

Obesity



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.

For more information and data go to www.SDHealthStatistics.com

Community Health Statistics Unit:
619-285-6479

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.nhlbisupport.com/bmi