

## Obesity Epidemic!

Huge Problem: Obesity is simply out of control in the US. Look at the numbers below!

	2010	2015	
BMI $\geq$ 25 kg/m <sup>2</sup>	78.6%	82.4%	BMI $\geq$ 25 kg/m <sup>2</sup> = Overweight
BMI $\geq$ 30 kg/m <sup>2</sup>	46.3%	53.0%	BMI $\geq$ 30 kg/m <sup>2</sup> = Obese

[World Health Organization](#), 2011 [Calculate Your BMI](#)

**What is BMI?** Body mass index, or Quetelet index, is a [heuristic](#) proxy for estimating human body fat based on an individual's weight and height. BMI does not actually measure the percentage of body fat. It was devised between 1830 and 1850 by the Belgian polymath [Adolphe Quetelet](#) during the course of developing "social physics". Body mass index is defined as the individual's body mass divided by the square of his or her height.

**More Scary Studies!** 565,000 deaths a year are related to: poor nutrition, physical inactivity and excessive weight. [American Cancer Society](#).

The adverse effects of obesity cost \$86 billion last year and will quadruple over the next decade! 50% of US adults and 30% of kids will be obese by 2018 and costs will increase to \$344 billion. 33% of kids and teens in the US (25 million) are overweight. If obesity rates held at current levels, the US would save \$200 billion in health care costs. CDC & WHO, 2009.

[Type II Diabetes](#) Worldwide! 366 million people worldwide have diabetes. 4.6 million deaths a year or one person dies every 7 seconds. The cost? \$465 billion a year!  
Diabetes Atlas, Nov 2011.

**Watch Your Weight!** People 70 lbs overweight will spend \$30,000 extra in their lifetime for health care. Scientific American, 2011

**Good Idea: Try Exercise!** 2½ hours of exercise per week decreases the risk of all disease by 60%.  
[Framington Heart Study](#).

**“Failure to exercise a minimum of 3 times per week for at least 30 minutes in duration each time is the equivalent of smoking one pack of cigarettes each day. What this means is that exercise is no longer just good for you, it is bad for you if you don’t exercise.”** [Surgeon General](#), July 11, 1996.

Okay enough! All right convinced? Now just start a simple exercise program and in minutes a day you can begin to shed some of those unwanted pounds. Even if you are 50-100 lbs over weight losing 5-10 lbs will make a significant difference in your health.