



Obesity and Body Mass Index

Are your measurements worth their weight?



Soda

Per capita consumption of Coca-cola products worldwide :

- #1 Mexico - 290 drinks (1991) to 745 (2012)
- #4 USA - 292 (1991) to 401 (2012)
- #11 Canada - 166 (1991) to 259 (2012)

Activity in Children

Percent of kids getting the recommended 60+ minutes activity daily (Canada, 2011):

- 3-4 years - 84%
- 5-11 years - 7%
- 12-17 years - 4%

Daily number of sedentary hours (Canada, 2011):

- 3-4 years - 5.8 hours
- 5-11 years - 7.6 hours
- 12-17 years - 9.3 hours



Health Effects

Obesity has been linked to Type II diabetes, high blood pressure, heart disease, gallbladder disease, and certain cancers.

Canada

- 1 in 4 adults are obese (24.8%);
- More men than women affected;
- 69% of waking hours are sedentary;
- Adults spent an average of 9.7 hours daily being sedentary;
- 15% of adults reach the recommended minimum 150 minutes of moderate to vigorous activity per week through 10 minute bouts. Only 5% reach it in 30+ minute bouts!

United States

- 1 in 3 adults are obese (34.9%);
- 48% of adults reach the recommended weekly minimum for physical activity;
- Minimum activity levels are more likely to be met among adults with more education and/or whose income is above poverty line.



In order to lose **1 lb**, your body needs to create a deficit of **3500 calories**. This should be achieved through a healthy diet and exercise. When you don't eat enough calories, your body thinks it is starving and will store more fat as a safety measure if this continues long-term.

Calories

How many calories you need daily depends on age, gender, and activity levels.

Average daily needs male:

10-13 = 1700 – 1900 cals
 14-18 = 2300 – 2450 cals
 19-30 = 2500 cals
 31-50 = 2350 cals
 51-70 = 2150 cals

Average daily needs female:

10-13 = 1500 - 1700 cals
 14-18 = 1700 - 1750 cals
 19-30 = 1900 cals
 31-50 = 1800 cals
 51-70 = 1650 cals

This is based on a sedentary lifestyle and is for weight maintenance. For more information, visit:

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/1_1_1-eng.php



Recommended Activity Levels

Physical Activity Guideline Ages 5-17



At least 60 minutes of moderate to vigorous intensity physical activity every day.



Vigorous intensity activities at least three times a week.



Activities that strengthen muscle and bone at least three days per week.



More daily physical activity means greater health benefits.

Physical Activity Guidelines Ages 18-64



At least 150 minutes of moderate to vigorous intensity aerobic physical activity per week in bouts of 10 minutes or more.



At least two days per week participate in muscle and bone strengthening using major muscle groups.



More daily physical activity means greater health benefits.

Physical Activity Guidelines Ages 65 and Older



At least 150 minutes of moderate to vigorous intensity aerobic physical activity per week in bouts of 10 minutes or more. Also participate in muscle and bone strengthening using major muscle groups.



Practice balance activities to help improve mobility and prevent falls.



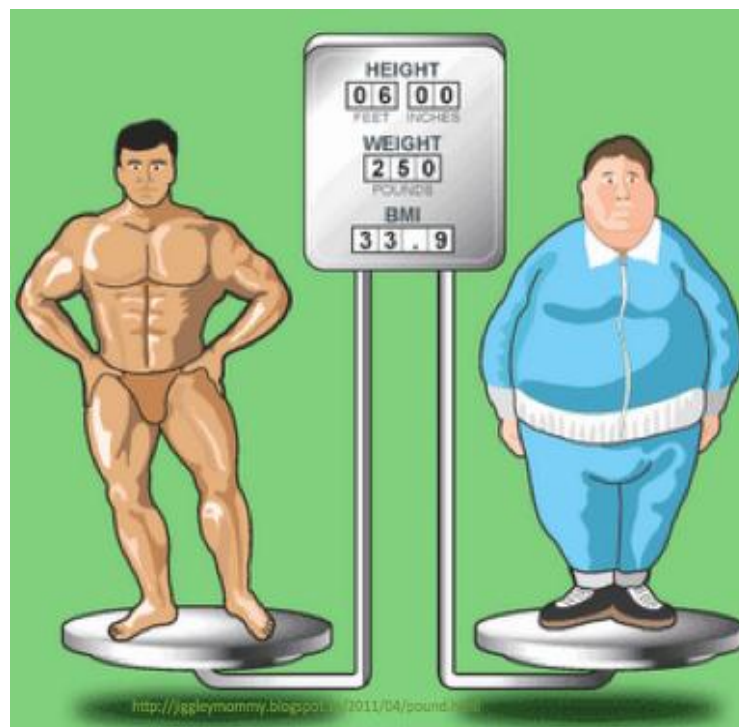
More daily physical activity means greater health benefits.



What is BMI?

Body Mass Index

$$\text{BMI} = \frac{\text{weight (Kg)}}{\text{height (m}^2\text{)}}$$



Did you notice that both these men have the same height, weight, and BMI? This is a major flaw with measuring BMI, as muscle weighs more than fat.

Used to assess size based on an individual's weight (kilograms) and height (meters). BMI can be used to assess the likelihood of developing health concerns including type 2 Diabetes, heart disease and hypertension, gallbladder disease, and some cancers.

Measuring BMI does not take into consideration body proportions and distribution. In other words, the amount of muscle an individual has is not measured and it doesn't give any information about where fat is being carried. For instance, fat primarily carried in the midsection is most highly correlated to adverse health effects in comparison to fat accumulated

Category	BMI (kg/m ²)	Risk of developing health problems
Underweight	Less than 18.5	Increased
Normal ¹	18.5 to 24.9	Least
Overweight	25.0 to 29.9	Increased
Obese – Class I	30.0 to 34.9	High
Obese – Class II	35.0 to 39.9	Very high
Obese – Class III	40.0 or more	Extremely high

¹ For people 65 years of age and older the normal range may begin at a BMI slightly above 18.5 and extend into the overweight range.

Note: This classification system is not intended for use with people under 18 years of age or pregnant or lactating women.

Source: <http://www.statcan.gc.ca/pub/82-624-x/2014001/article/11922-eng.htm>

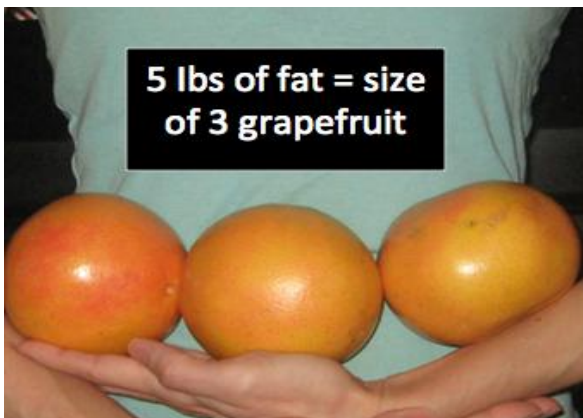


Body Image

While we strongly encourage you to lead a healthy, active lifestyle, many people put too much emphasis on **weight** and **appearance**. This can lead to an unhealthy mentality about self-image and self-value, always striving to achieve unrealistic goals.

Instead, focus on being active and eating a healthy diet rich in vegetables and fruit. Beware of being too hard on yourself! If you wouldn't say it to your best friend, you shouldn't be saying it to yourself either! When you stop picking apart your flaws, you are better able to appreciate all the wonderful things your body does for you on a daily basis!

Did you know?



To see if Obesity and BMI are an issue for you, take the questionnaire at myhealthnavigator.info

Coming Soon!

References

Images

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