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.

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