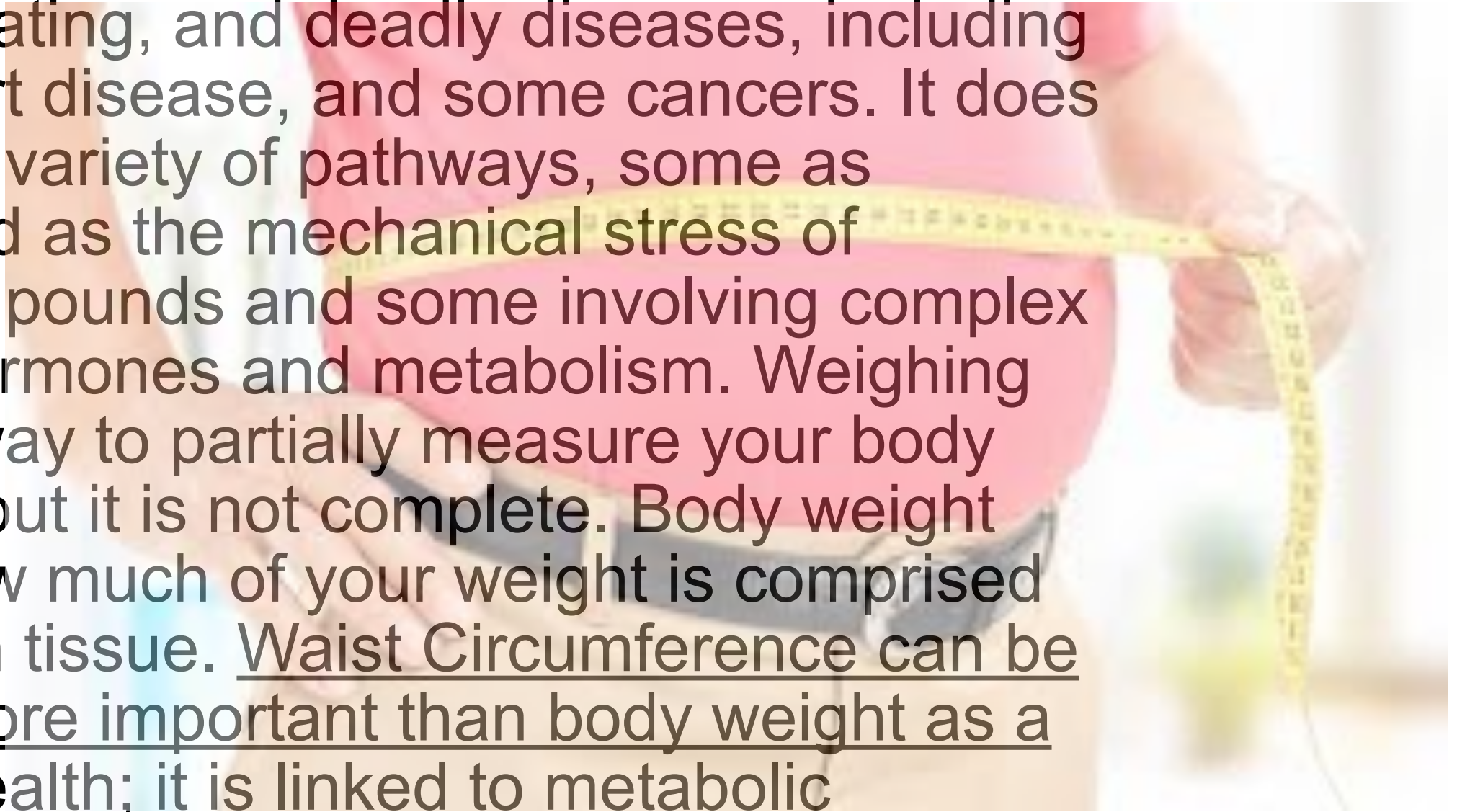


Obesity Facts: Waist Circumference Importance

SUMMARY: Obesity Second Leading Cause of Premature Death. Smoking is #1. Just being moderately overweight decreases life expectancy by 10-20 years. Obesity increases the risk of several debilitating, and deadly diseases, including diabetes, heart disease, and some cancers. It does this through a variety of pathways, some as straightforward as the mechanical stress of carrying extra pounds and some involving complex changes in hormones and metabolism. Weighing yourself is a way to partially measure your body composition, but it is not complete. Body weight cannot tell how much of your weight is comprised of fat and lean tissue. Waist Circumference can be considered more important than body weight as a measure of health; it is linked to metabolic syndrome. Read On For More Details



Know Obesity Facts: It is Serious



Obesity Second Leading Cause of Premature Death Smoking is #1 *
Just being moderately overweight decreases life expectancy by 10-20 years.

