

**35.7%**  
OF ADULT AMERICANS ARE OBESE

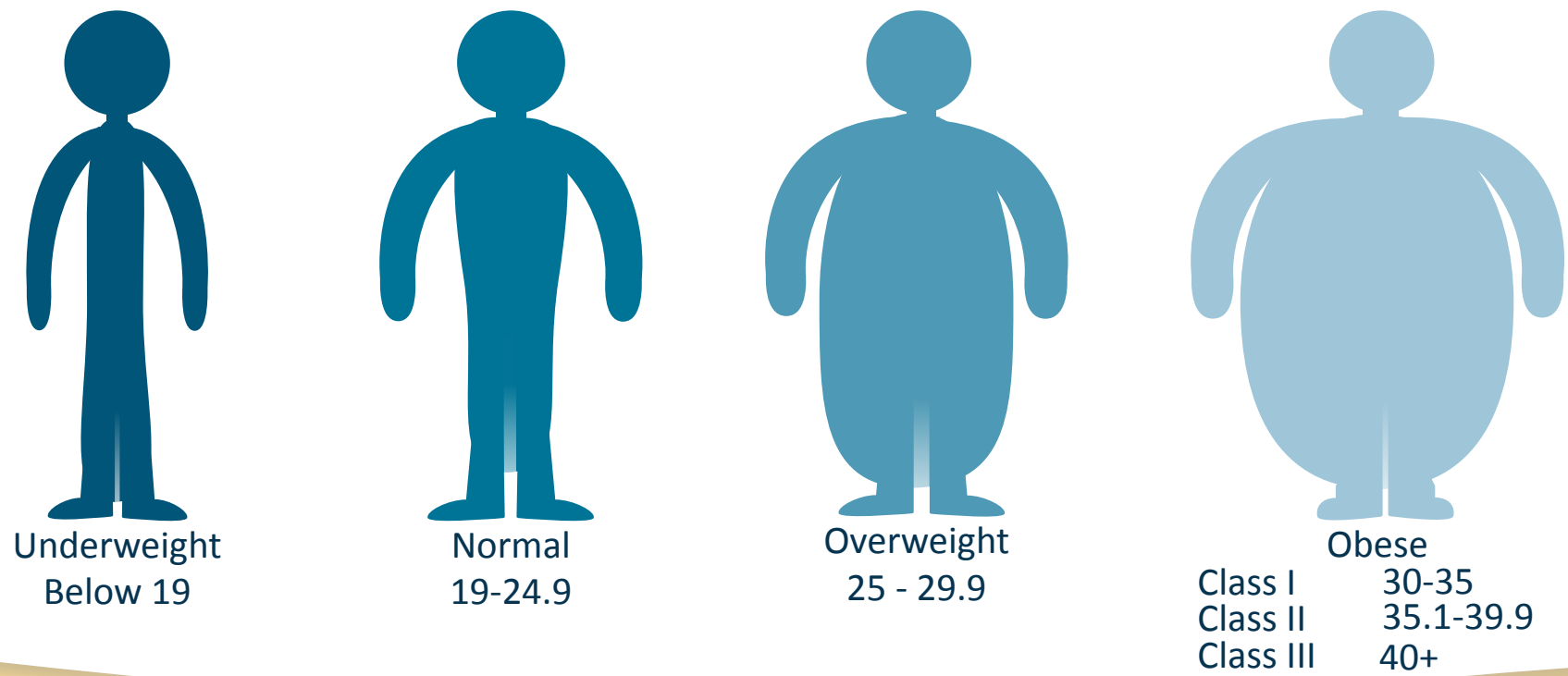
# The Challenge of Obesity: A Path to a Healthier You

**\$147 billion**  
U.S. estimated annual obesity-related medical costs in 2008.

**Obesity** is defined as having excess body fat, measured by a Body Mass Index (BMI)  $\geq 30$ .

## Know Your Numbers

**BMI** is a number calculated from a person's weight and height. Visit [nmlbisupport.com/bmi](http://nmlbisupport.com/bmi) to calculate your BMI.



**Waist Circumference** is also used to determine obesity. It is the measurement at your waistline, just above the hip bone.

