

Obesity



Congratulations on taking the first steps in starting your journey on a path to better health and longevity! Inside this brochure, you will learn about obesity, how it affects your health and ways to make healthier choices to reduce disease and other health issues related to obesity. Your healthcare professionals care about your quality of life and want to make sure that you live a long, healthy and happy life!

Obesity

- **Obesity** is defined as a condition that results from an imbalance created when the foods you eat are more excessive than what your body can burn.
- Your healthcare professional will work with you to take steps to decrease the effects that can come from being obese like heart disease, diabetes and high blood pressure.



Junk Food V's Healthy Food



Diet

- Obesity is a part of your diet, so if you eat foods that are high in sugar, salt and trans-fats, you can take steps to change the way you eat, while still being able to enjoy those foods in limited quantities. You can also find ways to cook them that are healthier like baking, grilling or air-frying instead of using oil-frying.

- Changes to the foods you eat are also a way of treating obesity such as eating more fruits, nuts, whole grains and vegetables.



Exercise

- Another part to reducing or reversing the effects of obesity is to increase your physical activity.
- It doesn't have to be hours upon hours on a treadmill. If you've never exercised before, physical activity can be as simple as a quick walk around the block or playing a game of catch with the family.
- There are tons of outdoor games that can be found online that are simple and fun. They can be played solo or with your whole family. Friendly competition, anyone?
- Exercise can be an enjoyable activity and the more you do something that you like, the more you will want to do it. It can be as short as 10-15 minutes, but you can build up over time.

You can find out more about ways to combat obesity and develop healthier habits to decrease the negative effects. Fighting obesity doesn't have to be boring or about major, drastic changes. Do what works for you and your family and make small changes every day that will add up over time. You will notice that you will start feeling better and enjoy making a positive impact on your health!

For more information about obesity and healthy eating

<http://www.cdc.gov>

<http://www.webmd.com>

<https://healthykidshealthyfuture.org/resources-for-parents/>

<https://www.choosemyplate.gov/MyPlate>

<https://www.choosemyplate.gov/ten-tips-eat-smart-and-be-active-as-you-grow>

Bibliography

1. Behavior, environment and genetic factors all have a role in causing people to be overweight and obese. Centers for Disease Control and Prevention.

<https://www.cdc.gov/genomics/resources/diseases/obesity/index.htm>. Published January 19, 2018. Accessed April 3, 2018.

This article on the CDC website goes into detail about how behavior, environment and genetic factors influence obesity in a person. The article breaks down the factors into individual influential sphere and how much it can impact a person who has obesity versus those that might have some of the same factors that are not. In the genetic sphere, although most of us do have forms of obesity found in our DNA, not all of have the same predispositions to become so. There is more research to be done in this area, as much of the research found contributes both several and one single gene, that influences obesity in people.

2. Yanovski SZ, Yanovski JA. Toward Precision Approaches for the Prevention and Treatment of Obesity. *Jama*. 2018;319(3):223-224. doi:10.1001/jama.2017.20051.

This article on the Journal of the American Medical Association studies and reviews some of the multi-faceted approaches to intervention methods of treating obesity and reviews for readers how even more studies are being done in order to explore new ways of intervening if conventional methods do not work while also remembering to emphasize treatment individualization and not cookie-cutter diagnosing for each patient that is labeled obese. It also outlines and emphasizes physical activity as a treatment strategy.

3. Why does childhood overweight and obesity matter? WHO.

http://www.who.int/dietphysicalactivity/childhood_consequences/en/. Accessed April 3, 2018.

This article is found on the WHO site and gives an overview of why obesity treatments and intervention strategies are so important while underlining the ever-increasing rate of obesity numbers worldwide. It also emphasizes the disease and health issues caused by obesity overall for adults and children in both the third world and developed world.

4. Magee E. Good Carbs, Bad Carbs: Why Carbohydrates Matter to You. WebMD.

<https://www.webmd.com/food-recipes/features/carbohydrates>. Published October 30, 2008. Accessed April 3, 2018.

This article mostly covers information about carbs but helps to layout distinguishing between whole grains carb sources as well as white, refined carb sources and also touches briefly upon other components of diet and how our diet mostly consists of refined carbs. It emphasizes a well-rounded eating pattern and healthy food groups of

vegetables, whole grains, proteins from meats and cheeses, as well as how much to eat by age.