

DON'T FIGURE IN THE OBESITY EQUATION



Currently in the United States, *over 72 million people are obese*. Obesity rates for all ages and races in this country have increased significantly in recent years. In fact, the Centers for Disease Control and Prevention report that during 1980-2008, obesity rates doubled for adults and tripled for children.

THE PHYSICAL CONSEQUENCES OF OBESITY

Being obese can increase the likelihood of developing health problems and diseases including the following:

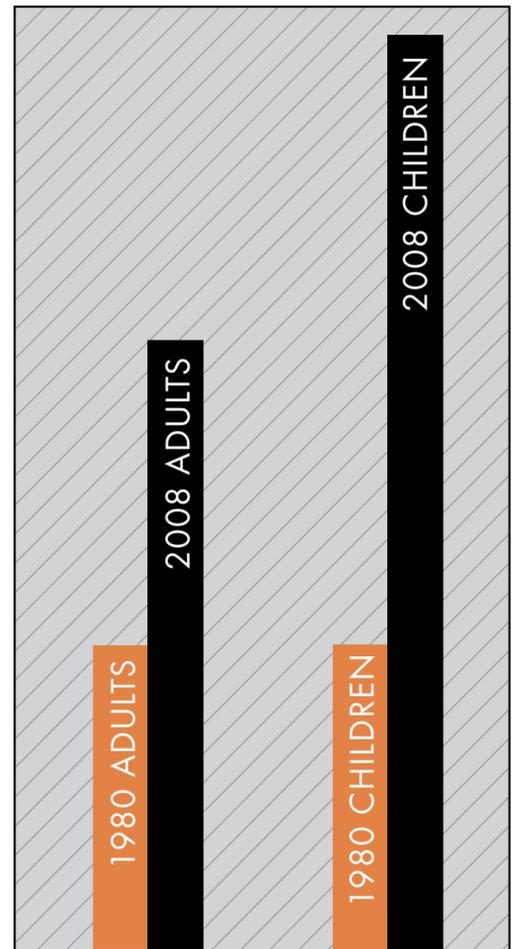
- Coronary heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Some cancers, including breast and colon cancers
- High total cholesterol
- Sleep apnea
- Respiratory problems

OVERCOME OBESITY

While an individual's body weight is a product of many factors including metabolism, genes, lifestyle, and culture, the state of being overweight or obese occurs as a result of an energy imbalance. When a person consumes more calories through food and drink than he or she expends through daily functions and physical activity, his or her body stores the extra calories as fat. Healthy weight loss is possible when the body uses more calories than are consumed because the body uses the stored fat as energy.

WHAT IS BARIATRIC SURGERY?

Bariatrics is the area of medicine that focuses on treating obesity; bariatric surgery is surgery to help advance weight loss. Anyone who is considering bariatric surgery should consult his or her doctor regarding risks and potential benefits. The American Medical Association reports the following regarding bariatric surgery.



Obesity rates in adults and children, 1980-2008

- Surgical procedures are only considered for people with severe obesity—about 100 pounds overweight or a body mass index greater than 40.
- Bariatric surgery may be offered to patients with severe obesity when medical treatments, including lifestyle changes of healthful eating and regular exercise, have not been effective.
- Bariatric surgery has associated risks and long-term consequences and should be considered only one part of an approach to treating obesity.

To determine a safe and healthy weight loss plan appropriate for you, consult your physician.

BodyMind, The Health Information Center, BodyMind™ and companion Personal Health Guides™ are published by and are the property of, Argo Health Group, Inc., Nashville, TN. © 2012 by Argo Health Group, Inc. All rights reserved. The editorial content is not intended as a substitute for the advice of a medical professional. Consult your physician about all health-related matters. Comments and suggestions regarding these publications may be directed to Argo Health Group, Inc., 8 Collier Drive, Suite 450, Brentwood, TN 37027.

Executive Office: Theresa Siskel, President / Bill Walker, Vice President, Information Technology / Lori Crockett, Vice President, Finance & Administration
Creative Services: Zapata, A Bridge Group—Lisa Crawford, Creative Director / Kathleen Wilkins, Editor / Justin Smith, Production Manager/Designer

The Health Information Center products are now printed on 50% Recycled paper with 25% Post Consumer Fiber. Our papers are FSC certified. By choosing a product with the FSC label, we are supporting the growth of responsible forest management worldwide. Proudly printed in the USA.

SINK YOUR TEETH INTO GOOD NUTRITION



- It's important to eat a healthful and balanced diet. The USDA Dietary Guidelines for Americans recommend that you consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

To find a physician, call 1-877-THR-WELL (1-877-847-9355). To learn more tips on healthy cooking, visit www.texashealth.org/recipes

