



8 OUT OF **10**
STROKES CAN BE PREVENTED

HOW? LOSE WEIGHT

Obesity and overweight are primary risk factors for stroke in both **MEN AND WOMEN.**



Overweight and obesity can **RAISE BLOOD PRESSURE**—the leading risk factor for stroke.

Obese persons are more likely to suffer sleep apnea—breathing problems during sleep that can raise blood pressure or cause irregular heartbeat.



Inflammation caused by too much body fat can slow blood flow and lead to blockage.



Most strokes are caused by blocked blood flow to an area of the brain.



The greater the degree of obesity, the greater the risk of stroke.

Degree of obesity is measured by **Body Mass Index (BMI)**, waist circumference or waist-to-hip ratio. Belly fat is related to the increased risk of stroke or TIA (transient ischemic attack).



A woman may be at increased risk for stroke when her waist measures more than 35 inches.



>35 inches



A man may be at increased risk of stroke when his waist measures more than 40 inches.



>40 inches

For more information visit www.cdc.gov/healthyweight

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