Risk Factors:
- Genetics/family history: Individuals with a family history of obesity may be predisposed to gain weight.
- Poverty/low income
- Dysfunctional home life
- Poor nutrition/dietary habits
- Sedentary lifestyle
- TV and computer time: Limit TV viewing and computer time to no more than two hours daily.
- Lack of education
- Limited access to fresh food

Increases the risk of other diseases:
- Heart disease: caused by high cholesterol and/or high blood pressure associated with obesity.
- Type II diabetes: Over 80% of diabetics are overweight or obese.
- Cancer
- Asthma
- Sleep apnea
- Arthritis
  
  For every two pound increase in weight, the risk of developing arthritis increases by 9 to 13%.

Obesity means to have a body weight greater than what is considered healthy for one’s height.

Obesity status is determined differently in adults and children.

Obese for adults: BMI of 30 and higher or a weight at least 20% heavier than the ideal for one’s height.

Obese for teens: Equal to or greater than the 95th percentile.

BMI: Body Mass Index – a measure of an adult’s weight in relation to his/her height.

Facts
- Between 2007-2010, 1 out of 3 American adults was considered obese.
- Obese children are more likely to become obese adults.
- Obese individuals have a 50% to 100% increased risk of premature death from all causes compared to individuals at a healthy weight.
- An estimated 300,000 deaths per year in the U.S. are attributed to obesity.
- For an obese person, losing as little as 5% of total body weight is likely to produce health benefits.

Prevention
- Control portion sizes and eat smaller, more frequent meals.
- Eat breakfast every day and have most meals at home.
- Eat foods with the most nutrients, not the most calories.
- Eat at least five servings of fruits and vegetables every day.
- Reduce time spent being inactive such as watching TV.
- Fit physical activity into everyday life.
- Spend at least 2 hours and 30 minutes every week doing moderately vigorous exercise such as brisk walking.

Resources
Call to Action
San Diego County Childhood Obesity Action Plan
www.ourcommunityourkids.org

Calculate your BMI
www.nhlb Isabel.com/bmi