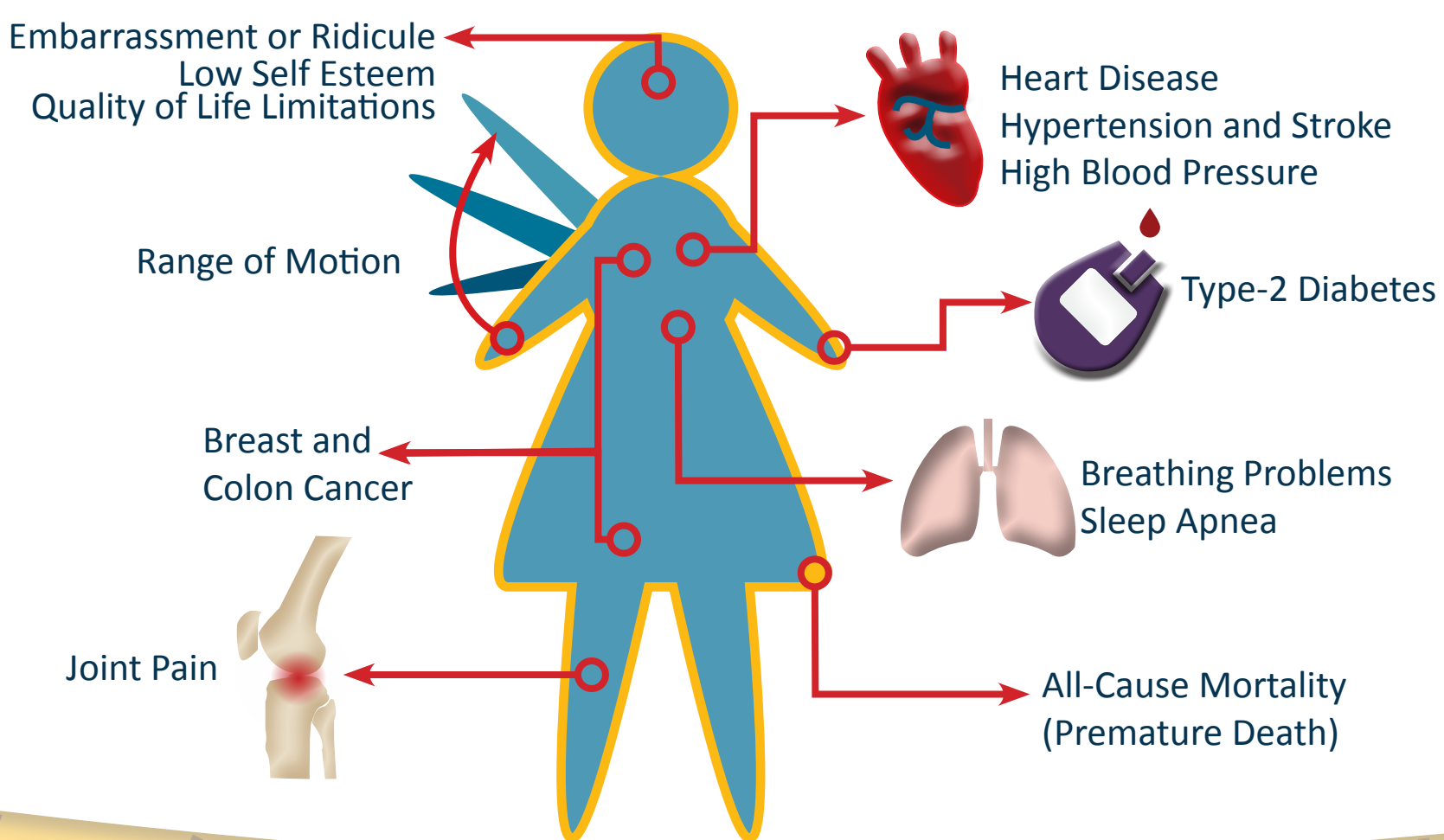
Men with a waist size  $> 40$  inches

Women with a waist size  $> 35$  inches

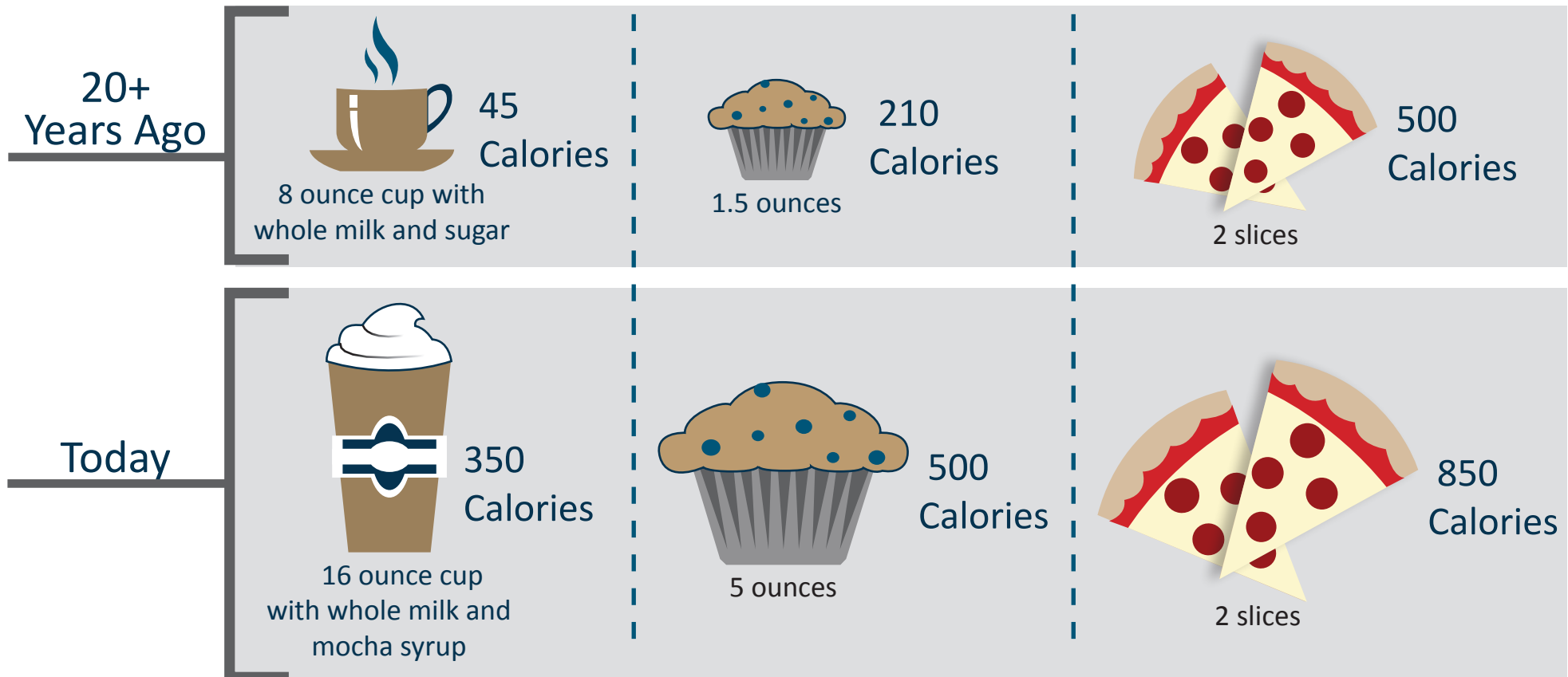
...have an **INCREASED RISK** for *Coronary Heart Disease* and *Type-2 Diabetes*.

Learn more about waist circumference: [http://www.nhlbi.nih.gov/guidelines/obesity/e\\_txbk/txgd/4142.htm](http://www.nhlbi.nih.gov/guidelines/obesity/e_txbk/txgd/4142.htm)

