

TO WIN, WE HAVE TO LOSE.

# THE WEIGHT OF THE NATION

CONFRONTING AMERICA'S OBESITY EPIDEMIC

## Obesity in America

### The Facts

- In 2010, two-thirds of American adults and nearly one-third of children and adolescents were overweight or obese. It is estimated that if the current trend continues, up to 50 percent of the population will be obese by 2030.
- More than one-third of U.S. adults are obese (36 percent). Approximately 17 percent of children and adolescents ages 2-19 are obese. (CDC)
- There is not a single state in the U.S. that has an obesity rate lower than 20%—and 12 states have an obesity rate of more than 30 percent. (CDC)
- 25% percent of Americans eat the recommended number of more servings of fruits and vegetables each day, while even fewer adolescents do (less than 25%). Less than 25 percent of adolescents consume the recommended five servings. (CDC)
- On average, Americans consume between 150 and 300 more calories a day than they did 25 years ago.
- One in four adults gets no moderate or vigorous physical activity at all.
- The average 8- to 18-year-old American spends 4.5 hours and the average adult 3 hours a day watching TV.

### What does it mean to be obese?

To be classified as obese, an adult must have a body mass index (BMI) of 30 or higher or weigh 20% or more above his or her normal weight. To determine BMI for children and adolescents, age- and sex-specific percentiles for BMI must be used rather than the BMI numbers for adults. Children's bodies change as they age and are different between boys and girls.

There are a variety of factors that contribute to obesity, which makes it a complex health issue to address. Behavioral (50%), environmental (20%), access to care (10%), and genetic (20%) factors all contribute to a person's weight, yet the primary factors of obesity are well-known and preventable: **not enough physical activity and too many calories.**

Obesity is a serious health condition that increases one's risk of heart cardiovascular disease, type 2 diabetes, high blood pressure, stroke, certain cancers, and many other conditions. Reducing the obesity rates and associated health problems requires action and collaboration among individuals, families, schools, health professionals, nonprofit and community groups, and government agencies.

Adults can calculate their BMI at <http://nhlbisupport.com/bmi/bminojs.htm>

TO WIN, WE HAVE TO LOSE.

# THE WEIGHT OF THE NATION

CONFRONTING AMERICA'S OBESITY EPIDEMIC

## Resources for those struggling with obesity

- CDC: Healthy Weight – It's not a diet, it's a lifestyle!  
[www.cdc.gov/healthyweight/](http://www.cdc.gov/healthyweight/)
- Food and Nutrition Information Center: Weight Management and Obesity Resource List  
[www.nal.usda.gov/fnic/pubs/bibs/topics/weight/consumer.pdf](http://www.nal.usda.gov/fnic/pubs/bibs/topics/weight/consumer.pdf)
- NIH: We Can! (Ways to Enhance Children's Activity & Nutrition)®  
[www.nih.gov/wecan](http://www.nih.gov/wecan)
- National Institutes of Health- Weight-control Information Network  
[www.win.niddk.nih.gov](http://www.win.niddk.nih.gov)
- National Institutes of Health-Strategic Plan for NIH Obesity Research  
[www.obesityresearch.nih.gov/about/strategic-plan.aspx](http://www.obesityresearch.nih.gov/about/strategic-plan.aspx)
- National Institutes of Health-National Diabetes Education Program  
[www.Yourdiabetesinfo.org](http://www.Yourdiabetesinfo.org)

## Sources

<http://www.npr.org/2011/05/19/135601363/living-large-obesity-in-america>

<http://www.cdc.gov/obesity/data/adult.html>

[http://www.cdc.gov/pdf/facts\\_about\\_obesity\\_in\\_the\\_united\\_states.pdf](http://www.cdc.gov/pdf/facts_about_obesity_in_the_united_states.pdf)

[http://www.aacap.org/cs/root/facts\\_for\\_families/obesity\\_in\\_children\\_and\\_teens](http://www.aacap.org/cs/root/facts_for_families/obesity_in_children_and_teens)

Aim for a Healthy Weight: [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/)

We Can! [www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

Weight-control Information Network [www.win.niddk.nih.gov/](http://www.win.niddk.nih.gov/)

National Diabetes Education Program [www.ndep.nih.gov/](http://www.ndep.nih.gov/)

WELCOA [www.welcoa.org](http://www.welcoa.org)



## Now what?

- Set a personal health goal – make it **SMART**
  - **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and attach it to a **T**imeline
- Set a family health goal
  - Eat at home together \_\_\_ nights per week
  - Walk together \_\_\_ times a week for \_\_\_ minutes
- Find ways to get some exercise
  - Take the stairs
  - Park further away from your actual destination if mobility is not an issue
- Eat more fruits and vegetables. Aim for 5 servings and half of your plate at mealtime.
- Get involved in your community
  - Join a group or club or volunteer for an organization
  - Sign up for a 5k
- Join the Healthy Harvey Coalition. Our next meeting is Wednesday, February 6 at noon at Fire Station #2 at 200 East 3<sup>rd</sup> Street in Newton
- Call the Harvey County Health Department at 316.283.1637 for more information.