



Health Behaviors Related to Obesity/Weight Management

Health behaviors that impact obesity include physical inactivity and consuming unhealthy, high calorie foods. Reduction in weight can prevent and decrease your chances of developing heart disease, stroke, hypertension, diabetes, joint problems and some types of cancer. The Cardiovascular Risk Factor Central Registry (2009) reported the U.S. Navy active duty and reserve personnel obesity rate to be a combined rate of 38.8%. Sailors and Marines should make physical activities and eating a nutritious diet part of their daily lifestyle.



Members should limit the amount of time spent gaming, watching television, and other sedentary behaviors. Developing a physical activity routine of 150-250 minutes per week is ideal. Choose to eat foods that are low in fats, calories, and additional sugars. Paying close attention to portion sizes and eating snacks that are whole grain, fruits, and vegetable base will maintain weight. When preparing meals, baking, grilling, broiling and avoiding fried foods is the ideal way to combat obesity and maintaining weight. Additional information on managing your weight can be accessed at the Navy and Marine Corps Public Health Center, wounded, Ill and Injured website located at <http://www.nmcphc.med.navy.mil/WII/>