## Risks of Being Overweight or Obese



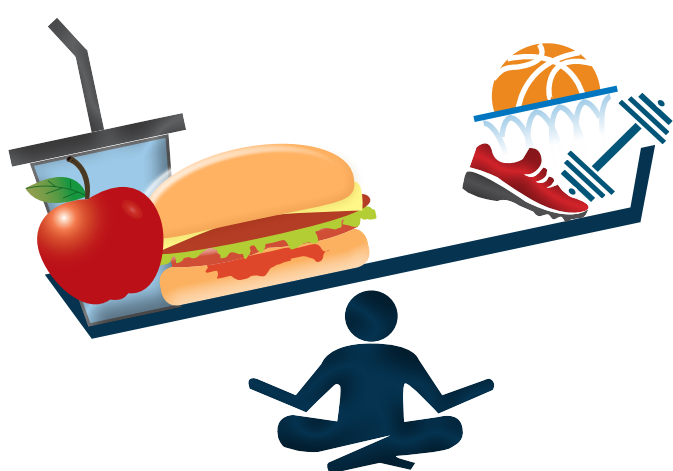
## Portion Distortion



## Find the Right Balance

**ENERGY IN**  
any substance you put into your body with calories

**ENERGY OUT**  
calories you use up through your basic body functions and physical activities



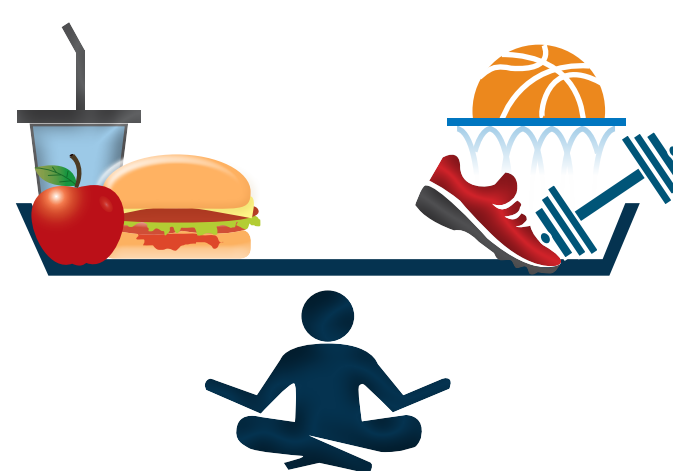
### Gain Weight

Calories consumed are greater than calories used.



