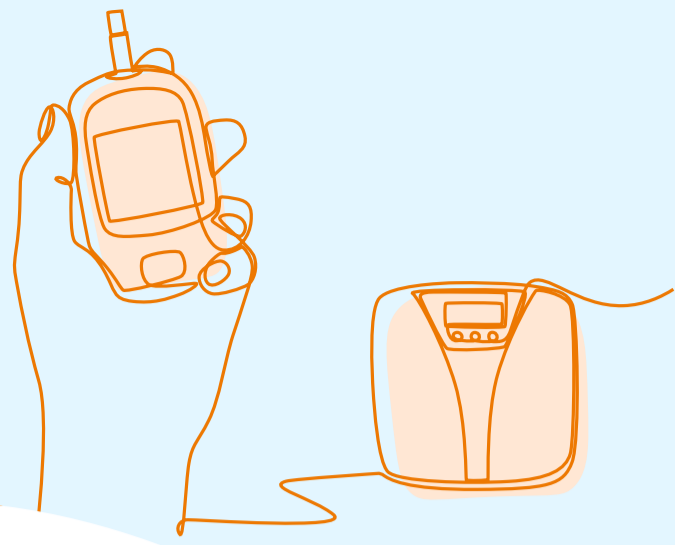


# What is Diabetes?



When an **increase in weight** and **high blood sugar occur together**, they silently stress your body's vital systems<sup>1</sup>.

