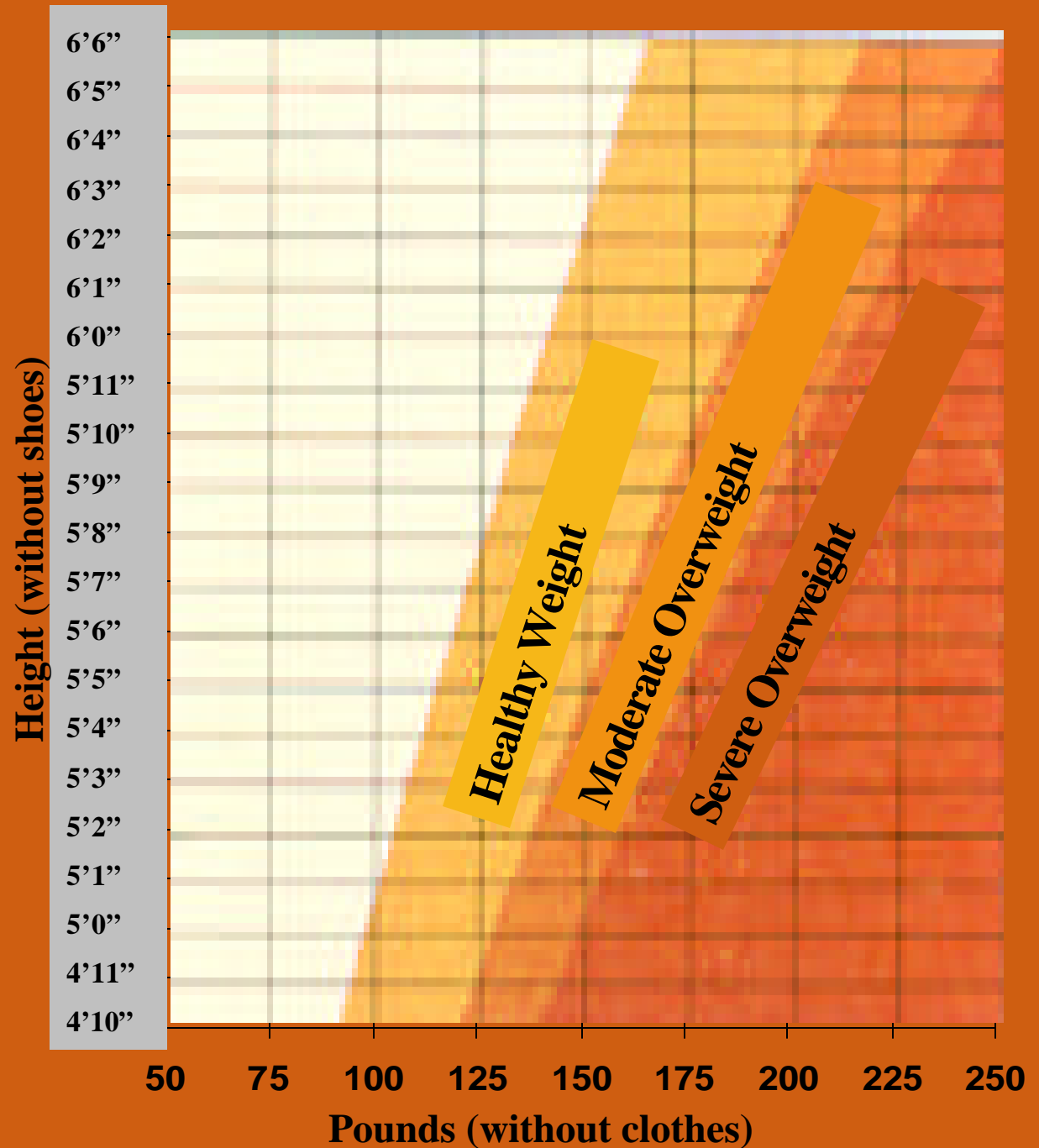


Are You Overweight?

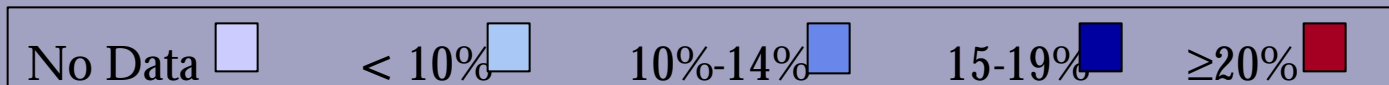
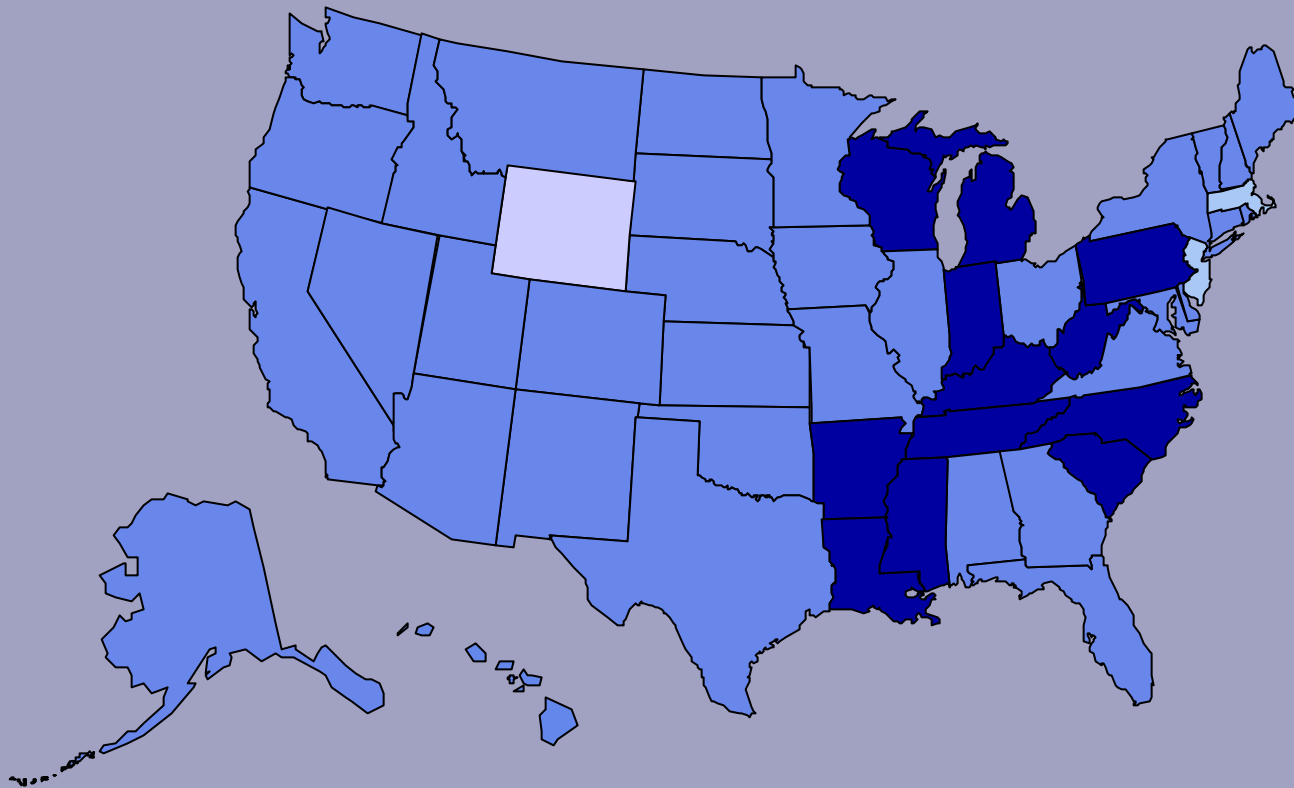
*Source:
Report of the
Dietary
Guidelines
Advisory
Committee on
the Dietary
Guidelines for
Americans ,
1995,
pages 23-24.*



