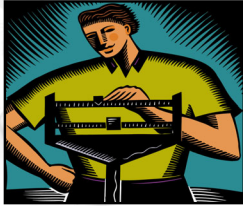


Managing Weight

Changing Health Behaviors for the Better

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What You'll Learn

- Why managing your weight is important.
- The consequences of being overweight.
- The benefits of losing weight.
- The barriers to losing weight.
- Strategies for losing weight.

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Overweight/Obesity Defined

- Overweight refers to **increased body weight** in relation to height, when compared to a medically-defined standard of acceptable or desirable weight.
- Obesity is defined as an **excessively high amount of body fat** in relation to lean body mass.

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Overweight/Obesity in America Today

- During the past 20 years, there has been a dramatic increase in overweight and obesity in the United States.
- Currently, more than half of all US adults are considered overweight or obese—that means on average, every other person you meet can afford to lose a little weight.



4 Source: CDC, Obesity Trends: 1991-2001.

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Overweight/Obesity in America Today

So why are we putting on so much weight?

- The Changing Nature of Work
 - Over the course of the last several decades, work has become more mental than physical.
- Fast Food
 - In 1970, Americans spent about \$6 billion on fast food; in 2000, they spent more than \$110 billion.
- Food as Commerce
 - In 1999 alone, out of the 30 fastest growing U.S. franchises, 12 were fast food—and only three were fitness and nutrition.

5 Source: Fast Food Nation, The Dark Side of the All-American Meal and The World Almanac, 2001

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Overweight/Obesity in America Today

So why are we putting on so much weight?

- Sedentary Society
 - People are less active today despite a faster paced lifestyle.
- Thin Is In
 - As Americans continue to gain weight, the obsession with being thin continues to grow.

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So Why Should You Be Concerned?

- Being overweight or obese increases the chances that your life will be cut short.
- Being even 10 or 20 pounds overweight increases your risk for premature death.

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Source: The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

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So Why Should You Be Concerned?

- Being overweight forces your heart to work harder than it should.
 - High blood pressure is twice as common in adults who are obese compared to those at a healthy weight.
 - The incidence of heart disease (heart attack, heart failure, chest pain, or abnormal heart rhythm) is increased in persons who are overweight or obese.

8

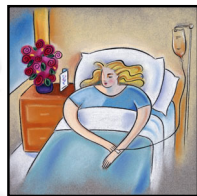
Source: The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

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So Why Should You Be Concerned?

- Overweight and obesity has been closely linked to type 2 diabetes and different cancers.



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Source: The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

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