## The Relation between Weight and Health Consequences

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First step: Shape Your Body. Moses Clinic, June 5, 2024

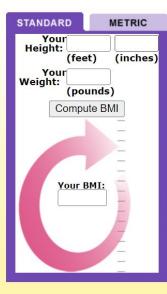
### What do you know about body mass index (BMI)?

 $BMI = weight (kg) / height (m)^2$ 

- An indirect measure of adiposity (body fatness).
- NOT a direct measure of adiposity.
- Does NOT differentiate between fat and fat-free mass.

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## Body Mass Index (BMI)



#### **BMI Categories:**

Underweight = <18.5 Normal weight = 18.5-24.9 Overweight = 25-29.9 Obesity = BMI of 30 or greater

#### What Next? Take Action Towards Better Health:

#### Maintain a Healthy Weight

- Maintaining a healthy weight is important for your heart health.
- Learn more about <u>overweight and</u>
  <u>obesity</u>

#### Increase Physical Activity

• Moving more can lower your risk factors for heart disease.

#### Eat a Heart-Healthy Diet

• Eating a healthy diet is the key to heart disease prevention.

#### Know and Control Your Heart Health Numbers

 Tracking your heart health stats can help you meet your heart health goals.

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# The BMI scale does NOT apply to people who are:

- Pediatric
- Pregnant
- Athletic

## Health Consequences of Overweight/Obesity

- Type 2 diabetes
- High blood pressure
- Heart disease
- Stroke
- Metabolic syndrome
- Fatty liver diseases
- Some cancers
- Breathing problems
- Osteoarthritis
- Gout
- Diseases of the gallbladder and pancreas
- Kidney disease
- Pregnancy problems
- Fertility problems
- Sexual function problems
- Mental health problems

Overweight and obesity may increase your risk for many health problems—especially if you carry extra fat around your waist. Reaching and staying at a healthy weight can help prevent these problems, stop them from getting worse, or even make them go away.

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It is key to get regular check-ups with your doctor and monitor your health.

Diet and exercise are important for weight management.

## Citation

- <u>https://www.cdc.gov/nccdphp/dnpao/growthcharts/training/bmiage/page1.ht</u> <u>ml</u>
- <u>https://www.nhlbi.nih.gov/health/educational/lose\_wt/BMI/bmicalc.htm</u>
- <u>https://www.niddk.nih.gov/health-information/weight-management/adult-over</u> weight-obesity/health-risks

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