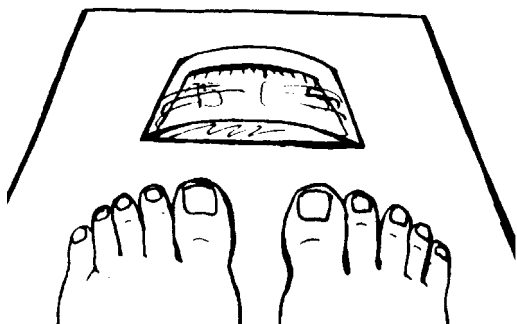


Obesity

Stark County Health Department
 Community Nutrition Clinic
 3969 Convenience Circle NW
 Canton, Ohio 44718
 330.493.9917

WHAT IS OBESITY?



Obesity occurs when a person eats more calories than he or she uses. People who are obese carry too much weight on their body.

Men with more than 25 percent body fat and women with more than 30 percent body fat are obese.

WHAT CAUSES OBESITY?

Obesity is often caused by more than one factor. Factors that cause obesity include genetic factors, lifestyle factors, mental factors, and medical factors.

Obesity often runs in families, meaning that it may have a genetic cause.

Lifestyle can cause obesity, too. What a person eats and how active he or she is can determine obesity.

Mental factors can cause obesity. Sometimes, people eat a lot of food when they feel bored, sad, or angry.

continues

continued

Some illnesses can cause obesity. Hypothyroidism, depression, and certain neurological problems can lead to obesity. Also, certain drugs, like some antidepressants and steroids, can cause weight gain. These factors are only responsible for about 1% of all cases of obesity.

WHAT IS BODY MASS INDEX?

Body mass index, or BMI, is a way to measure if you are at a healthy weight.

BMI equals a person's weight in kilograms divided by height in meters squared ($BMI = \text{kg}/\text{m}^2$).

The table below shows BMI for different height and weight combinations. To use the table, find your height in the left-hand column. Then, move across the row to the given weight. The number at the top of the column is the BMI for that height and weight.

continues

continued

Body Mass Index Table

To use this table, find the appropriate height in the left hand column. Move across to a given weight. The number at the top of the column is the BMI at the height and weight. Pounds have been rounded off.

BODY MASS INDEX CHART																	
Height (inches)	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
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	223	230	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

continues

continued

BODY MASS INDEX TABLE																			
Height (inches)	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
	Body Weight (pounds)																		
58	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

A person with a BMI of 25 to 29.9 is overweight.

A person with a BMI of 30 or above is obese.

continues

continued

HOW DOES OBESITY AFFECT HEALTH?

Obesity is very dangerous for your health. If you are obese, you probably have many health problems.

Obesity can be a cause of several serious medical problems, including:

- Diabetes
- Heart disease
- High blood pressure
- Stroke
- Certain types of cancer
- Gallbladder disease and gallstones
- Osteoarthritis
- Gout
- Breathing problems

Obese people also suffer in other ways. Many times they feel depressed, ashamed, or lonely.

HOW CAN I BECOME HEALTHY?

Obese people can and do lose weight! You have control over what you eat and how active you are. You can learn to:

- Choose low-fat, healthy meals and snacks
- Eat only when you are hungry
- Become more active

A doctor and a nutritionist can help you learn healthy eating habits.