Obesity* Trends Among U.S. Adults

BRFSS, 1993

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



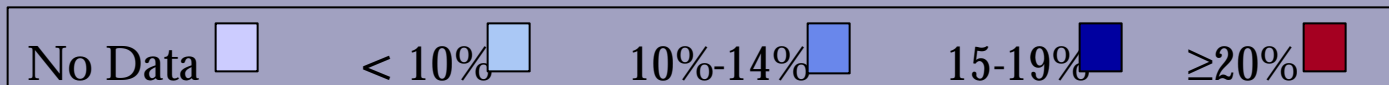
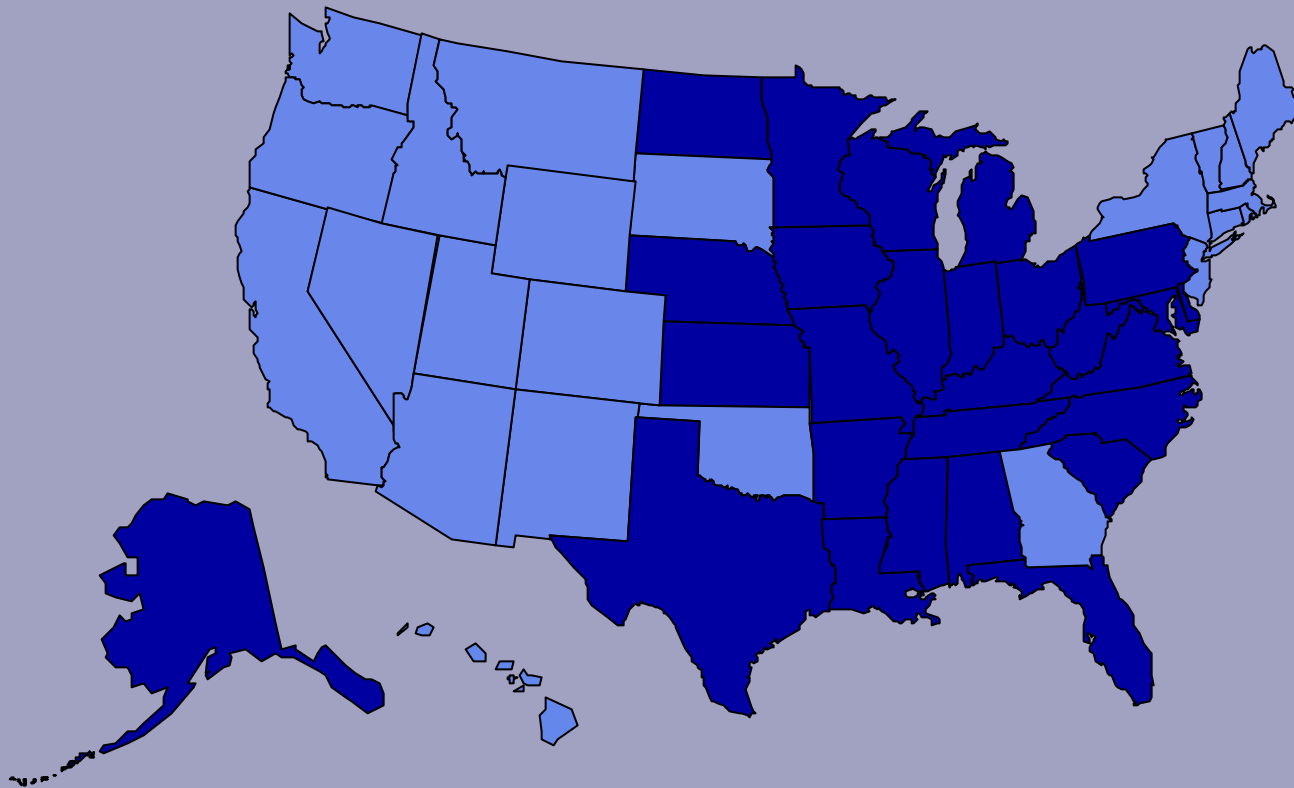
Source: BRFSS,
CDC.



Obesity* Trends Among U.S. Adults

BRFSS, 1995

(*BMI \geq 30, or ~ 30 lbs overweight for 5'4" person)



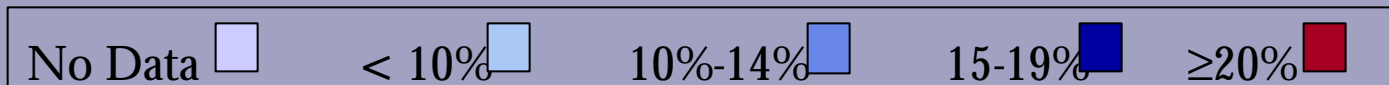
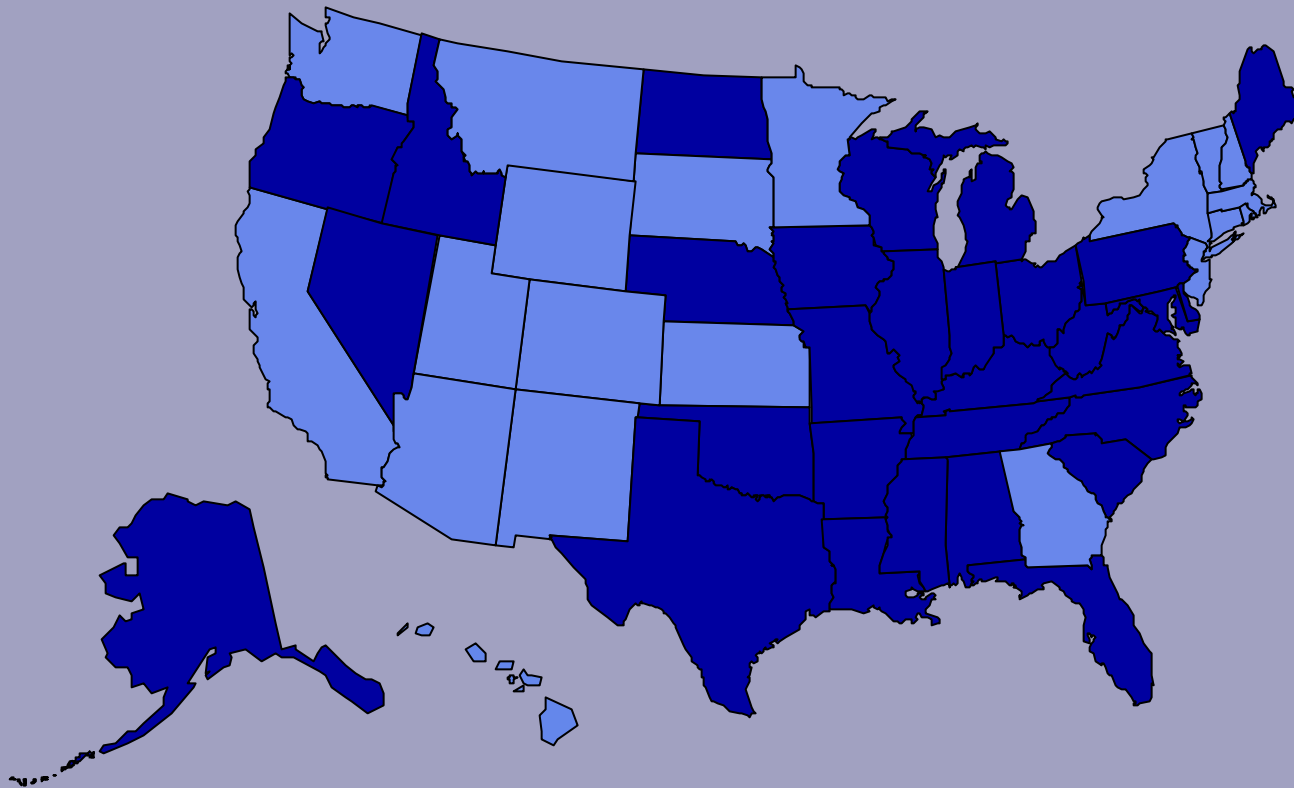
Source: BRFSS,
CDC.



