

# The Importance of a Healthy Body

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# Weight Gain and Obesity in the United States

Weight gain and Obesity worldwide has tripled since 1975.

Numbers of weight gain increased especially during quarantine when people were locked at home and ate more food if they were bored and also have easier access to.

- 61% of Americans have reported weight gain during the quarantine in March 2020



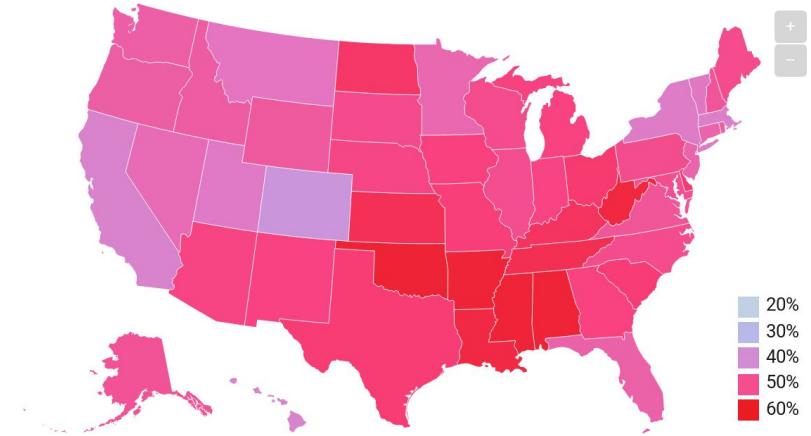
This can lead to obesity which is a common, serious, and costly disease, according to the CDC

- The US obesity was 42.4% in 2017 – 2018.
- From 1999 –2000 through 2017 –2018, US obesity prevalence increased from 30.5% to 42.4%. same time, the prevalence of severe obesity increased from 4.7% to 9.2%.

