

Obesity in the United States

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What is Obesity?

The excess accumulation of body fat by twenty percent or more of an individual's ideal body weight.

Categories of Obesity

- Two ways to categorize obesity: body shape, and body mass index (BMI).
- If you are categorizing by body shapes, there are two types: apple shape obesity is when fat accumulates primarily in the abdominal and/or trunk area, and pear shape obesity is when fat accumulates primarily in the hips and/or thighs.
- If you are categorizing by BMI, there are 3 types: Class I with a BMI between 30 to 34.99, Class II with a BMI between 35 to 39.99, and Class III with a BMI above 40.

Causes

- Food industries manufacture food that contains high amounts of saturated fats, artificial flavors, and other additives that make the food unhealthy. Consuming excess amounts of these foods can contribute to illnesses and diseases.
- Advancing technology, such as televisions, computer, etc., causes people to be inactive for long periods of time. This is how people gain weight because they cannot burn more calories, then they take in.
- Sedentary lifestyles is when a person is both physical inactive and has bad eating habits.

Measuring Obesity

Body Mass Index (BMI) estimates an individual's ideal body weight based on that individual's height and weight.

Weight in Pounds

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6'8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6'10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

http://www.freebmi-calculator.net

■ Underweight
 ■ Normal
 ■ Overweight
 ■ Obesity

Calculate Your BMI. 2014. Photograph. BMI Chart- Your Body Mass Index In English Unit. Web. 30 Jan 2014. <<http://www.freebmi-calculator.net>>.

Waist to hip ratio (WHR) is the measurement of the smallest circumference of an individual's waist divided by the widest circumference of their hip.

WAIST TO HIP RATION CHART

Male	Female	Health Risk Based Solely on WHR
0.95 or below	0.80 or below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate Risk
1.0+	0.85+	High Risk

Stollings, Linda. 2013. Photograph. TriCities.com, Bristol, VA. Web. 18 Feb 2014. <http://www.tricity.com/news/local/article_ac4188c0-dbb-11e2-8351-001a4bcf6878.html>.

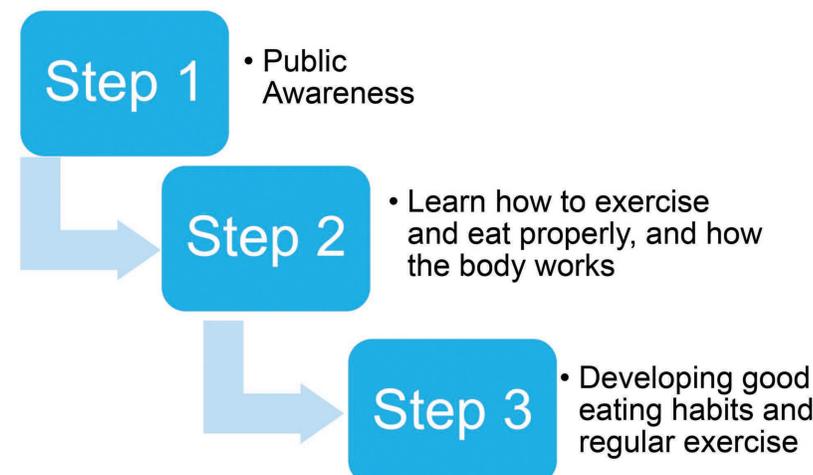
Illnesses/ Diseases Associated

- Cardiovascular diseases, especially hypertension and congestive heart failure.
- Cancer- breast, kidney, thyroid, pancreatic, etc.
- Type- 2 diabetes
- Sleep apnea
- Numerous other illnesses and diseases

Obesity Statistics

- Cardiovascular diseases causes about 53% of all deaths in the United States, and 80% of those could have been prevented by living a healthier life (Hoeger and Hoeger 209).
- If obesity continues to increase, then by 2030 in the United States alone, the cancer incidence rate will rise by more than 500,000 (Lee).
- 8.5% (25.8 million children and adults) of Americans have diabetes, and about 80-90% of those with diabetes are obese ("All About Obesity").

Prevention



Works Cited

- "All About Diabetes." *Medical News Today*. MediLexicon International Ltd, n.d. Web. 10 Mar 2014. <<http://www.medicalnewstoday.com/info/diabetes/>>.
- Hoeger, Werner, and Sharon Hoeger. *Fitness & Wellness*. 10th ed. Belmont, CA: Wadsworth, Cengage Learning, 2013. 209. Print.
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