

Obesity



According to the Centers for Disease Control and Prevention, the prevalence of American adult obesity is **42%**.



The medical cost for people who have obesity is **\$1,429** more than those of normal weight.

Body Mass Index is a measurement calculated from a person's weight and height (BMI = kg/m²) that can be used as an indicator of body fatness.

Underweight: less than **18.5**

Overweight: **25** to **<30**

Normal: **18.5** to **<25**

Obese: **30.0** or higher

Obesity usually results from a combination of causes and contributing risk factors, including:



Unhealthy diet



Inactivity



Lack of sleep



Liquid calories



Medication



Stress

Health risks associated with obesity include:

Heart disease

Stroke

Type 2 diabetes

High blood pressure

Arthritis

Cancer

Sleep apnea



How can you address obesity?

Exercise regularly—

Aim for 150 to 300 minutes of moderate aerobic activity, like fast walking and swimming, each week.

Eat healthy—

Strive for three regular meals a day with limited snacking, while focusing on low-calorie, nutrient-dense food.

Monitor your

weight regularly— Weighing yourself once a week can help detect small weight gains before they become a bigger issue.

Be consistent—

A long-term commitment to watch what you eat and drink will increase your chances of success.