Obesity* Trends Among U.S. Adults

BRFSS, 1996

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



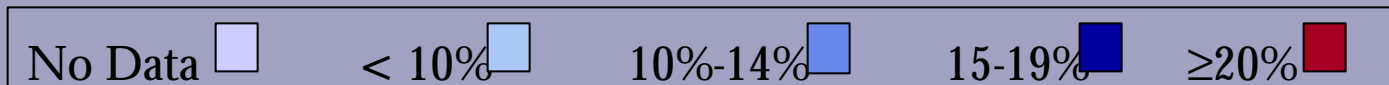
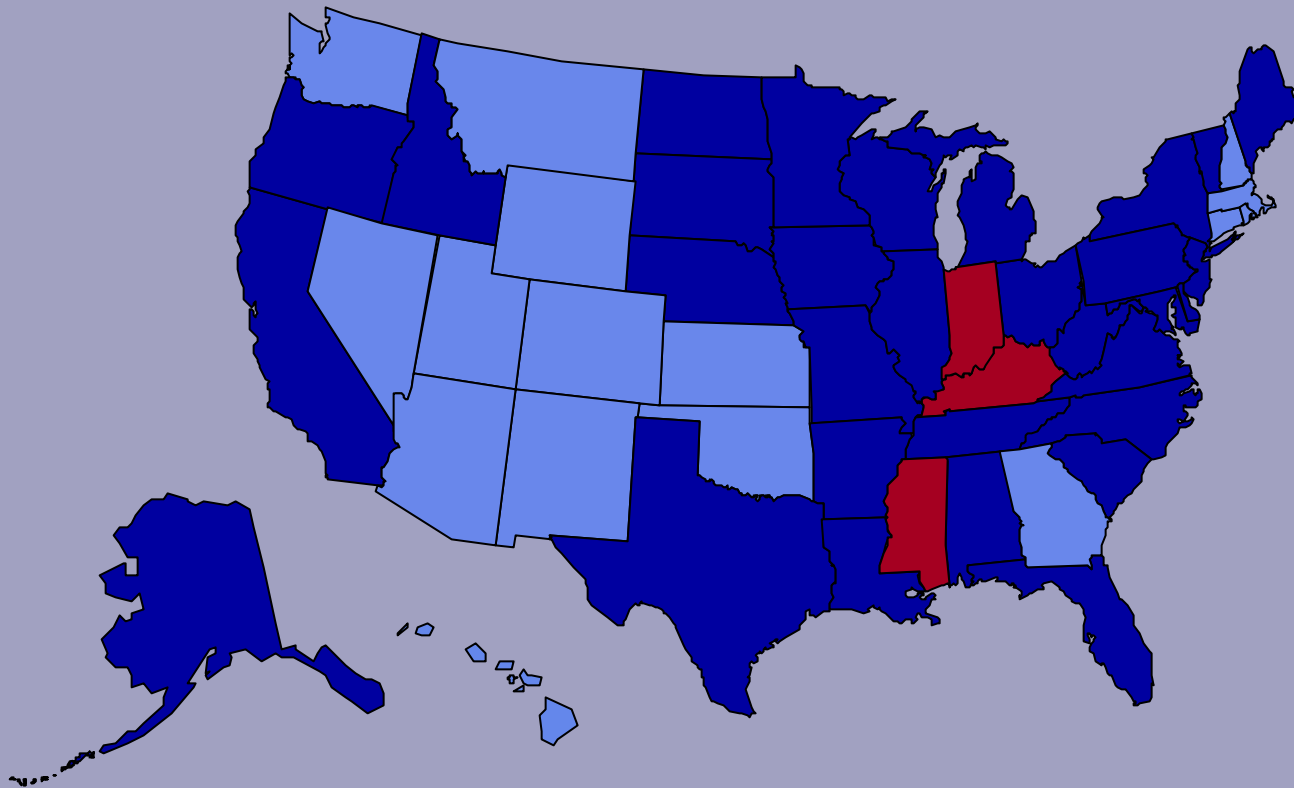
Source: BRFSS,
CDC.



Obesity* Trends Among U.S. Adults

BRFSS, 1997

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)



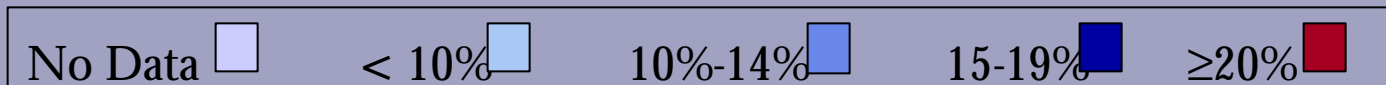
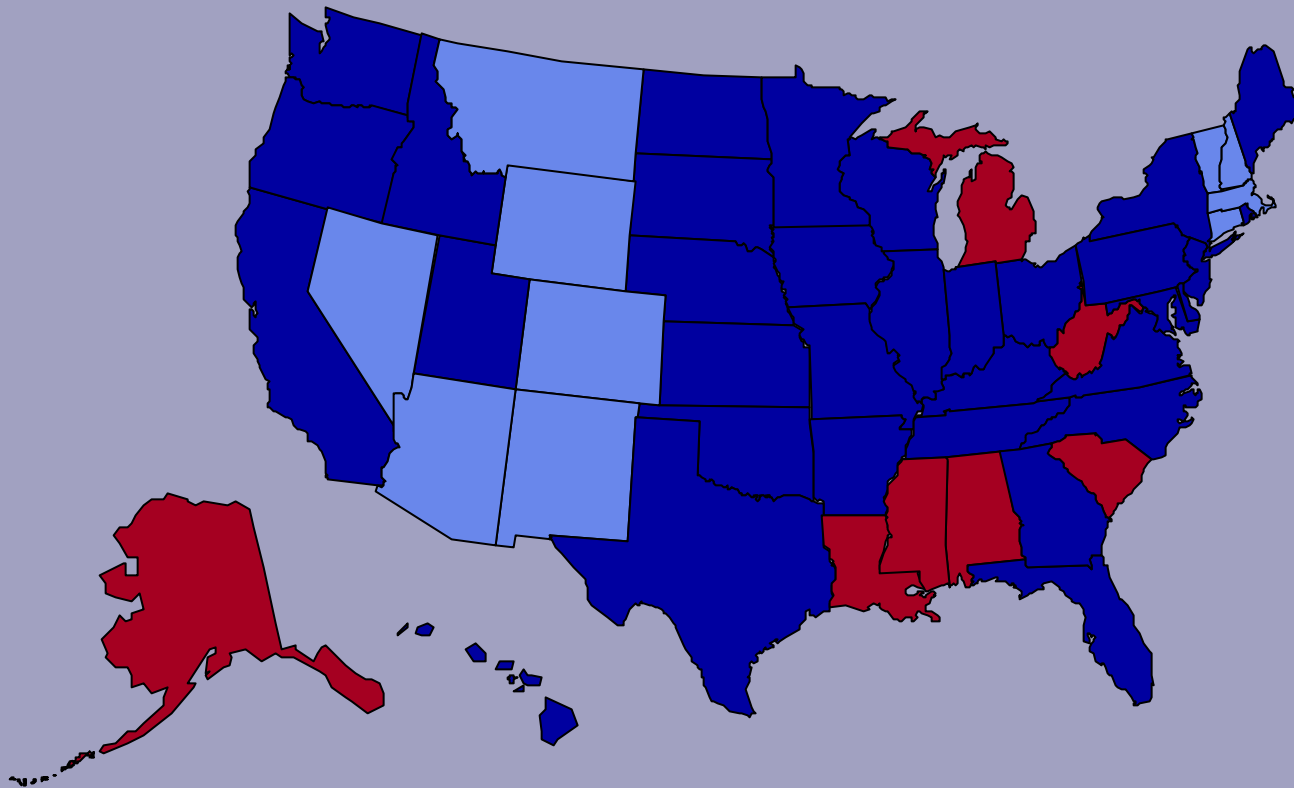
Source: BRFSS,
CDC.



