

OBESITY AND OVERWEIGHT



Obesity and overweight are defined as abnormal or excessive fat accumulation that may impair health. The health consequences include: cardiovascular diseases (mainly heart and stroke); diabetes; Musculoskeletal disorders (osteoarthritis, a highly disabling degenerative disease of the joints); and cancer (endometrial, breast, and colon).

Causes/Risk Factors

- Increased intake of foods that are high in fat, salt, and sugars but are low in vitamins, minerals, and essential nutrients
- Decreased physical activity due to the sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization

Signs and Symptoms

- Increased weight
- Thickness around the midsection/ presence of extra fat around the waist
- Obvious areas of fat deposits
- Large body frame
- Difficulty in doing daily activities
- Lethargy
- Breathlessness
- A higher than normal body mass index and waist circumference (Body mass index is a measure of an adult's weight in relation to his or her height.)

BODY MASS INDEX CATEGORIES:

UNDERWEIGHT = <18.5

NORMAL WEIGHT = 18.5–24.9

OVERWEIGHT = 25–29.9

OBESITY = BMI OF 30 OR GREATER THE BODY MASS

Prevention/Treatment

- Limit high-calorie food intake.
- Limit sugar intake.
- Eat more fruits and vegetables, legumes, whole grains, and nuts.
- Engage in regular physical activity.
- Achieve energy balance and a healthy weight.

TO MEASURE OUR BMI WE CAN USE THE FOLLOWING FORMULA:

$$\text{BMI} = \frac{\text{Weight (lbs)}}{\text{Height (in)}^2} \times 703$$

OR

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$