



# Obesity

Mrs. Gudgeon  
Health

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# Entry Task:

- Of the 4 factors that influence weight: activity level, body composition, eating and emotions and genetics, which do you think is most significant? Explain in a paragraph

# Overweight vs. Obesity

- Overweight- a term used to describe a person who is heavier than standard for a person's height.

# Obesity

- Refers specifically to adults who have a BMI of 30 or higher.
- BMI refers to the degree of body fatness a person carries.
- Severely Obese = 100 pounds or more overweight.
- Even losing just 5 to 10% of a person's body weight when they are overweight or obese could help tremendously.

# Healthy BMIs

- Healthy Body Mass Index calculator is at [http://www.cdc.gov/nccdphp/dnpa/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.htm)

# Statistics to Note

- Approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years in the U.S. are obese.
- Obesity among children has tripled in the last 25 years in the U.S.
- One third of all adults in the U.S. are obese

# Ponder this...

- Is obesity a problem for individuals or society? Take a stance!!!

# What Impacts does Obesity have for all of us?

- In 2008, medical costs associated with obesity were estimated at \$147 billion.
- To put this in perspective... the medical costs for people who are obese were \$1,429 higher than those of normal weight.



# Emotions and Eating

- What emotions and behaviors trigger you to eat?

# What Obesity-Related conditions could be prevented?

- Conditions include heart disease, stroke, type 2 diabetes and certain types of cancer
- This should matter because these are some of the leading causes of preventable death in Americans!!!

# Investigate

- In your table groups please do the following: China has very little obesity. One reason for this is that the Chinese consume about half as much fat as Americans.
- RESEARCH on the internet using credible sources .org, .gov, .edu other ways Chinese Meals are different from US meals.
- WRITE down your findings and be ready to present your findings to the class.