

OBESITY REVISITED!

I found there was only one way to look thin, hang out with fat people...Rodney Dangerfield

WHAT TO KNOW!

- ❖ Obesity has been defined as a medical condition where excess body fat has an adverse effect on health and leads to death or increased health problems
- ❖ BMI or Body Mass Index is a metric that compares weight and height; a BMI >30 is obese, a BMI between 25 and 29.9 is overweight
- ❖ About 1/3 of U.S. adults are obese and no state has met the nation's goal to lower obesity by 15% by 2010; 12 states have an obesity percentage greater than 30%
- ❖ Obesity is commonly caused by too much intake of food, not enough physical activity, genetics, endocrine disorders, medications, and behavioral health disorders
- ❖ Age is also a factor in obesity since as you get older, the body's ability to metabolize food slows down and you require less calories to maintain your weight
- ❖ Women tend to be more overweight than men as they burn less energy at rest and require less calories to maintain their weight
- ❖ Emotionally, many people overeat in response to anxiety, depression, anger, frustration, boredom, loneliness, and stress overload
- ❖ Lifestyle causes of obesity include eating too much processed and fast foods, drinking too much alcohol, eating too large portions, and not getting enough physical exercise
- ❖ Being obese increases a person's chance of having heart disease, Type 2 diabetes, sleep apnea, cancer, and osteoarthritis
- ❖ Medical costs in 2008 associated with obesity were estimated to be \$147 billion
- ❖ Obesity tends to run in families (genetics) although environmental factors such as lifestyle activities and what foods are eaten are important factors
- ❖ The Caloric Balance Equation describes obesity and overweight as a result of energy imbalance; Eating too many calories and not getting enough physical activity
- ❖ You will gain weight, that is, be in Caloric Excess if you eat more calories than your body is using and you will store those extra calories as fat leading to weight gain
- ❖ People who are obese often face prejudice/discrimination in social situations, at work, and at school, and commonly feel rejected, depressed, and ashamed
- ❖ In children, obesity can lead to high blood pressure and cardiovascular disease, breathing problems, joint problems, fatty liver disease, and emotional problems including low self esteem, isolation, and depression
- ❖ Environment and behavior are the greatest areas for prevention/treatment of obesity
- ❖ Successful and permanent weight loss comes from increasing physical activity, changing how and when you eat, and changing your behavior

WHAT TO DO!

- ❖ Make a commitment to losing weight, stay motivated, and consider each and every pound lost a success
- ❖ Reduce sedentary time spent watching television and being on the computer
- ❖ Build physical activity into everyday routines such as walking stairways, parking further away from your destination, and standing rather than sitting
- ❖ Eat foods that are low in fats, calories, and added sugars
- ❖ Eat at least 5 servings of fruits and vegetables daily in reasonable portion sizes
- ❖ Exercise regularly and take up any sport, including bowling
- ❖ Seek professional help if you have difficulty committing to and losing weight

WE CAN HELP!

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

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