

# WHAT ARE THE HEALTH RISKS AND BURDENS WITH OBESITY?

## What is obesity?

For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the body mass index (BMI). BMI is used because for most people it correlates with their amount of body fat.

- An adult who has a BMI between 25 and 29.9 is considered overweight.
- An adult who has a BMI of 30 or higher is considered obese.

## To determine your BMI go to the website listed:

[www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)

or

You can do the math formula:

$$BMI = \text{weight (lb)} \times 703 / \text{height (in)}^2$$

It is important to remember that although BMI correlates with the amount of body fat, BMI does not directly measure body fat. As a result, some people, such as athletes, may have a BMI that identifies them as overweight even though they do not have excess body fat.



## Health Risks With Obesity:

It is not the amount you weigh, but rather how healthy you are. Eight out of 10 people who are obese have health problems. As weight increases to the obesity level, risks for the following conditions also increases.

- Heart disease
- Type 2 diabetes
- Cancers (endometrial, breast, and colon)
- High blood pressure
- High total cholesterol
- High triglycerides
- Stroke
- Liver and Gallbladder disease
- Sleep apnea and respiratory problems
- Osteoarthritis
- Gynecological problems (abnormal menses, infertility)

**BMI is just one indicator of potential health risks.** It is important to consider other measures such as the waist circumference. Because abdominal fat is a risk for the above diseases, a man's waist should be less than 40 inches and a woman's less than 35 inches.

Even a small weight loss (just 10% of your current weight) will help to lower your risk of developing diseases associated with obesity. For example, by losing from 200 down to 180 pounds, you have lowered your risks!

BODY MASS INDEX CHART	
Height (inches)	19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35
	Body Weight (pounds)
58	91 96 100 105 110 115 119 124 129 134 138 143 148 153 158 162 167
59	94 99 104 109 114 119 124 128 133 138 143 148 153 158 163 168 173
60	97 102 107 112 118 123 128 133 138 143 148 153 158 163 168 174 179
61	100 106 111 116 122 127 132 137 143 148 153 158 164 169 174 180 185
62	104 109 115 120 126 131 136 142 147 153 158 164 169 175 180 186 191
63	107 113 118 124 130 135 141 146 152 158 163 169 175 180 186 191 197
64	110 116 122 128 134 140 145 151 157 163 169 174 180 186 192 197 204
65	114 120 126 132 138 144 150 156 162 168 174 180 186 192 198 204 210
66	118 124 130 136 142 148 155 161 167 173 179 186 192 198 204 210 216
67	121 127 134 140 146 153 159 166 172 178 185 191 198 204 211 217 223
68	125 131 138 144 151 158 164 171 177 184 190 197 203 210 216 223 230
69	128 135 142 149 155 162 169 176 182 189 196 203 209 216 222 229 236
70	132 139 146 153 160 167 174 181 188 195 202 209 216 222 229 236 243
71	136 143 150 157 165 172 179 186 193 200 208 215 222 229 236 243 250
72	140 147 154 162 169 177 184 191 199 206 213 221 228 235 242 250 258
73	144 151 159 166 174 182 189 197 204 212 219 227 235 242 250 257 265
74	148 155 163 171 179 186 194 202 210 218 225 233 241 249 256 264 272
75	152 160 168 176 184 192 200 208 216 224 232 240 248 256 264 272 279
76	156 164 172 180 189 197 205 213 221 230 238 246 254 263 271 279 287

## STATE OBESITY TASK FORCE

MISSION: Working toward prevention and reduction of obesity for a healthier Alabama

**Aim for a Healthy Weight:** The National Heart, Lung, and Blood Institute (NHLBI) provides global leadership for research, training, and education programs to promote the prevention and treatment of heart, lung, and blood diseases and enhance the health of all individuals so that they can live longer and more fulfilling lives.

[www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)

**Overweight and Obesity:** The Division of Nutrition, Physical Activity, and Obesity (DNPAO) of the Center for Disease Control and Prevention is working to reduce obesity and obesity-related conditions through state programs, technical assistance and training, leadership, surveillance and research, intervention development and evaluation, translation of practice-based evidence and research findings, and partnership development.

[www.cdc.gov/obesity/index.html](http://www.cdc.gov/obesity/index.html)