EMPOWERED TO HEAL

Advancing Equity in Obesity Care Through Faith & Community Partnerships



Health Is Not a Measure of Worth

Obesity is a complex chronic disease — not a personal failure. People living with obesity deserve dignity, support, and access to care.

What You Should Know

- Obesity increases risk for diabetes, heart disease, stroke, and other chronic diseases.
- •Weight is influenced by many factors including, biology, stress, environment, and access to care.
- There is no one-size-fits-all treatment, however support and medical care can help.

Starting the Conversation

These questions may help guide the discussion with your healthcare provider:

- "Is my weight affecting my health?"
- "What treatment options are available?"
- "What weight-loss medications does my insurance cover?"
- "Can you help me appeal an insurance denial?"
- "Are there manufacturer savings programs or assistance programs?"
- "Are there support groups or community resources you recommend?"

Nearly

1 in 2

Black adults in the United States live with obesity

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About GLP-1 Medications

GLP-1 receptor agonists are FDA-approved treatments that can help with weight management.

- Originally developed for type 2 diabetes
- Help regulate appetite and blood sugar
- Used alongside lifestyle changes
- Require a prescription

Talk to your health care provider about whether these options may be right for you.

Important Update

Beginning July 1, 2026, some Medicare beneficiaries may qualify for expanded obesity medication coverage. Ask your doctor if you qualify.

Find Support & Learn More

- Obesity Action Coalition
- CDC Adult Obesity Resources
- Faith-based wellness programs
- Local healthcare providers

You Are Not Alone

Many people struggle silently with weight-related health concerns. Support, treatment, and respectful care are available.

Seeking care is not vanity — it is stewardship.

Scan to Learn More

About SHC

About Weight Management

Community Resource

NATIONAL MINORITY QUALITY FORUM

Center for Sustainable Health Care Quality and Equity

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