## Know your numbers:<sup>2,3</sup>

### HbA<sub>1c</sub>



Normal: Below 5.7%

Prediabetes: 5.7% to 6.4%

Diabetes: 6.5% or higher

### BMI



Normal weight: 18.0-22.9 kg/m<sup>2</sup>

Overweight: 23.0-24.9 kg/m<sup>2</sup>

Obesity (Class I): 25.0-29.9 kg/m<sup>2</sup>

## Diabetes Can Be Managed by<sup>4,5</sup>

Diet



Exercise

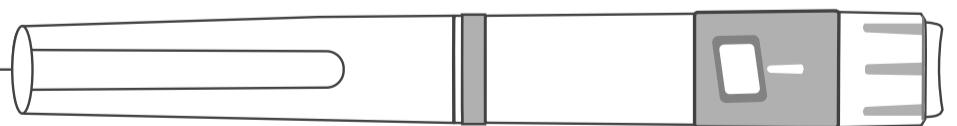


Medicines



*Pharmacological treatments now available in India*

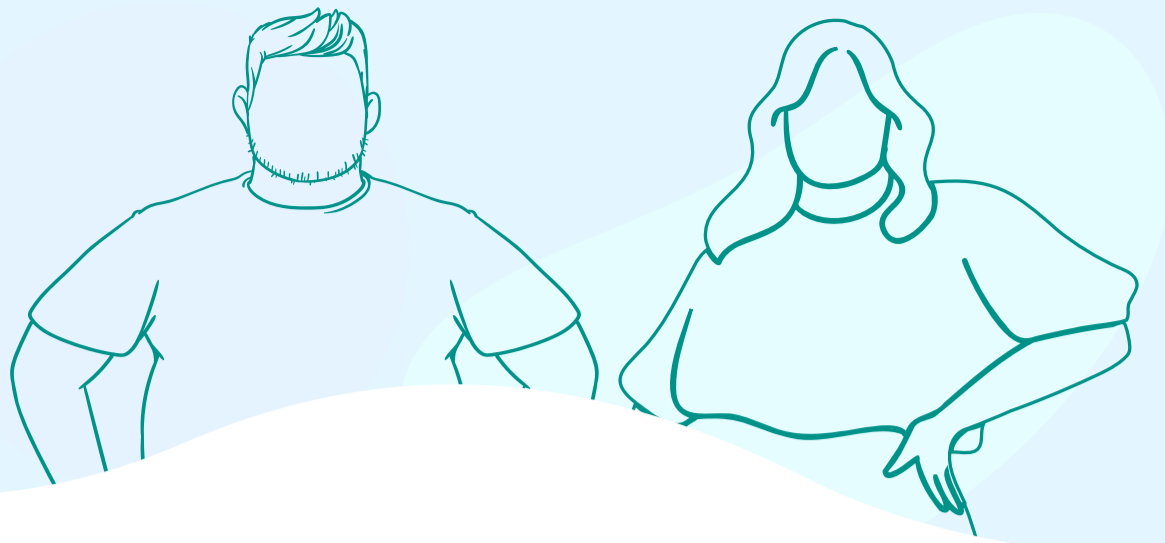
**Consult your doctor today.**



Reference: 1. American Diabetes Association Professional Practice Committee; 8. Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes: Standards of Care in Diabetes—2025. Diabetes Care. 1 January 2025; 48 (Supplement\_1): S167–S180. 2. ADA 2026. Diagnosis and classification of diabetes: Standards of Care in Diabetes—2026. Diabetes Care, 49(Suppl. 1), S27–S49 3. World Health Organization. 2000. International Association of Study of Obesity, International Obesity Task Force: The Asia-Pacific Perspective. Redefining Obesity and Its Treatment. 4. World Health Organization. Healthy diet. World Health Organization website. Updated 2023. Accessed: <https://www.who.int/news-room/fact-sheets/detail/healthy-diet> 5. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018

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IN26D100009 | 03.03.2026

# What is Obesity?



Obesity is a serious, chronic disease linked to **229+** health complications. There are ways to measure obesity including BMI and waist circumference.<sup>1,2</sup>

Weight category	Asian BMI (kg/m <sup>2</sup> )	Waist Circumference (cm)
Obesity	>25	80 (Female)
Overweight	23-24.9	90 (Male)

## Why it matters?

**Obesity** increases the risk of:<sup>3</sup>



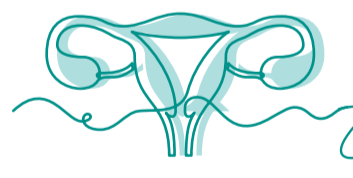
**Diabetes**



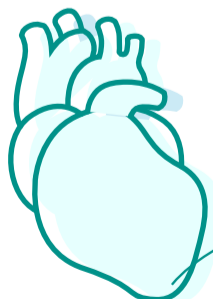
**Fatty liver disease**



**Stroke**



**Irregular and/or heavy menstrual cycle**



**Heart attack  
Heart failure**



**229+ health complications**

Reference: 1. Harvard T.H. Chan School of Public Health. Measuring Fat. 2013. Available from: <https://nutritionsource.hsph.harvard.edu/healthy-weight/measuring-fat>. 2. World Health Organisation. Waist Circumference and Waist-Hip Ratio. 2008. Available from: [https://iris.who.int/bitstream/handle/10665/44583/9789241501491\\_eng.pdf?sequence=1](https://iris.who.int/bitstream/handle/10665/44583/9789241501491_eng.pdf?sequence=1). 3. Horn et al. Postgrad Med. 2022;134:359-75.

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IN26OB00091 | 26.02.2026

# The factors influencing obesity<sup>1-7</sup>



Obesity is not only about willpower. Many factors affect body weight beyond diet and exercise.

## Some factors are:



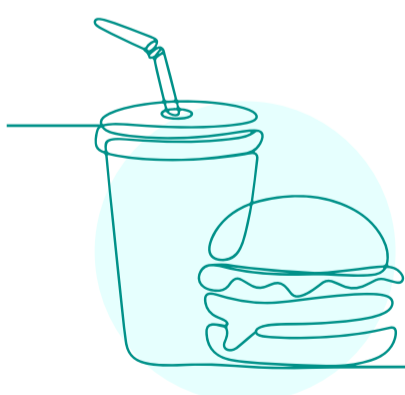
### Physiology

- Physical inactivity
- Hormonal changes and imbalance



### Genetics

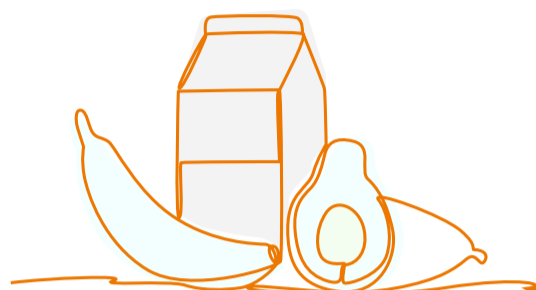
- Genes can increase obesity risk
- Genes influence how your body responds to external factors