Obesity affects some groups more than others

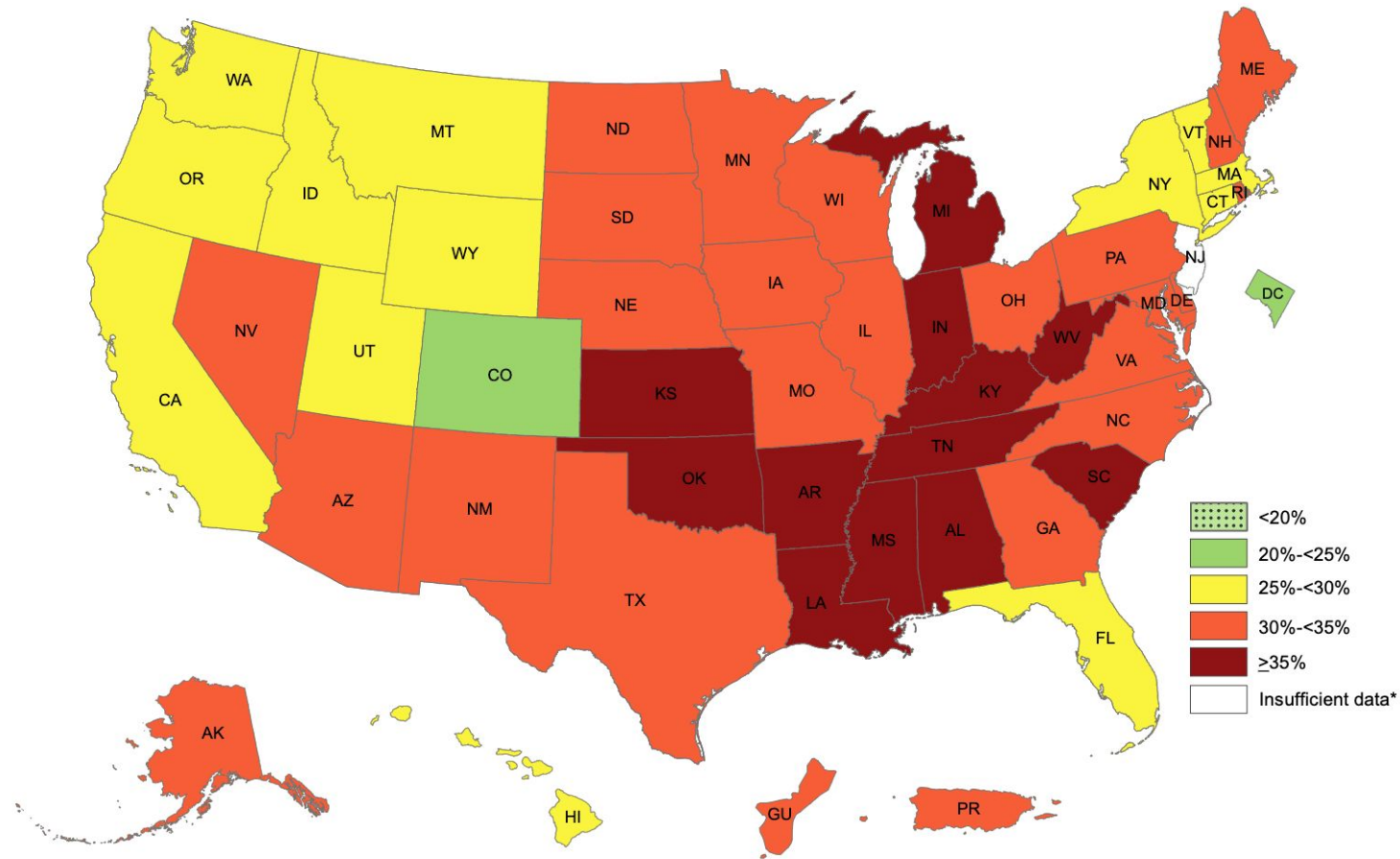
- Non-Hispanic Black adults (49.6%)  
Hispanic adults (44.8%), non-Hispanic White adults (42.2%) and non-Hispanic Asian adults (17.4%).
- The obesity prevalence was 40.0% adults 20 to 39 years, 44.8% adults 40 to 59 years, and 42.8% adults 60 and older.

**Obesity rates by state, 2030 (projected)**



*Obesity is defined as a BMI over 30*

Map: Elijah Wolfson for TIME • Source: N Engl J Med 2019;381:2440-50. • Created with Datawrapper



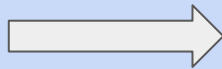
# How healthy is your country?

In the United States, less than 3 Percent of Americans Live a Healthy Lifestyle in a recent study on March 21st, 2020.

According the 2019 Bloomberg Healthiest Country Index: the U.S. ranks 35<sup>th</sup> out of 169 countries.

- Even though we are the 11<sup>th</sup> wealthiest country in the world, we are behind pretty much all developed economies in terms of health.

Our country isn't as healthy as it can be with all the access to good food produce, instead of continuing to create processed foods we should start to create more healthier foods that will benefit us. Investing more money to educating people about a healthy lifestyle and eating.



# What factors contribute to a healthy body?

Studies indicate that the following five factors make the biggest difference in overall health and wellness:

- diet
- rest
- exercise
- posture
- avoiding the use of alcohol, drugs and tobacco



Also:

- the social and economic environment,
- the physical environment
- the person's individual characteristics and behaviours.

Mental Health is very important to a healthy body.

Your body and health all depends on your lifestyle what you do and how you choose to live your life

With a healthy body you can live a healthy and happy lifestyle



# Surprising health facts

- Optimism may help you live longer.
- Living a healthy lifestyle helps save money – eating junk food, smoking, and drinking sugary drinks or alcohol are all expensive habits.
- Apples are more effective than coffee at waking you up in the morning.
- Your skin works hard. Not only is it the largest organ in the body, but it regulates your temperature and defends against disease and infection.
- Maintaining good relationships with your friends and family, reduces harmful levels of stress and boosts your immune system.





