



PATHOLOGIC CAUSES OF OBESITY

FACTS:

Obesity is the **2nd** leading **cause of death** in the U.S.

Obesity accounts for **20%** of cancer death in women and **14%** in men.

Obesity **shortens life** by 2 - 3 years.

There is a 50% - 100% **increased risk** of death from all causes.

Billions of dollars are spent on medical costs attributable to obesity.

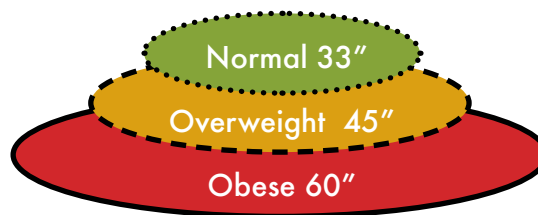
34% of adults – over **72 million people** – are obese.



Determining Obesity

Waist Circumference

A good way to check your weight is to measure your waist size. If you are a man with a waist size of 60" or more, you fall into the obese category. For women, it is 45" or more.



Body Mass Index (BMI)

BMI is calculated based on your height and weight, and for most people a reliable indicator of body fat. See the CDC ([Centers for Disease Control and Prevention](http://www.cdc.gov)) web site for more information and a BMI calculator.

Though it does not measure the actual percentage of body fat, it is a useful tool to estimate a healthy body weight based on a person's height and can indicate who may be at risk.

For a 5'9" person:

Weight Range	Body Mass Index	Considered
124 lbs or less	18.5 or less	Underweight
125 -168 lbs	18.5 - 24.9	Healthy Weight
169 - 202 lbs	25.0 - 29.9	Overweight
203 lbs +	30.0 +	Obese

The good news is, a person who loses just 10% of their body weight decreases their health risk greatly. Maintaining a healthy weight will contribute to your good health and a better quality of life.

MEDICAL COMPLICATIONS OF OBESITY

Overweight and obesity are known risk factors for:

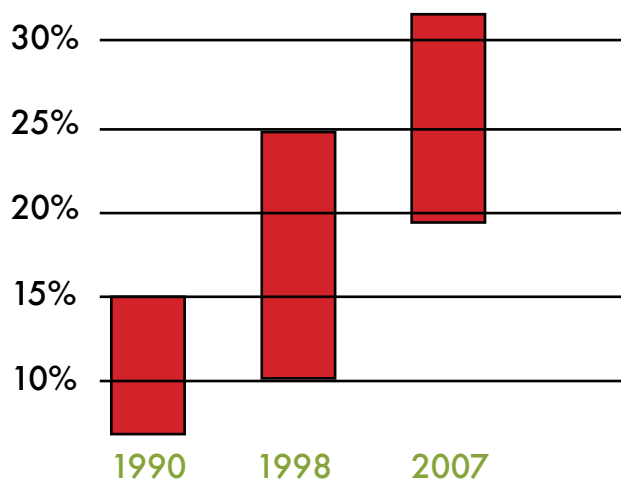


- type 2 diabetes
- coronary heart disease
- high blood cholesterol
- stroke
- hypertension
- gallbladder disease
- osteoarthritis (degeneration of cartilage and bone of joints)
- sleep apnea and other breathing problems
- some forms of cancer (breast, colorectal, endometrial, and kidney)

Obesity is also associated with:

- complications of pregnancy
- menstrual irregularities
- hirsutism (presence of excess body and facial hair)
- stress incontinence (urine leakage caused by weak pelvic floor muscles)
- psychological disorders, such as depression
- increased surgical risk
- increased mortality

OBESITY IN AMERICA



There is a growing trend in Americans to being overweight and obese. In 1990, 10 states had **less** than 15% of their population in the obese category. In 1998, **no states** had less than 10% obesity, with 7 states having 20-24%. In 2007, only 1 state had **LESS** than 20% in the obese category, 30 states had 25% of the population as obese, with 3 states over 30%.

This raises concern because of the increased risk of health problems, the medical complications and the rising medical costs associated with them.

Healthy weight loss isn't just about short term crash dieting. It's about changing your lifestyle, eating habits and making exercise a part of your long-term goals. Maintaining a healthy weight is **key to your good health** now and as you grow older. Start now—below are some **resources** to get more information. [Here's to your health!](#)

RESOURCES



American Medical Association

<http://www.ama-assn.org/ama/pub/category/10931.html>

AMA article on Obesity

<http://www.ama-assn.org/ama/pub/category/11759.html>

Web MD

<http://www.webmd.com/diet/tc/obesity-overview>

Health Risks of Obesity

<http://www.webmd.com/diet/tc/obesity-health-risks-of-obesity>

National Institutes of Health

<http://obesityresearch.nih.gov/About/about.htm>

National Institutes of Health

<http://obesityresearch.nih.gov/About/strategic-plan.htm>

Surgeon General

<http://surgeongeneral.gov/obesityprevention/index.html>

World Health Organization

<http://www.who.int/bmi/index.jsp>

