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 favors, 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.

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<thead>
<tr>
<th>Weight in Pounds</th>
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<tbody>
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<td>100</td>
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Causes:

- 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

Step 1: Public Awareness
- Learn how to exercise and eat properly, and how the body works

Step 2: Developing good eating habits and regular exercise

Step 3: Works Cited