


# Obesity

Research shows that obesity places millions of Americans at risk of developing numerous health conditions and diseases.

According to the Centers for Disease Control and Prevention (CDC), consequences of obesity include: <sup>1</sup>

- All-causes of death (mortality)
- High blood pressure (Hypertension)
- High LDL & low HDL cholesterol
- Type 2 diabetes
- Coronary heart disease and stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and breathing problems



Obesity can also lead to several types of cancer, such as endometrial, breast, colon, kidney, gallbladder, and liver cancer. <sup>1</sup>

However, despite the negative risks associated with excess body fat, it is a well known fact that our bodies could not function properly without a certain amount of body fat.

In healthy men the necessary amount of essential body fat is approximately 4-5 % of total body weight. For women it is approximately 11-12% of total body weight.

This essential body fat is found in and around many of our organs, such as our heart, lungs, liver and kidneys. Even our bone marrow, muscles and nerves contain essential body fat.

## To calculate your BMR, use the following formula:

$$\text{BMR} = \text{Weight} \times 24 / 2.2$$

**EXAMPLE:** A person weighs 160 lbs

**STEP 1:**  $160 \text{ lbs} \times 24 = 3840$

**STEP 2:**  $3840 \div 2.2 = 1745$

**Result** • BMR = 1745

Essentially, if this person stayed in bed all day without moving, their body would still burn 1745 calories performing all of its internal bodily functions.

## REFERENCES

1. "Adult Obesity Causes & Consequences." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 15 Aug. 2016. Web. 01 May 2017. <<https://www.cdc.gov/obesity/adult/causes.html>>.
2. Howard, Barbara V., and Judith Wylie-Rosett. "Sugar and Cardiovascular Disease." *Circulation*. American Heart Association, Inc., 23 July 2002. Web. 02 May 2017. <<http://circ.ahajournals.org/content/106/4/523>>.