Obesity* Trends Among U.S. Adults

BRFSS, 1998

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" person)

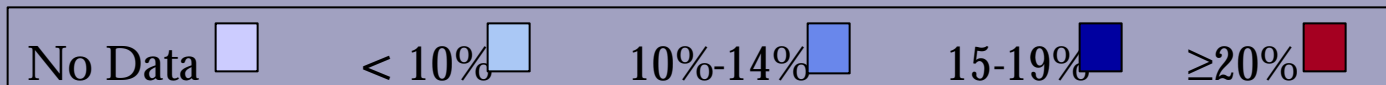
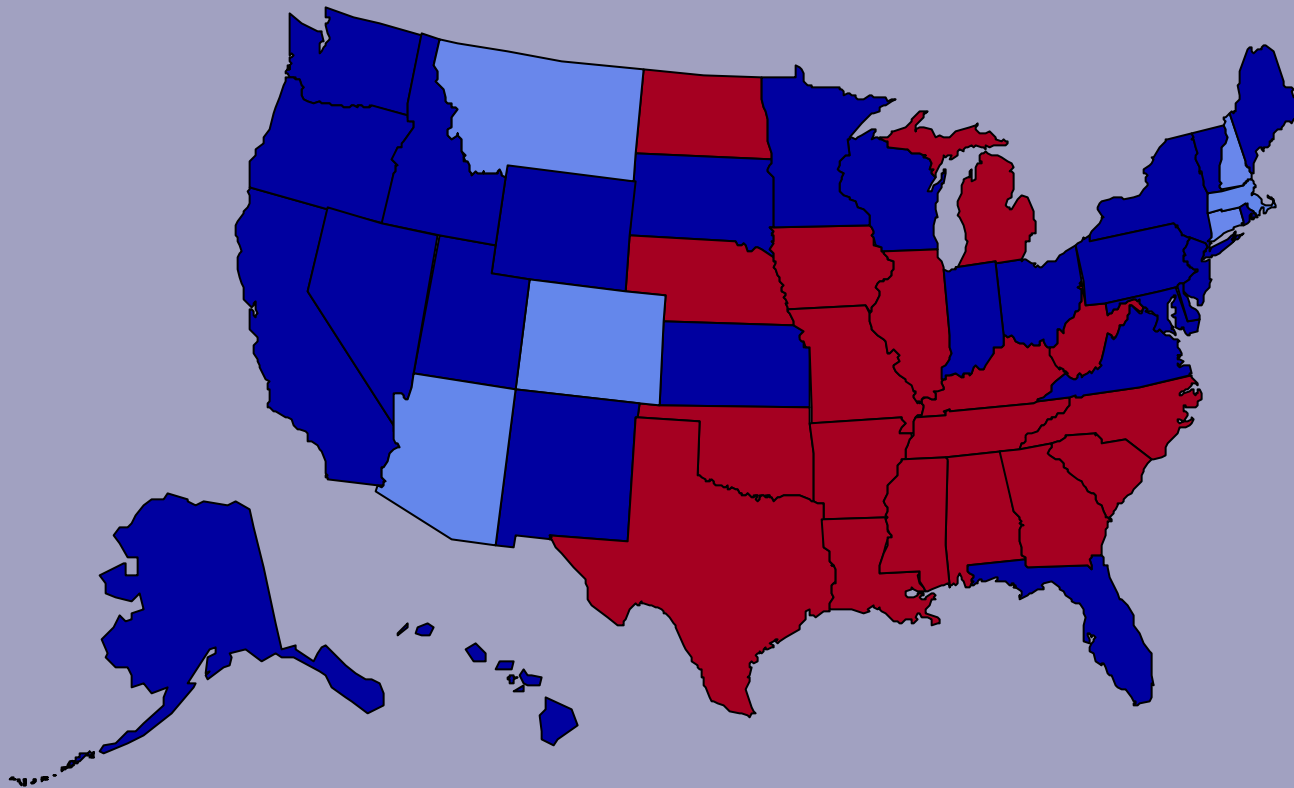


Source: BRFSS,
CDC.

Obesity* Trends Among U.S. Adults

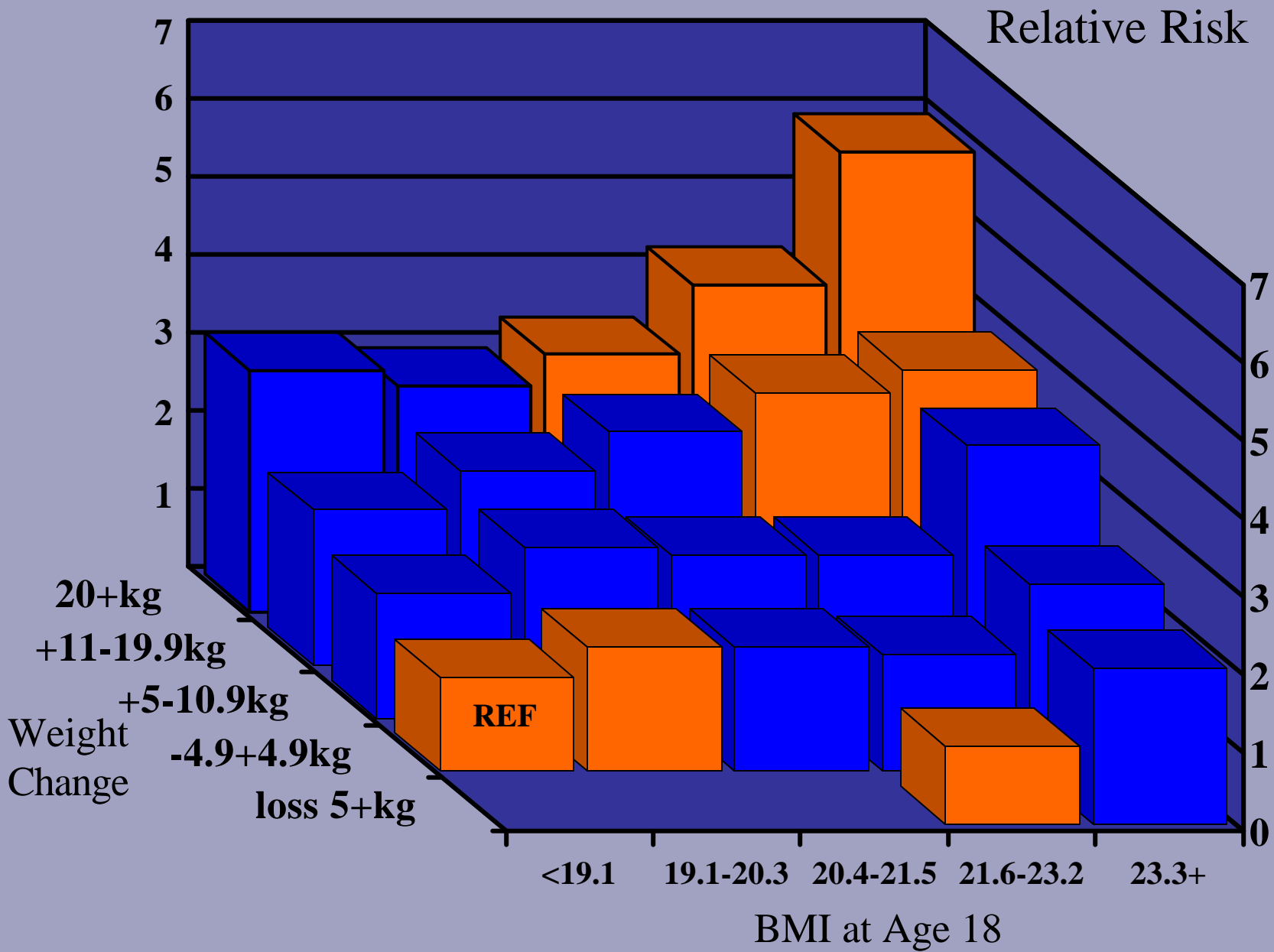
BRFSS, 1999

(*BMI \geq 30, or ~ 30 lbs overweight for 5'4" person)

