

# **OBESITY: CAUTION-EATING CAN BE DANGEROUS TO YOUR HEALTH!**

*Have some more chicken, have some more pie  
It doesn't matter if it's boiled or fried  
Just eat it, eat it, eat it, eat it.....Weird Al Yankovic*

## **WHAT TO KNOW!**

- ❖ Obesity is a medical condition where accumulated excess body fat has a negative effect on health and reduces life expectancy
- ❖ It is associated with heart disease, Type 2 Diabetes, sleep apnea, breathing difficulties, certain cancers, and osteoarthritis
- ❖ It also increases the risk of other problems such as high blood pressure, menstrual disorders, stroke, low back pain and social stigmatization
- ❖ In 1999, ten years ago, 61% of adults in the United States were overweight or obese
- ❖ In 2000, the economic cost of obesity in the United States was about \$117 billion
- ❖ 300,000 deaths each year in the United States are associated with obesity
- ❖ It is caused by excessive caloric intake, lack of physical activity, genetic susceptibility, medical and/or psychiatric illness, such as depression, and certain drug reactions
- ❖ It is one of the most serious growing world health problems
- ❖ Obesity is defined by Body Mass Index (BMI) which is the ratio of weight in pounds to height in inches squared; a BMI over 30 is considered obese
- ❖ Body fat percentage is total body fat expressed as a percentage of total body weight; greater than 25% in men and 33% in women is considered obese
- ❖ Obesity results from an imbalance in energy where there is an intake of too many calories and not enough physical activity to burn off the calories
- ❖ Our culture, behaviors, and environments strongly affect the quantity of food intake as well as the amount of exercise we do
- ❖ Because obesity has much to do with lifestyle, it is one of the most preventable causes of death, by changing our attitudes and our behaviors
- ❖ Worldwide, obesity has increased as there has been a shift towards foods that are high in fat and sugars and low in vitamins and nutrients AND a pattern of decreased physical activity as many forms of work are sedentary
- ❖ Treatment for obesity consists of committing to a dieting program and physical exercise although certain medications can help
- ❖ In some cases, bariatric surgery or inserting of an intragastric balloon are procedures used to decrease stomach volume or the length of the bowel

## **WHAT TO DO!**

- ❖ Build physical activity into everything you do and reduce your time in sedentary activities such as watching TV; take the steps rather than the elevator
- ❖ Eat foods that are low in fats, calories, and added sugars
- ❖ Eat smaller portions and do not eat fast foods
- ❖ Do not allow children to dictate your food choices
- ❖ Start an individual & family exercise program; make exercising a value in your home
- ❖ Change your attitudes and beliefs about food
- ❖ Don't be impatient about losing weight and stick to your program
- ❖ Most importantly, commit to change in how you eat and what activities you do
- ❖ Seek professional help to get motivated and to commit to reducing weight

## **WE CAN HELP!**

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

**Joel I. Kimmel, Ph.D. P.A. and Associates**  
**5551 N University Drive**  
**Coral Springs FL 33067**