

Obesity

UCI Student Health Care in Practice



About

- It is defined as a weight that is beyond what is considered healthy and even overweight. A measurement known as BMI (body mass index) is utilized to measure if an individual suffers from obesity as it is an individualized matter.
 - A certain weight may be considered 'obese' for one person, but not for another.
 - The danger of obesity comes from the increased amount of **fat** NOT weight.
- Why is it concerning?
 - Obesity is not only a weight/physical issue, but it has also been strongly associated with a number of health issues
- What leads to obesity?
 - The two most likely causes are lack of physical activity combined with unhealthy food choices although genetically some people may be far more prone to it than others.
 - Amount of intake of food calories exceeds those the body needs, which in turn become stored fat
- Fact: Obesity is the second leading preventable cause of death (after smoking)

	Weight [pounds]																
	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260
4'6"	24	27	29	31	34	36	39	41	43	46	48	51	53	55	58	60	63
4'8"	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58
4'10"	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48
5'4"	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37
6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35
6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33
6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32
6'6"	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30
6'8"	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29
6'10"	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
7'0"	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

Check your BMI!

Whether you have been diagnosed with obesity or not, this chart may help a) setting a target weight or b) checking if you are at risk of developing obesity



Other common causes

- Lack of sleep
- Certain drugs
 - Diabetes medications, steroids and beta blockers, anti-seizure medications, etc.
- Pregnancy weight gain not being lost post-pregnancy
- Medical conditions
 - Ex. Arthritis
- Genetics
- Family lifestyle
 - I.e. Cultural habits
- Age
 - As we age, we tend to lose muscle and often replace it with fat. Furthermore, physical activity decreases.

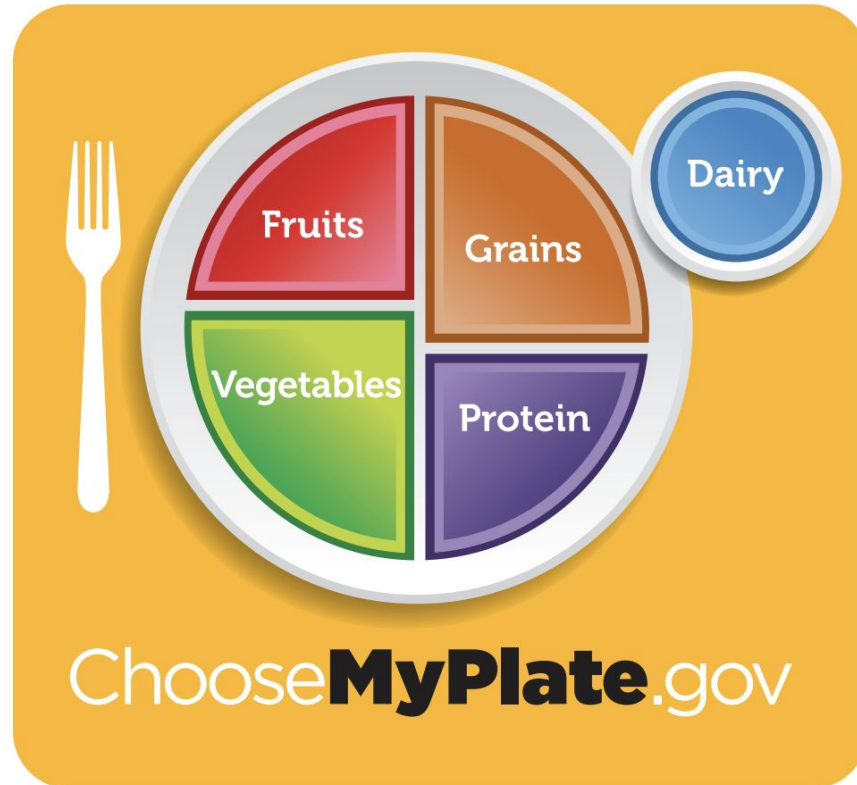
What are its effects? (associated health problems)

- Type 2 diabetes
- High blood pressure
- Heart disease and stroke
- Gallbladder disease
- Osteoarthritis
- High cholesterol and triglycerides
- Metabolic syndrome
- Depression
- Physical disability
- Discomfort

How to prevent it?/How to aid it?

- Dietary changes
 - Nutritionists are great sources of help
 - If the option isn't available, the **MyPlate** program is an amazing resource
- Increase physical activity
- Behavior change
 - E.g. don't eat dinner too late,
- Prescription medication (this is up to your doctor)
- A very radical aid to it includes weight-loss surgery, however, it does require a certain weight reached, certain complications, and a doctor's recommendation
 - This is the last resource

What does a healthy meal look like?



Examples of the 5 food groups

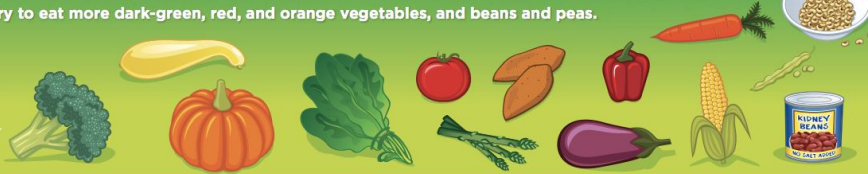
FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



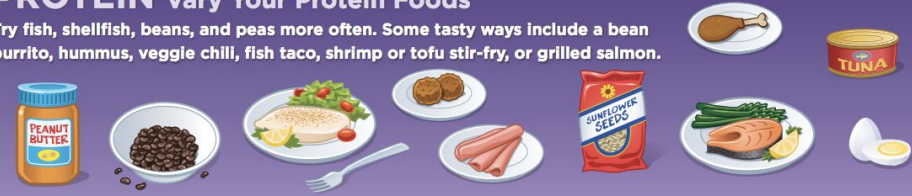
GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chill, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



+4 litres of water every day!!!

Physical Activity

- It is recommended that we partake in 150 to 250 minutes of moderate intensity exercise every week.
 - That's only 22-36 minutes a day!
- Examples include



Fast walking



Swimming

References

- <https://www.cdc.gov/obesity/adult/defining.html>
- <https://www.fns.usda.gov/tn/myplate>