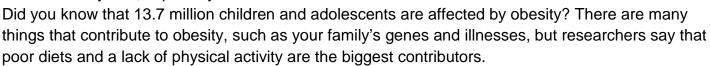# OBESITY IN ADOLESCENTS

WHAT IS OBESITY?

The most basic definition of obesity is an excess of weight for your height. However, weight can be affected by various things, so a more accurate measurement is the amount of body fat you have.

WHO IS OBESE?

More and more people have been classified as obese in the last 20 years, especially children and teens. Did you know that 13.7 million children and adolescents are affected by obesity? There are many things that contribute to obesity, such as your family's genes and illnesses, but researchers say that poor diets and a lack of physical activity are the biggest contributors.

WHY SHOULD I CARE?

There's lots or reasons to care! For starters, being obese means that you are at a higher risk for developing heart disease, diabetes, joint problems, and a whole list of problems you want to avoid. Not to mention being obese as a teen means there is a high chance you will remain obese into adulthood, which puts you at an even BIGGER risk for disease and early death.

SO WHAT CAN I DO?

Being obese doesn't have to mean you are doomed. The goal is to shed the excess weight. Taking simple steps such as eating more fruits, vegetables, whole grains, and lean proteins is a start. Adding in exercise and reducing sugary drinks can help, too. For more information on living a healthy lifestyle you can head over to choosemyplate.gov, or if you are looking for more information on obesity in adolescents you can go to obesitymedicine.org.