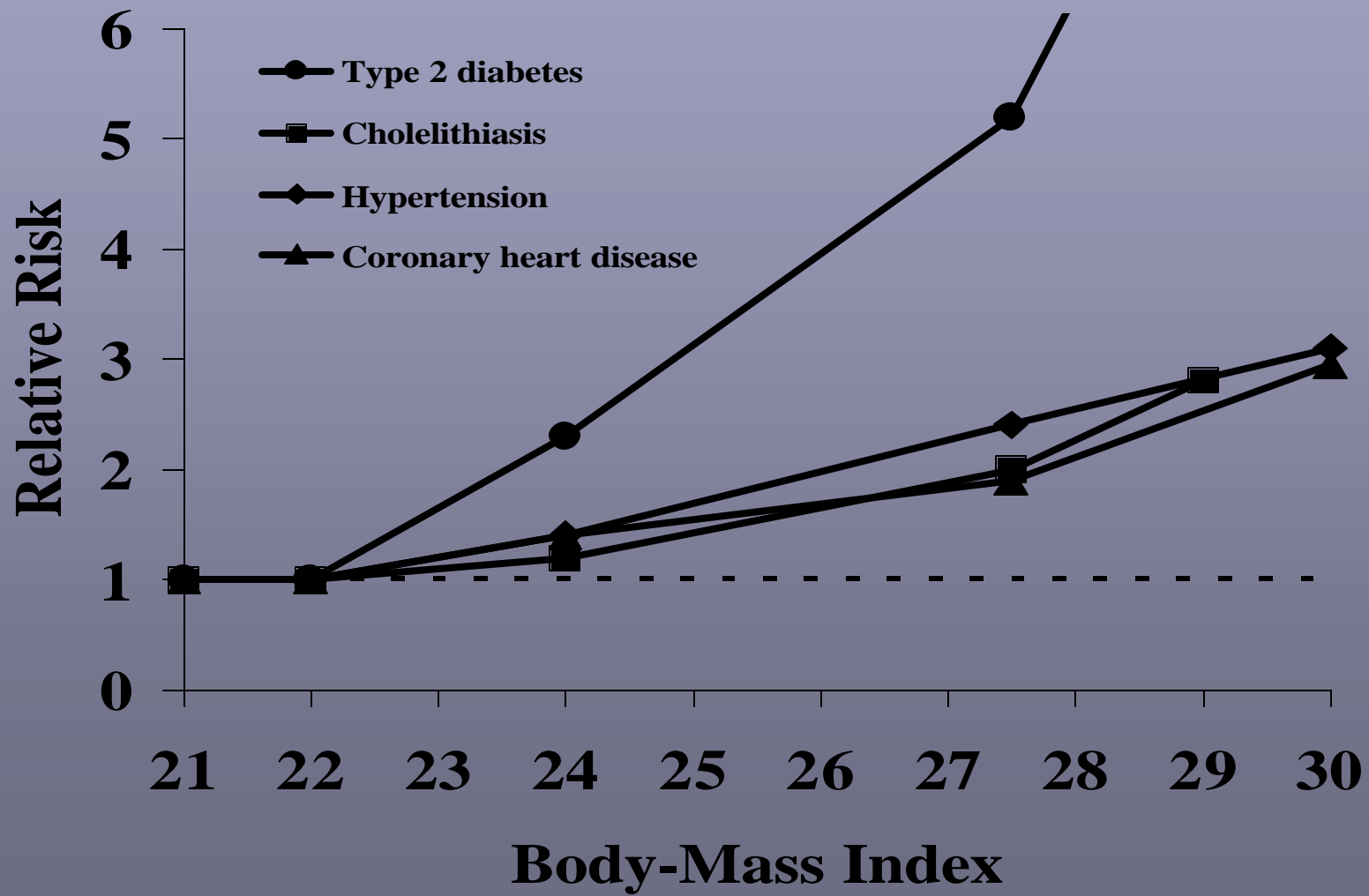


Source: BRFSS,
CDC.