### Lose Weight

Calories consumed are less than calories used. As you lose weight, you require fewer calories.



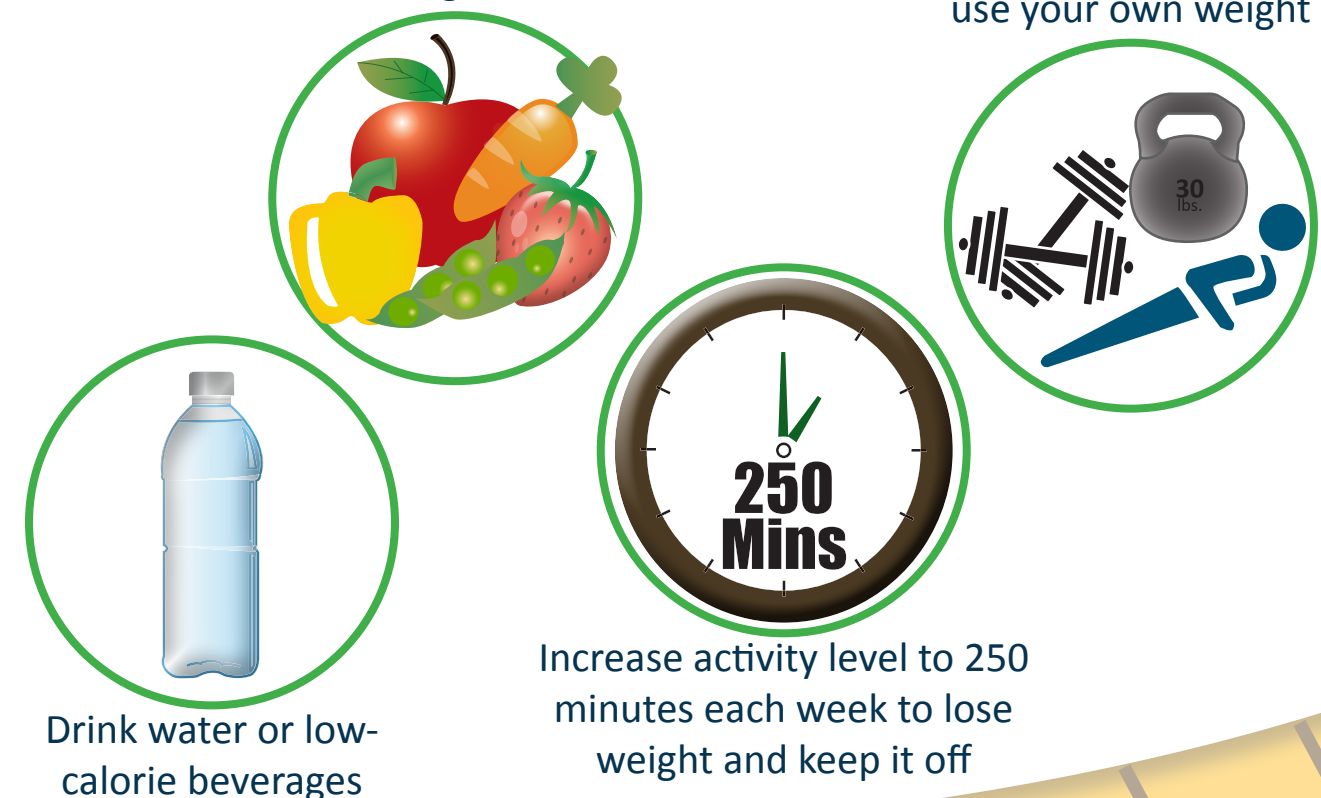
### Maintain Weight

Calories consumed are equal to calories used.

## Make A Change

Eat more fruits and vegetables

Add strength training through weight lifting or use your own weight



## Take Steps Towards A Healthier Life



For more information on weight management check out the [Navy and Marine Corps Public Health Center Health Promotion and Wellness Department Weight Management Resources](#)



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE

Sources: Centers for Disease Control and Prevention: <http://www.cdc.gov/obesity/data/adult.html>, <http://www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf>  
National Heart, Lung and Blood Institute: [http://www.nhlbi.nih.gov/guidelines/obesity/bmi\\_tbl.htm](http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm), <http://www.nhlbi.nih.gov/health/health-topics/topics/obe/risks.html>