Obesity: A Chronic Disease

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This could be you!!!

Pay close attention:
Obesity: A global problem

- There are over 300 million obese adults worldwide.

- Obesity impacts many lives: male and female of all ages, races, economic background, and education status.

- Obesity is increasing globally. More than half of U.S. adults are overweight and nearly 1/3 are obese.
What is obesity

- Obesity is when there is too much body fat other than the fat tissue in our bodies. It is also defined as an excessively high amount of body fat or adipose tissue in relation to lean body mass. It is a serious medical disease that affects over a quarter of adults in the United States, and about 14% of children and adolescents. It is the second leading cause of preventable death after smoking.
Why is obesity a chronic disease?

- It affects more than a quarter of the American population.
- Causes many serious medical conditions.
- Causes at least 300,000 deaths in the U.S. each year.
- Carries annual healthcare costs of about $100 billion.
Causes of obesity

**Genes** - Some individuals have a genetic tendency to gain weight and store fat. Although not everyone with this tendency will become obese, some people without genetic predisposition do become obese.

**Environment** - An environment that promotes a healthy weight is one that encourages consumption of reasonable portions and regular physical activity. A healthy environment is important in order to prevent and treat obesity and maintain weight loss.

**Behavior** - Adopting healthy habits for lifelong weight control purposes includes regular physical activity and nutritious eating. Specific behavioral strategies for weight loss and maintenance include: logging and track exercise patterns in a diary, eating a low calorie diet, limiting the amount of calories from calories routinely through exercise, monitoring weight regularly, setting realistic goals and gaining a social support network.
Effects of obesity

Obesity can cause a variety of other health problems.

Obesity is associated with high blood cholesterol, complications of pregnancy, menstrual irregularities, hirsutism (presence of excess body and facial hair), stress incontinence (urine leakage caused by weak pelvic-floor muscles), psychological disorders such as depression and increased surgical risk.
Obesity by the numbers

✓ Nearly 62% of the population of American women are overweight and at least 34% are obese.

✓ African American and Hispanic Americans have higher rates of obesity than Caucasian Americans.

✓ 33% of women ages 20 and older are obese.

✓ 28% of men ages 20 and older are obese.

✓ Only 34% of all adults are at a healthy weight.
The cost of obesity

As the prevalence of overweight and obesity has increased in the United States, so have related health care costs both direct and indirect. The total economic costs related to obesity is $117 billion, direct costs are $61 billion and indirect costs are $56 billion a year!
How is obesity measured?

Your bathroom scale may give you a measure of your weight and help you follow changes in your weight, but it is not the best way to determine if you are overweight or obese, or at risk for developing obesity and its related health conditions.

Body mass Index (BMI)- BMI is a number based on both your height and weight. It can help you determine the degree to which you may be overweight and gives a reasonable assessment of total body fat for the general population.
What does your BMI mean?

BMI “cutpoints” are numbers used to help you determine if you are a healthy weight, overweight, obese or severely obese.

BMI charts are available for adult men, women, pregnant women, and all racial and ethnic groups.

Your waist circumference and combined measurements can alter your BMI.

For an example: You can have a BMI that indicates you have a healthy weight but still have a waist measurement above the healthy range.
The "overweight" range is 26 to 27.3 for women, 26 to 27.8 for men, though some authorities label the upper limit of overweight at a BMI of 30. Most authorities say that "obesity" begins at BMI's above 27.3 for women and 27.87 for men. All authorities agree that anyone with a BMI over 30 is obese. According to these conventions, the woman who is 5' 0" and weighs 155, has a BMI of 30.14, and is obese.
Treatments of obesity

There are several different types of effective treatment options including: dietary therapy, physical activity, behavior therapy, drug therapy, combined therapy and surgery. Health professionals that can assist in determining the most appropriate treatment for you include: physicians, nutritionists, exercise physiologists, psychologists and bariatric surgeons.
Types of treatments

**Dietary therapy** - involves reducing the number of calories you eat and learning strategies like how to read nutrition labels and select portion sizes, which types of foods to buy, and how to prepare them.