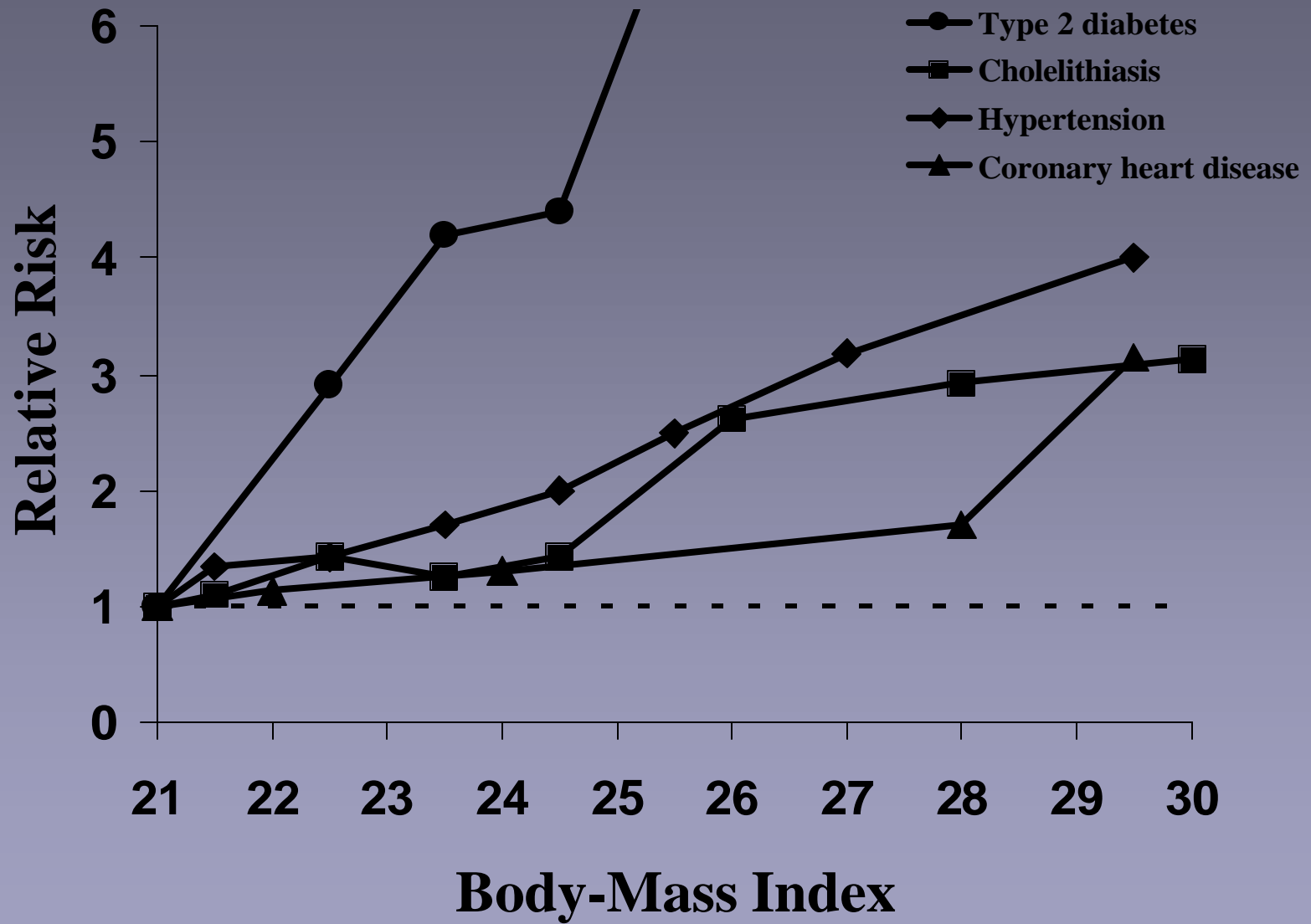




Men



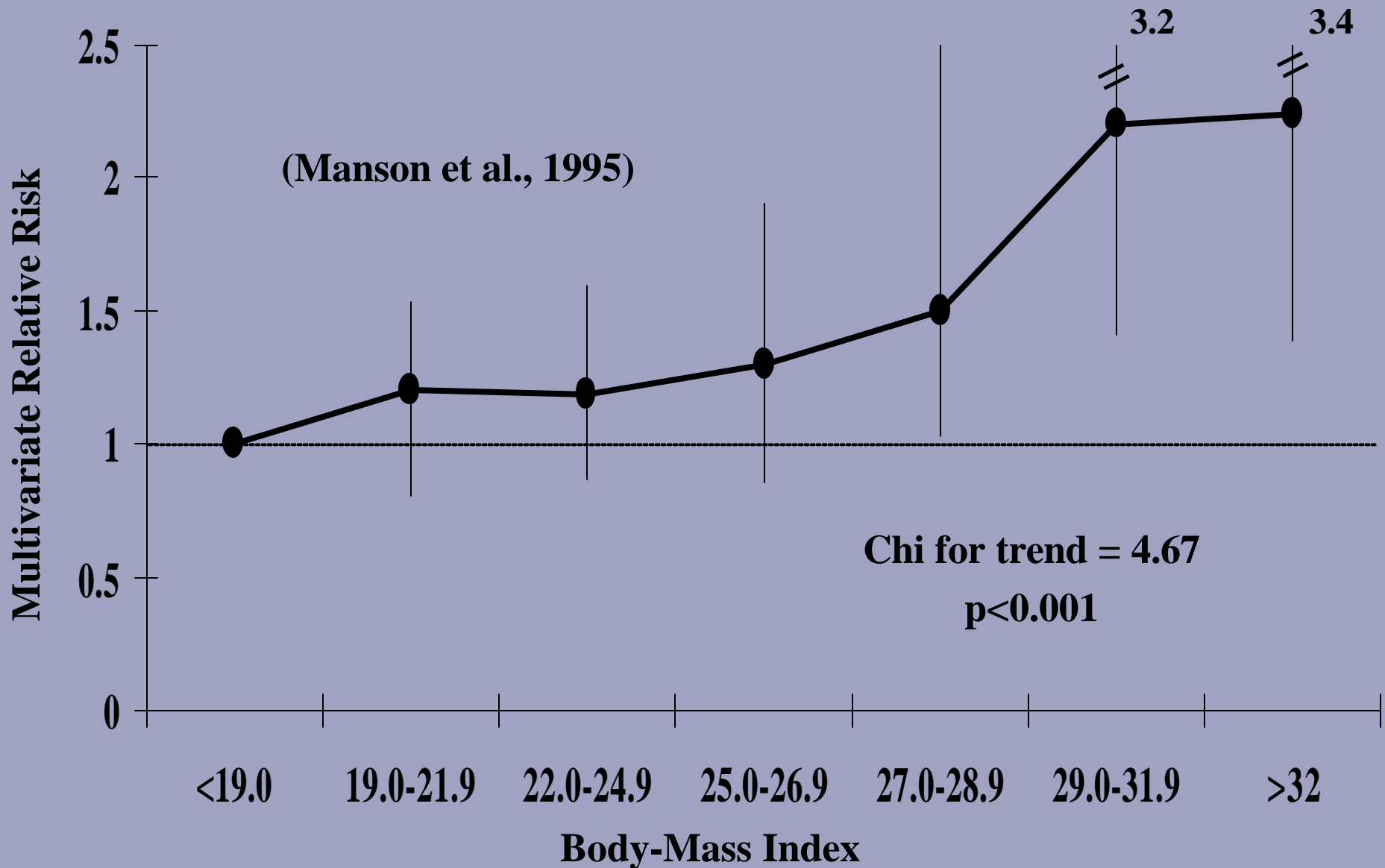
Women

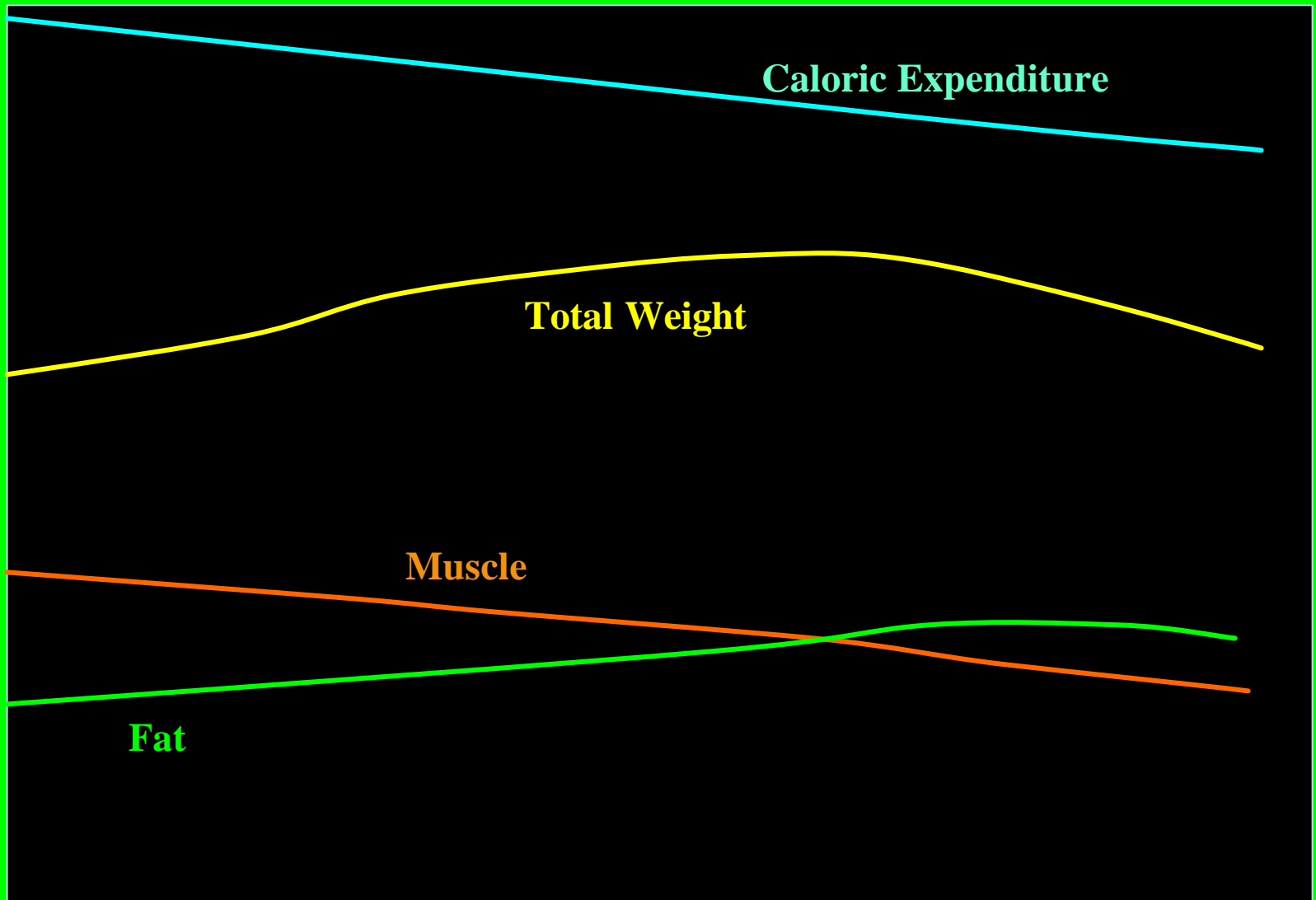


Cancers Clearly Related to Adiposity

