Health Bulletin ☤

Understanding Obesity

(NAPSA)—While news of obesity rates in the U.S. has become widely publicized, a surprising number of people still do not know some basic obesity facts. Here's a closer look.

What is Obesity?

Obesity is a condition characterized by excessive body fat. People who are medically obese usually are affected by behavior, genetic and environmental factors that are difficult to control with dieting. Obesity increases the likelihood of certain diseases and other related health problems.

Who's Affected?

Obesity is a serious health epidemic that affects one in four Americans. It is estimated that more than 93 million Americans are obese, with that number predicted to climb to 120 million in the next five years.

Obesity Health Risks

There are more than 30 medical conditions that are associated with obesity. Individuals who are obese are at risk of developing one or more of these serious medical conditions, causing poor health or, in severe cases, early death. In fact, more than 112,000 annual deaths are attributable to obesity. The most prevalent obesity-related diseases include:

- High blood pressure
- High cholesterol
- Diabetes
- Heart disease
- Stroke
- Gallbladder disease

Are You Obese?	
Height	**Obese at**
5'4"	175 lbs
5'6"	186 lbs
5'8"	198 lbs
5'10"	210 lbs
6'0"	222 lbs
6'2"	234 lbs
6'4"	247 lbs

Obesity is defined as having a body mass index (BMI) greater than 30. To calculate your BMI, visit www.obesityaction.org.

- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon).

Dealing With Obesity

According to the Obesity Action Coalition, it is important for people to talk with their doctors about their weight. Obesity strategies vary from person to person, but can include behavior modification, increasing physical activity, nonclinical weight management, medically-managed weight-loss and/or weight-loss surgery.

For more information, visit www.obesityaction.org or call (800) 717-3117.