



OBESITY: A TICKING TIME BOMB

People who are obese are...

25% more likely to be **DEPRESSED**

People who are obese are...

2.5X more likely to have **HIGH BLOOD PRESSURE**
2X more likely to have **HEART FAILURE**

People who are obese are...

more likely to have **insulin resistance** and **excess fat** around their organs which makes them...

OVER 2X more likely to develop **DIABETES**

People who are obese are...

33% more likely to develop **ASTHMA**



Nearly **10%** of all **CANCER** is caused by **OBESITY** including:
Breast, Uterine, Kidney, Gallbladder, Pancreas, Colon, Rectum, and Esophagus CANCER

WORRIED? You're not alone, because likely at least 1 in 3 of your classmates and family members are also overweight or obese.

There is **HOPE**: making small changes to the food you eat, physical activity, and your sleep habits can **REDUCE YOUR RISK** for all of these possible consequences!

Call today to discuss & schedule a Nutrition visit:
(718) 920-4664 x 0

CHAM, Children's Hospital
3415 Bainbridge Ave, 4th Fl
Scarsdale
1075 Central Park Ave, 301



OBESITY: DEFINITION AND TREATMENT

What is Obesity?

Obesity is defined using your **B**ody **M**ass **I**ndex or **BMI**. For adults, this number alone is used to determine your weight status:

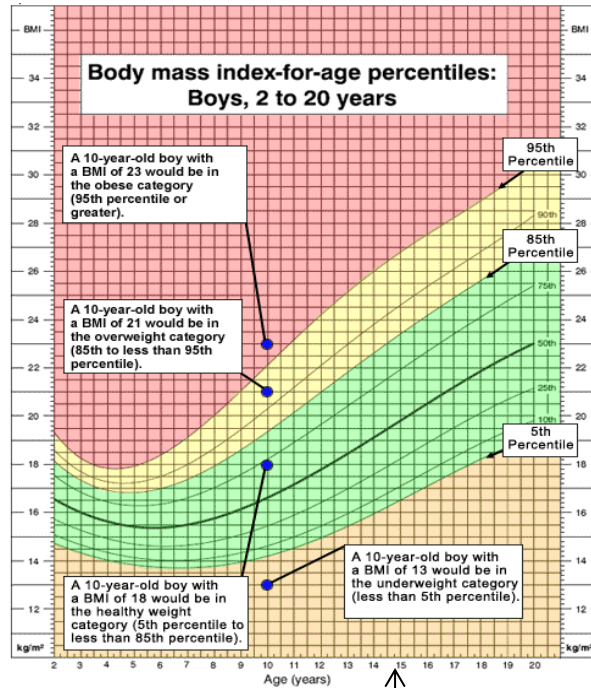
| | |
|-----------|----------------|
| ≤ 18.4 | Underweight |
| 18.5-24.9 | Healthy Weight |
| 25-29.9 | Overweight |
| ≥ 30.0 | OBESITY |

How do you calculate BMI?

Pounds ÷ (Inches x Inches) x 704.5= BMI

Example. You weigh 204 pounds & you are 5 feet (5 x 12=60 inches) tall

$$[204 \div (60 \times 60)] \times 704.5 = \mathbf{39.9}$$



For children and teens, once the **BMI** is calculated it is then placed on a **growth chart** to compare your **BMI** to the **BMI** of other teens your age. If your **BMI** is greater than 85% of children or teens your age, you are considered overweight. If your **BMI** is greater than 95% of children or teens your age, you are considered obese.

What can YOU do?

By making small changes to the food you eat, your activity, and your sleep habits, you can lose weight, feel great, and reduce your risk for the explosive consequences of OBESITY outlined on the other side of this page. **Time is ticking... act NOW!**



Meal or snack **every 4 hours**



2 hours max of TV, video games or computer per day



5-9 servings of fruits and vegetables per day



9 hours of sleep every night



At least **8 cups** of sugar free beverages per day



1 hour of physical activity every day

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