

Obesity

Among children and teens, lack of physical activity is considered to be the primary cause of the rising childhood obesity rates (Healthy AZ 2010)

Facts

- 6 out of 10 adults in the United States are overweight or clinically obese
- 9 million or 15% of youth are seriously overweight
- Overweight adolescents have a 70% chance of becoming overweight or obese adults
- Based on current trends, obesity is set to become the top cause of avoidable deaths by 2005, with a toll set to surpass 500,000 deaths per year.

What causes it?

- * Overweight and obesity result from an energy imbalance, largely due to poor diet and inactivity. This involves eating too many calories and not getting enough exercise
- * Body weight is the result of genes, metabolism, behavior, environment, culture, and socioeconomic status
- * Behavior and environment play a large role causing people to be overweight and obese. These are the greatest areas for prevention and treatment actions
- * The majority of cases of obesity occur as a result of over-eating and/or physical activity

What can be done to prevent it?

- v Increasing physical activity is the most effective way to decrease body fat and increase lean muscle mass
- v Reduce time spent watching television and in other sedentary behaviors
- v Build physical activity into regular routines

For more information, visit:

Be Physically Active Each Day

<http://www.healthierus.gov/exercise.html>

Eat a Nutritious Diet

<http://www.healthierus.gov/nutrition.html>

Overweight and Obesity Overview

<http://www.cdc.gov/nccdphp/dnpa/obesity/>