- Breast (postmenopausal)
- Colon
- Kidney
- Endometrium
- Esophagus

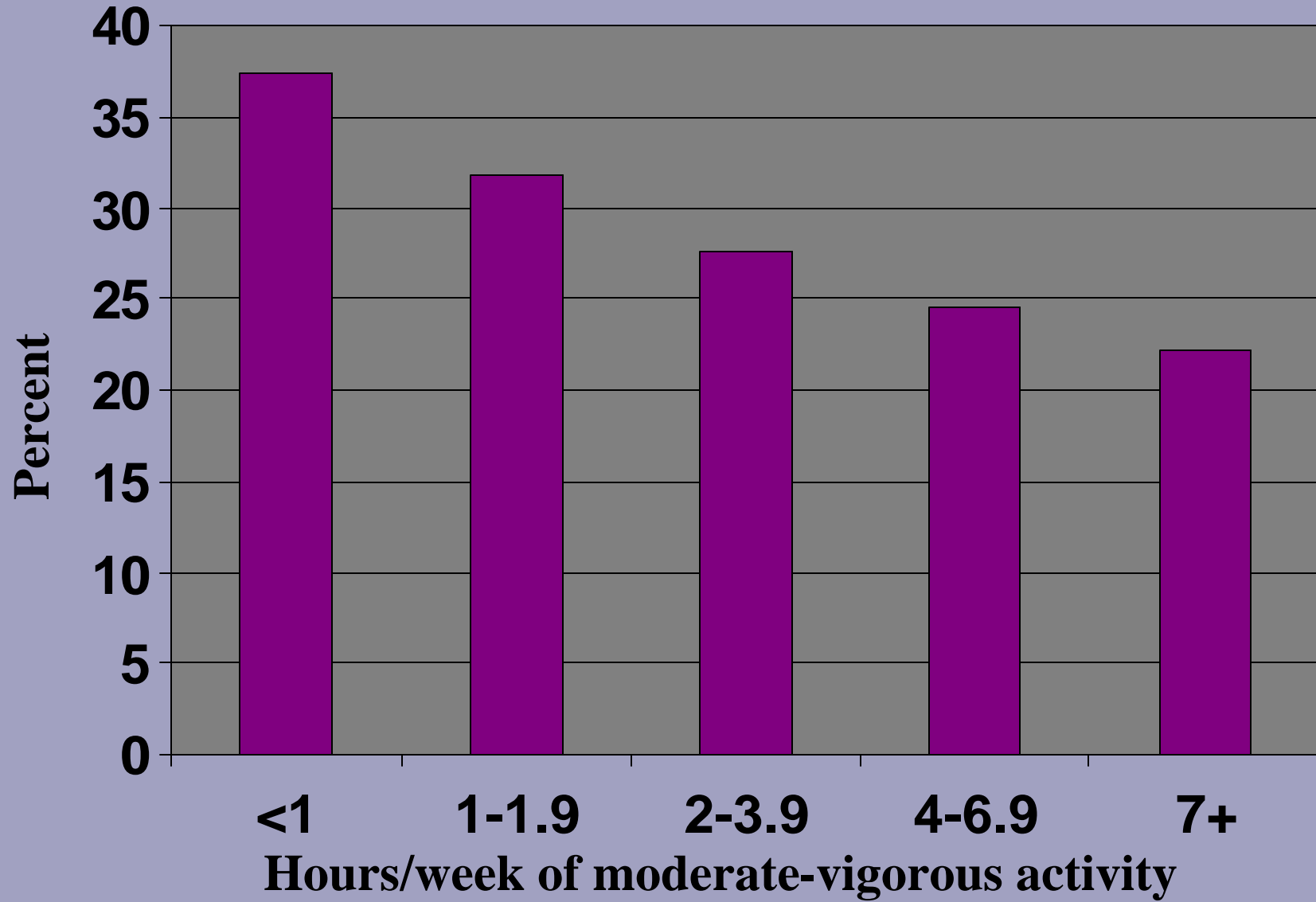
Women Who never Smoked and Had Stable Weight, 1980-1992 (531 deaths)



