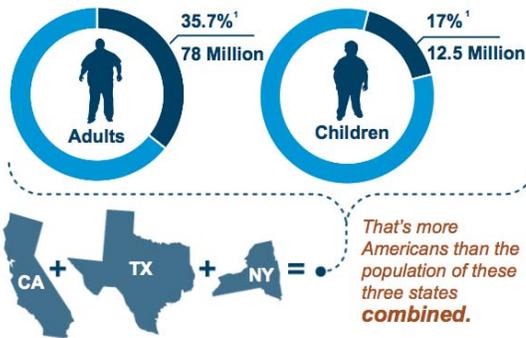


Don't be a Statistic - Obesity is a Disease That Affects 1 in 3 Americans



Obesity, which affects close to 100 million Americans, is classified as having a BMI greater than or equal to 30, or being at least thirty pounds overweight.



In addition to being a disease, obesity is also a serious risk factor for many other diseases and health conditions. These include: heart disease, stroke, type II diabetes, hypertension, hyperlipidemia, osteoarthritis, sleep apnea, atherosclerosis, kidney failure, pancreatitis, infertility, and cataracts. The list goes on to include cancer of the breast, cervix, colon, esophagus, kidney, pancreas, prostate, and uterus.

So what is arguably the best thing you can do for your personal health? Check your waistline. Obesity ranks second among preventable causes of death, behind only tobacco use. Bottom line: eat well, get moving, and educate yourself on how to be a better health consumer.

Poor Nutrition

With one quarter of Americans eating fast food each day, and only 20% of adults eating the recommended servings of fruits and vegetables, it is no wonder last year's clothes fit a little snugger this year. Try shopping the perimeter the next time you are at the grocery store. In other words, buy as much as you can from the outer portions of the store, where the fresh produce and deli are located, and try to get as little as possible from the inner aisles, which house the processed food products.

Sedentary Lifestyle

Adults are recommended to get at least 150 minutes of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity, each week based on the Physical Activity Guidelines for Americans. However, more than 1/3 of us do not meet these recommendations. Look for little changes you can make in your daily life to help meet these recommendations: park the car at the far end of the parking lot, limit your TV time and take a walk instead, or wash the car by hand.

Lack of Health Literacy

You may know that it is better to eat a bag of carrots than a bag of potato chips, or the difference between a carbohydrate, a protein, and a fat. But what is it about a particular food that makes it healthy or unhealthy? And how many calories should you be consuming each day? Learning what is right for your particular body is important. Ask for recommendations from your physician, find a nutritionist in your community to help answer these questions, or visit myplate.gov to learn more.

Sources: 1. CDC (cdc.gov), NPR (npr.org), NIH (nih.gov), NHLBI (nhlbi.nih.gov)

The Fast Facts on FAT



The standard revolving door had to be widened from 10 feet to 12 feet to accommodate expanding waistlines.



In 2000, airlines spent an additional \$275 million on 350 million additional gallons of fuel to compensate for the additional weight of their passengers.



Don't supersize me! More than \$164 billion was spent on fast food sales in 2010.



Portion Distortion: If you went to the movies 20 years ago, you would get a 5 cup bag of popcorn containing 270 calories. Today, that popcorn is a whopping 11 cups and 630 calories.



In 1996, no state had a population that was more than 20% obese. By 2010, no state had a population that was less than 20% obese.

