

# OBEESITY

& lack of physical activity

## What We Already Know

Increased waist circumference is an independent predictor of morbidity and mortality even in persons with a normal body mass index (BMI).

Fat around the waist is a major risk factor even in people who are not overweight.



Physical activity reduces the effect of these risks.



Abdominal obesity is defined as waist circumference greater than 34 inches for women and 40 inches for men.

>40"

>34"

For most Americans, physical activity can protect against weight gain and lowers the health related risks associated with obesity and abdominal obesity.

Recently, The American Journal of Medicine® published a study titled "Obesity, Abdominal Obesity, Physical Activity and Caloric Intake in US Adults: 1988 to 2010." Following are the study's key findings.

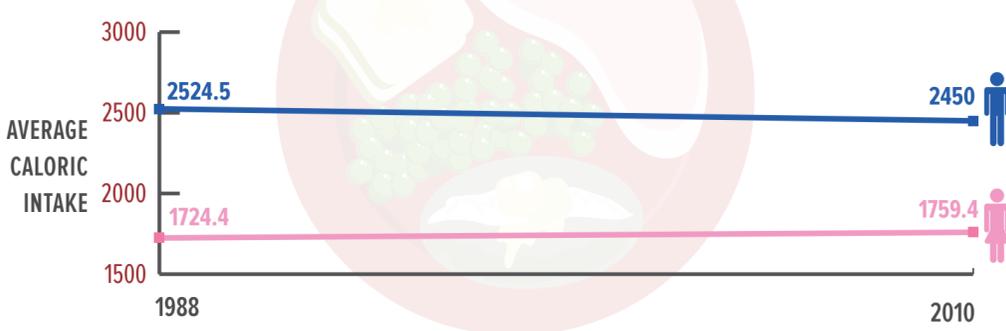
### KEY FINDINGS

1

The average daily caloric intake in the US has not significantly changed over the last 2 decades.

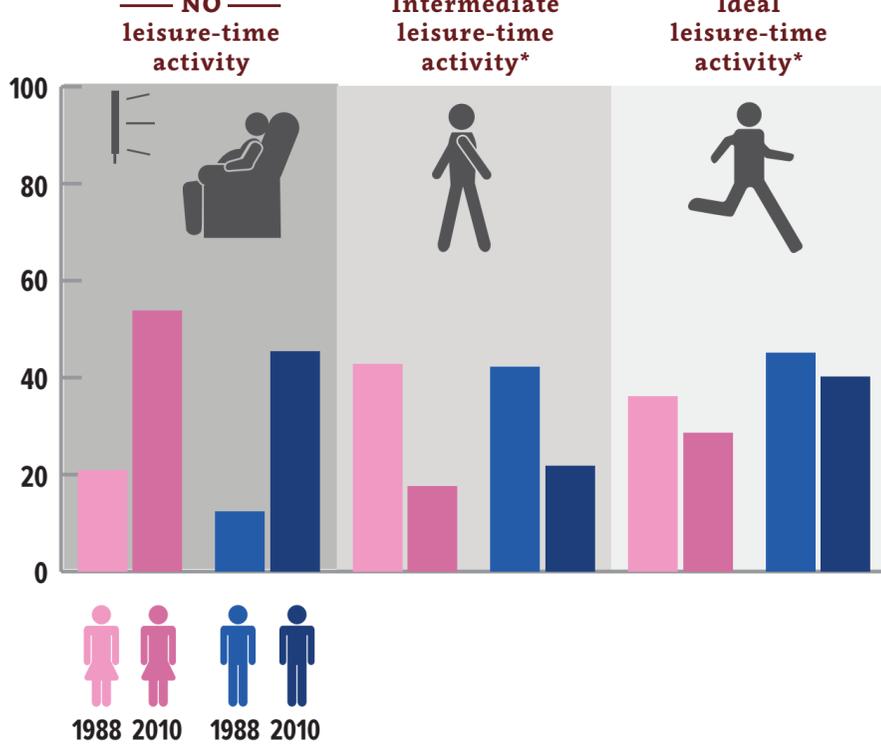
#### Daily Caloric Intake

1988 - 2010



2

Fewer Americans are engaging in leisure-time physical activity.



\*Intermediate leisure-time activity is defined as 1-149 minutes/week of moderate activities, 1-74 minutes/week of vigorous activities, or 1-149 minutes/week of a combination of moderate and vigorous activities. Ideal leisure-time activity is defined as 150 minutes/week of moderate activities, 75 minutes/week of vigorous activities, or 150 minutes/week of a combination of moderate and vigorous activities.

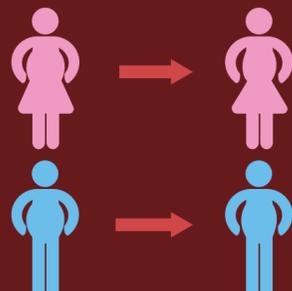
3

While Americans are eating basically the same number of calories, the incidence of abdominal obesity is increasing, especially in younger women.

#### Increase in incidence of abdominal obesity in women as percentage of adult population 1988-2010



#### The Facts



The average waist circumference decreased in both women and men when they increased their physical activity by 100 minutes per week.

Source: Ladabaum U. et al., Obesity, Abdominal Obesity, Physical Activity and Caloric Intake in US Adults: 1988 to 2010. 2014 Aug; Am J Med. 127(8), 717-27.

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