### Others

- Eating ultra-processed, high-calorie foods
- Some medications increase appetite or slow metabolism

# Steps to achieve a healthy weight<sup>1</sup>



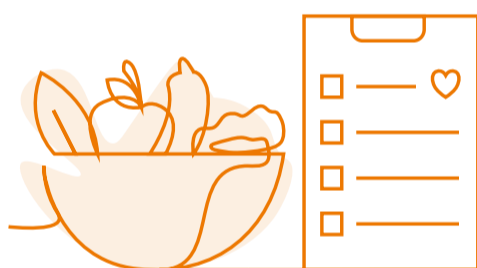
## Eat nutrient-rich foods

Choose protein-rich meals to stay full and manage weight.



## Reduce the sugar intake

Remove visible fat from meat and pick water over sugary drinks.



## Monitor your calorie intake

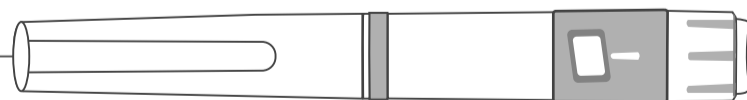
Match your meal portions to your activity level.



## Exercise regularly

Aim for 150–300 min of moderate exercise weekly in activities like brisk walking, cycling, or badminton.

*Pharmacological treatment options are now available in India.*  
**Consult your doctor today.**

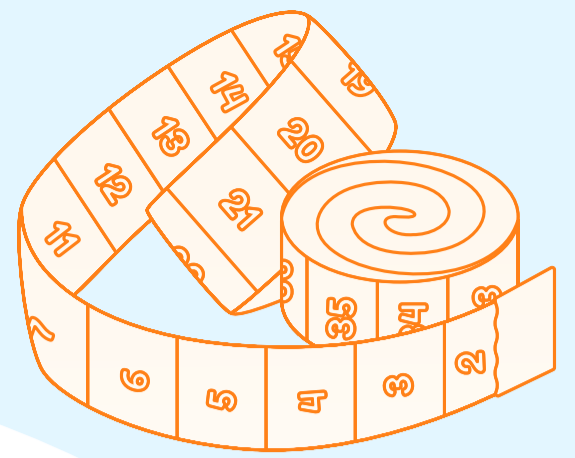


Reference: 1. World Health Organization. Healthy diet. World Health Organization website. Updated 2023. Accessed: <https://www.who.int/news-room/fact-sheets/detail/healthy-diet> 2. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2<sup>nd</sup> edition. Washington, DC: U.S. Department of Health and Human Services; 2018.

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# A **small percentage** of weight loss brings **health benefits**<sup>1-5</sup>



An effective long-term treatment for obesity should also come with a wide range of health benefits

## Weight loss (%) with health benefits

**0-5**

- Improved blood sugar
- Blood pressure

**5-10**

- Reduction in risk of heart attack and stroke
- Reduction of liver inflammation

**10-15**

- Prevention of type 2 diabetes
- Improvement in cholesterol levels

**>15**

- Reduction in risk of heart failure
- Potential remission of type 2 diabetes



Reference: 1. Garvey WT et al. Endocr Pract 2016;22(Suppl. 3):1-203; Look AHEAD Research Group; 2. Lancet Diabetes Endocrinol 2016;4:913-21; 3. Lean ME et al. Lancet 2018;391:541-51; 4. Benraoune F and Litwin SE. Curr Opin Cardio 2011;26:555-61; 5. Sundström J et al. Circulation 2017;135:1577-85.

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