




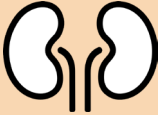

Understanding Weight and Its Connection to Cardiovascular-Kidney-Metabolic Health

Weight is more than a number on a scale.

It can be a sign of how the body's systems are working together. Keeping a healthy weight can help protect your heart, kidneys and metabolic health (how the body creates, stores, and uses energy).

Together, these systems make up what is called cardiovascular-kidney-metabolic health, or CKM health.

How Excess Weight Affects Your Body

 CARDIOVASCULAR HEALTH (HEART & BLOOD VESSELS)	 KIDNEY HEALTH	 METABOLIC HEALTH
<p>Excess weight can make the heart work harder and damage blood vessels.</p>	<p>Your kidneys filter waste and extra fluid from your blood.</p>	<p>Excess weight can affect how your body stores and uses energy.</p>
<p>This can lead to:</p> <ul style="list-style-type: none"> • High blood pressure • Heart disease • Stroke • Peripheral artery disease (poor blood flow) 	<p>Excess weight can:</p> <ul style="list-style-type: none"> • Lower kidney function • Increase the risk of chronic kidney disease (CKD) 	<p>This can increase the risk for:</p> <ul style="list-style-type: none"> • Type 2 diabetes • Abnormal cholesterol/lipid levels
<p>These conditions often appear together because they share similar root causes.</p>	<p>Excess weight, heart disease, diabetes and kidney problems often occur together because they share similar risk factors.</p>	<p>Excess weight often leads to metabolic problems (such as diabetes), which then raises the risk for both heart and kidney disease.</p>

Weight and Cardiovascular-Kidney-Metabolic Health (CKM health)



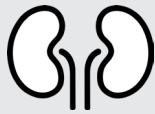
Since the heart, kidneys and metabolic system are all closely connected, they should be cared for together. Excess weight is a root cause that can start a chain reaction affecting how these three systems are working.

Why Managing Weight Helps

Even small improvements in weight can help:



Lower blood pressure



Improve kidney health



Lower blood glucose (sugar)



Improve cholesterol levels

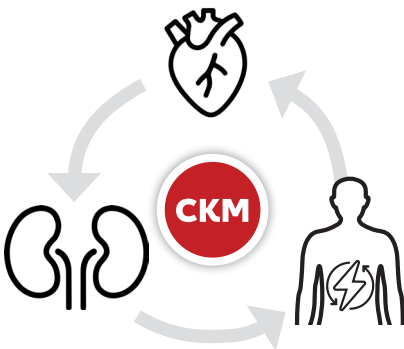


Lower heart disease risk



Lower risk of complications
(PAD, stroke, OSA, MASLD etc.)

Understanding this connection can help prevent major health issues and take earlier, more effective steps in your overall health care.



As **CKM health** improves, people may also notice more energy, better sleep and improved lab results. Small, consistent steps can help protect the heart, kidneys and metabolic health and support long-term well-being.

Every positive step, no matter how small, moves you toward better **heart, kidneys and metabolic health**. By taking care of your body today, you are building a stronger, healthier future for yourself.

Find more information on CKM health at heart.org/myCKMhealth
or learn more about managing weight at heart.org/UnderstandingWeight.

heart.org/UnderstandingWeight



Lilly is a Champion sponsor of the American Heart Association's Cardiovascular-Kidney-Metabolic Health Initiative.