**Behavior Therapy** - behavior therapy involves changing diet and physical activity patterns to new behaviors that promote weight control.

**Drug Therapy** - If you have a Body Mass Index (BMI) of 30 or more with no obesity-related conditions or a BMI of 27 to 29.9 and two or more obesity-related conditions, ask your doctor about drug treatment for weight loss and weight maintenance. Drugs for treating obesity have had a bad track record. Amphetamines and the fen-phen combination produced serious side effects and were discontinued. However, the products on the market now have good safety records, and studies have shown them to be effective. But no products are 'magic bullets.' Patients taking drugs still need to work on their diets and physical activity.
Surgery - obesity surgery is recommended as a treatment option for persons with obesity that have: 1) a BMI > 40 or 2) a BMI of 35 to 39.9 with serious medical conditions. In 1991, the National Institutes of Health published a consensus statement on *Gastrointestinal Surgery for Severe Obesity*. It cited studies showing that following bariatric surgery, most patients lost weight rapidly and continued to do so for 18 to 24 months. Patients may lose up to 50 percent of their excess weight in the first six months and 77 percent of excess weight in one year. Patients were able to maintain 50 to 60 percent of their weight loss 10 to 14 years after surgery.

Dietary Supplements and Liposuction - Anyone who has been to a drug store recently or who has picked up a newspaper has seen dozens of advertisements for weight loss products. Many good products have gotten lumped in with worthless products. Items like Slim-Fast and other pre-packaged meals that are nutritionally balanced do help with letting you know exactly how many calories one is consuming. Other products that promise quick, pain-less weight loss are of dubious help. None have sufficient clinical data to be included in the treatment guidelines established by the National Institutes of Health (NIH), the AOA / Shape Up America! guidelines or other reputable statements.
Weight loss and physical activity

Sometimes obesity treatments don’t always work. A good strategy is important to help you lose weight and keep it off. A healthcare professional can help you plan out an appropriate strategy for you to determine how much weight to lose and how to lose it.
Leading experts in obesity now recommend that individuals try to lose five to 10 percent of body weight. If you are overweight, losing five to 10 percent of body weight and keeping it off is a realistic goal. It helps to reduce your risk for disease and improves high blood pressure and high blood cholesterol. Once you reach this goal, you can determine if you need to lose more weight and set new goals.
Who’s inactive?

Less than 32% of U.S. adults get regular leisure-time physical activity (defined as light moderate activity five times or more per week for 30 minutes or more each time and/or vigorous activity three times or more per week for 20 minutes or more each time.

About 25% of young people (ages 12-21) participate in light to moderate activity (e.g. walking, bicycling) nearly every day. About 50% regularly engage in vigorous activity.
Americans are less active today than ever before, which contributes to the high rate of overweight and obesity. One reason for the increase of inactivity is that our environment offers many more conveniences than ever before, such as elevators and escalators and remote controls. There are also more people driving cars instead of walking, and a decrease of manual labor in the workforce.

Daily activity (exercise or lifestyle) is important for weight loss, maintenance of weight loss and general good health. The U.S. Surgeon General recommends moderate physical activity on most days of the week of at least 30 minutes per day for adults and 60 minutes per day for children. However, this level is not necessarily sufficient for weight loss.
Suggested physical activities

All sports, running, jogging, bicycling, hiking, jumping rope, aerobics, walking and any other activity that is enjoyable and helps you get moving.
The most important thing: A balanced diet

One of the hardest parts of losing weight and staying healthy is eating a balanced meal. Researchers recommend eating from the four food groups and cutting normal portions in half for three balanced meals a day.
PLEASE SAY NO TO THESE GUYS

They add pounds!
There you have it! Key treatments and simple ways to reduce your likelihood of becoming overweight or obese. If you know someone that is battling obesity get them help! Contact the a physician or seek other help.
Conclusion

Obesity effects thousands of Americans every year. In order to maintain a healthy weight and stop the spread of this chronic disease is by exercising and eating a balanced diet. Don’t become a victim of such a deadly disease!
Sources

American Obesity Association
www.obesity.org

National Institute of Health
www.niddk.nih.org
Questions