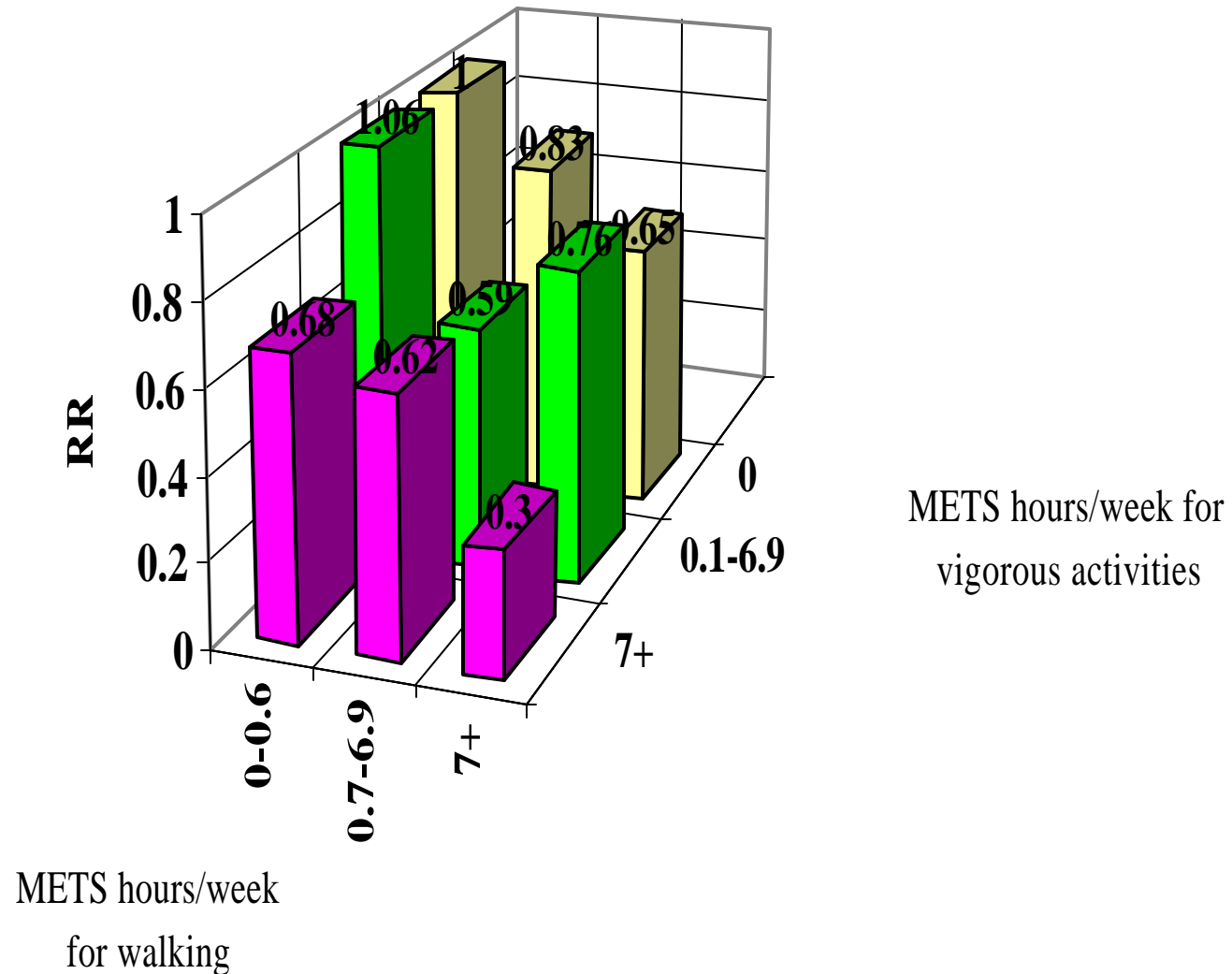


Percentage of BMI >25

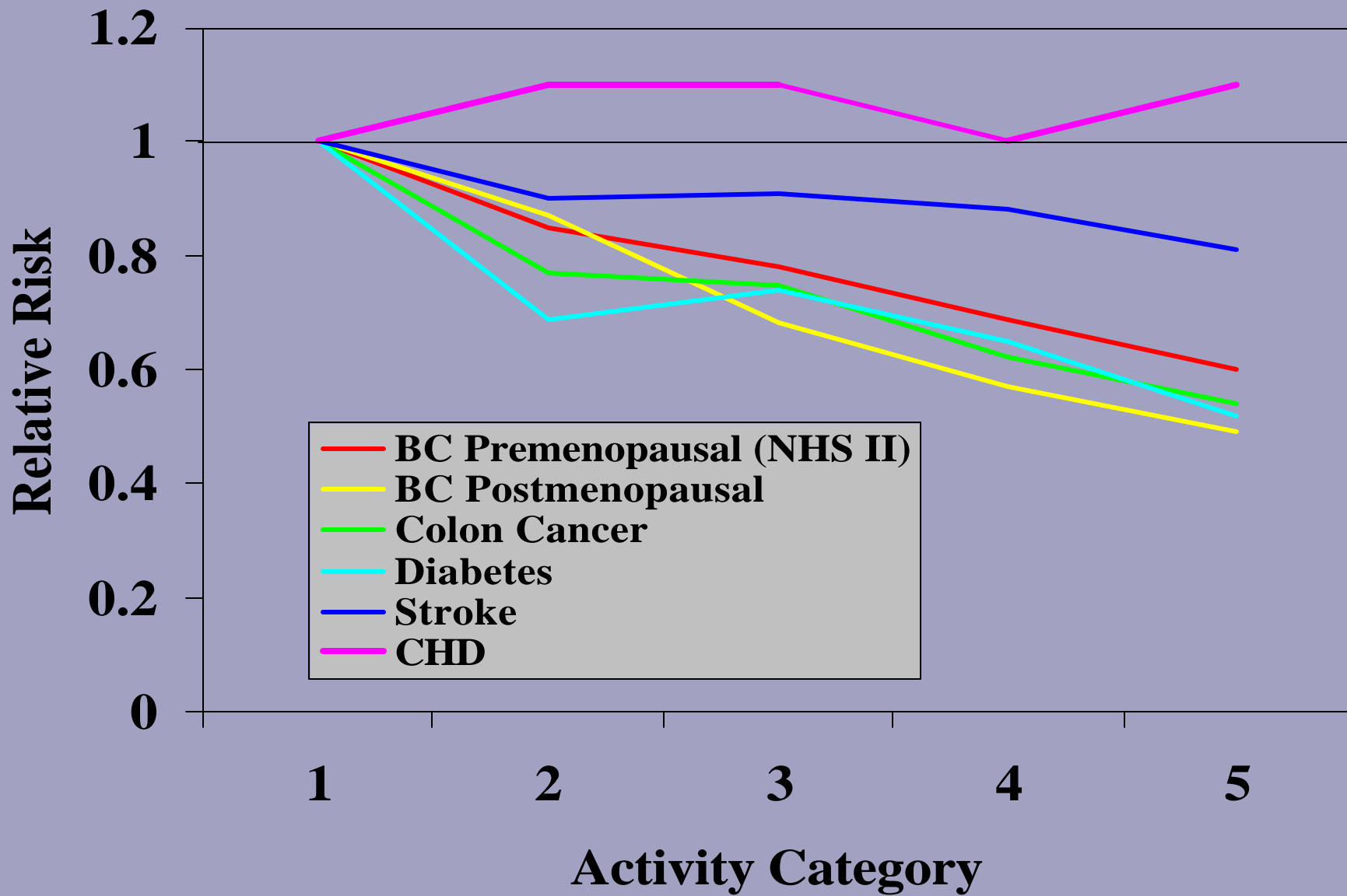
Nurses Health Study II, Rockhill, 1998



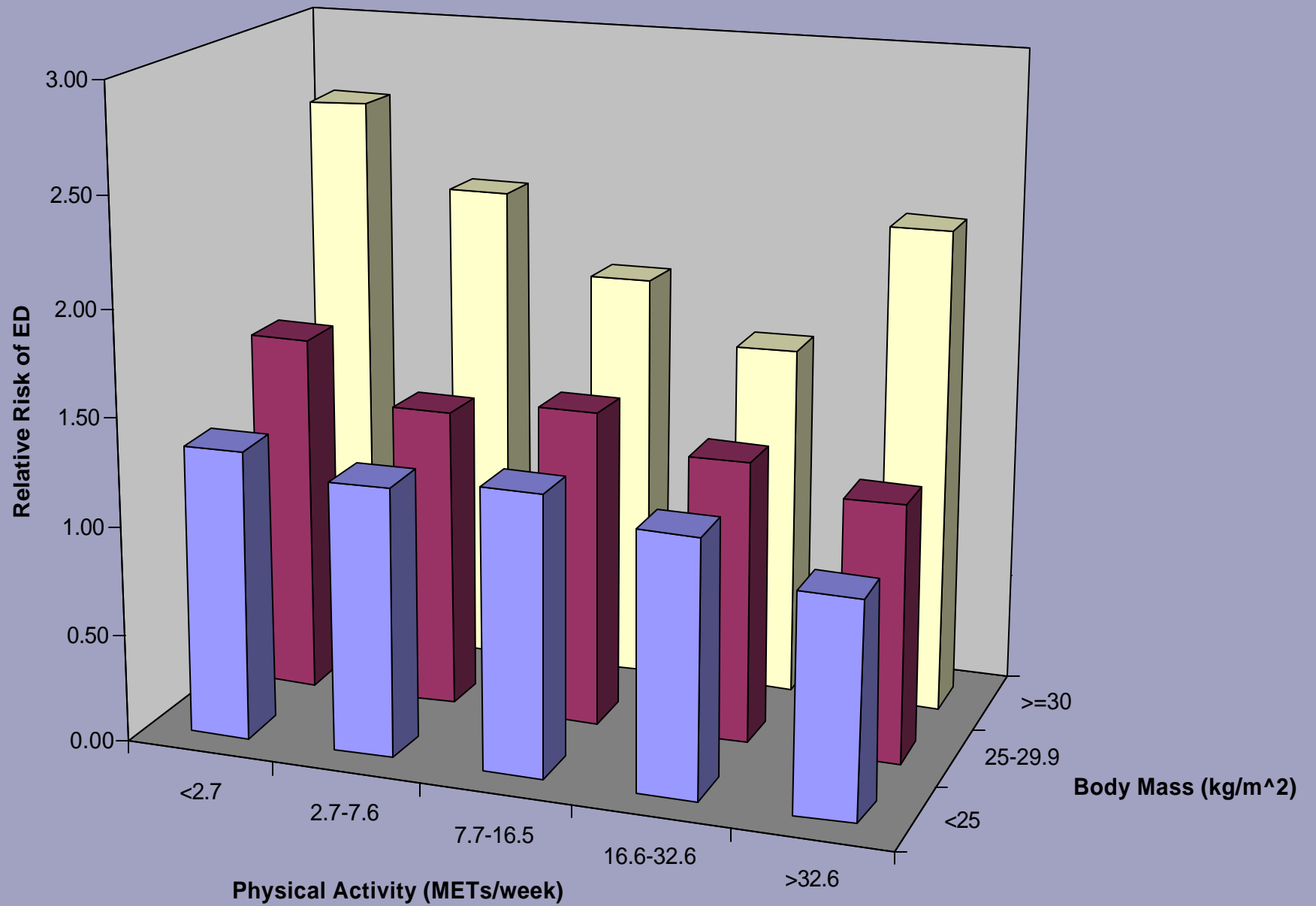
Multivariate RRs of ischemic stroke according to categories of METS score for walking and vigorous activities



Physical Activity Level and Relative Risk of Disease in NHS



Risk of Developing ED by 2000 based on 1986 BMI and Physical Activity



New England Strategic Plan for Weight Control (NECON 2003)

Schools



Health Care Providers



Work Sites



Media



Physical Environment



Food Environment



Data for Action



Economic Analysis