Losing weight is not easy because you are living in an Obesogenic Society. An environment that promotes obesity.

USA Obesity Rates: 1960s - 13.5% 2017 - 38-40 % 2022 - 41.9%
Worldwide 1 out of 10 people obese

Steady Gain: On average adults (>30 yrs) gain 0.4 - 1.8 lbs of fat per year till their 60s despite a decrease in food

Obesity is linked to more than 60 chronic diseases.

Obesity affects 1 in 6 children in the United States. Overweight children are more likely to become overweight adults. Obesity costs Americans 147 Billion each year.

Calories do matter: Today, Americans eat 23 percent more calories than we did in 1970.

People who are overweight or have obesity miss about 56 % more work days than people of normal weight.

Obesity is most common in middle age.

FROM THE CDC What is the life expectancy of an obese person?

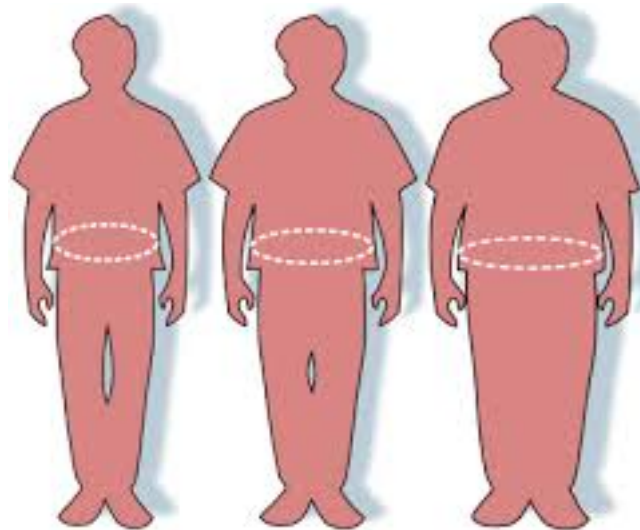
A 25-year-old healthy male could expect to live a further 57.0, whereas those in overweight, obese and severely obese groups will, on average, live for a further 52.8, 48.7, and 46.6 years, respectively.

[See more here](#)

A healthy weight sets the stage for bones, muscles, brain, heart, and others to play their parts smoothly and efficiently for many years. Harvard Health states that excess weight, especially obesity, diminishes almost every aspect of health, from reproductive and respiratory function to memory and mood. Obesity increases the risk of several debilitating, and deadly diseases, including diabetes, heart disease, and some cancers. It does this through a variety of pathways, some as straightforward as the mechanical stress of carrying extra pounds and some involving complex changes in hormones and metabolism.

[How do I know if I am Obese? LINK](#)

Obesity major risk for
cardiovascular diseases such as heart disease
high blood pressure and stroke
arthritis and other musculoskeletal disorders
several cancers
type 2 diabetes
sleep apnea
depression



Cardiovascular Abdominal Risk (girth)

Risk	MEN	WOMEN
Very Low	< 31.5	< 28.5
Low	31.5-39	28.5-35
High	39.5-47	35.5-43
Very High	>47	>43
Asians Risk	>35	>31.5
Health Coach Goal <35 <32.5		

BODY WEIGHT DOES NOT GIVE A COMPLETE PICTURE: Weighing yourself is a way to partially measure your body composition, but it is not complete. Body weight cannot tell how much of your weight is comprised of fat and lean tissue. There are other ways to measure body composition that can give you a better idea of where you stand, such as body fat testing with a skinfold caliper or circumferential measures using a tape measure. One of the reason for testing is that there are many people with healthy weights with high body body fat, while there are many that might be considered overweight because of a large amount of muscle tissue. That is why body weight is incomplete measure of body composition.

DO YOU HAVE A ROUND BELLY?

Measurement is taken around the abdomen at the level of the umbilicus (belly button) with a tape measure. Health experts use waist circumference to screen patients for possible weight-related health problems. According to the Mayo Clinic your waist circumference is a clue to whether you're at higher risk for type 2 diabetes, high blood pressure, high cholesterol, and heart disease. And all you need is a tape measure. For your best health, your waist should be less than 40 inches around for men, and less than 35 inches for women. **The lower the better in most cases.** If you are Asian these numbers are different. For your best health, your waist should be less than 35 inches around for Asian men, and less than 31.5 inches for Asian women.

Metabolic Syndrome is highly correlated with waist circumference