**Obesity in America**

**Definitions**
- **Obesity**: Having a very high amount of body fat in relation to lean body mass, or Body Mass Index (BMI) of 30 or higher.
- **Body Mass Index (BMI)**: A measure of an adult’s weight in relation to his or her height, specifically, the adult’s weight in kilograms divided by the square of his or her height in meters.

**Overweight or Obese?**
- For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the ‘body mass index’ (BMI). BMI is used because, for most people, it correlates with their amount of body fat.
  - An adult who has a BMI between 25 and 29.9 is considered overweight.
  - An adult who has a BMI of 30 or higher is considered obese.

**Example**: If you are an adult (20 or older) who is 5 ft. 9 inches tall …

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight</th>
<th>BMI</th>
<th>Considered</th>
</tr>
</thead>
<tbody>
<tr>
<td>5' 9&quot;</td>
<td>124 lbs or less</td>
<td>&lt; 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>5' 9&quot;</td>
<td>125 lbs to 150 lbs</td>
<td>18.5 to 24.9</td>
<td>Healthy weight</td>
</tr>
<tr>
<td>5' 9&quot;</td>
<td>150 lbs to 212 lbs</td>
<td>25.0 to 29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>5' 9&quot;</td>
<td>212 lbs or more</td>
<td>30.0 or higher</td>
<td>Obese</td>
</tr>
</tbody>
</table>

**Defining Healthy Body Weight for Teens**
- Classifications of overweight and obesity for children and adolescents are age- and sex-specific because children’s body composition varies as they age and varies between boys and girls.
- To find out if your weight is healthy for a teenager (19 or under) go to this website: [http://apps.nccd.cdc.gov/dnpabmi/](http://apps.nccd.cdc.gov/dnpabmi/)

**Obesity Trends** Among U.S. Adults

<table>
<thead>
<tr>
<th>Year</th>
<th>Data</th>
<th>Underweight</th>
<th>Healthy</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>No Data</td>
<td>&lt; 10%</td>
<td>10% – 14%</td>
<td></td>
</tr>
<tr>
<td>1986</td>
<td>No Data</td>
<td>&lt; 10%</td>
<td>10% – 14%</td>
<td></td>
</tr>
<tr>
<td>1987</td>
<td>No Data</td>
<td>&lt; 10%</td>
<td>10% – 14%</td>
<td></td>
</tr>
<tr>
<td>1988</td>
<td>No Data</td>
<td>&lt; 10%</td>
<td>10% – 14%</td>
<td></td>
</tr>
<tr>
<td>Year</td>
<td>Data</td>
<td>0% – 9%</td>
<td>10% – 19%</td>
<td></td>
</tr>
<tr>
<td>------</td>
<td>------</td>
<td>---------</td>
<td>-----------</td>
<td></td>
</tr>
<tr>
<td>1989</td>
<td>No Data</td>
<td>&lt;10%</td>
<td>10% – 14%</td>
<td></td>
</tr>
<tr>
<td>1990</td>
<td>No Data</td>
<td>&lt;10%</td>
<td>10% – 14%</td>
<td></td>
</tr>
<tr>
<td>1991</td>
<td>No Data</td>
<td>&lt;10%</td>
<td>10% – 14%</td>
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<td>1992</td>
<td>No Data</td>
<td>&lt;10%</td>
<td>10% – 14%</td>
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<td>1993</td>
<td>No Data</td>
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<td>No Data</td>
<td>&lt;10%</td>
<td>10% – 14%</td>
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<tr>
<td>1995</td>
<td>No Data</td>
<td>&lt;10%</td>
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<tr>
<td>1996</td>
<td>No Data</td>
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<tr>
<td>1997</td>
<td>No Data</td>
<td>&lt;10%</td>
<td>10% – 14%</td>
<td></td>
</tr>
</tbody>
</table>
Obesity Trends* Among U.S. Adults
BRFSS, 2007
(*BMI ≥ 30, or ~ 30 lbs. overweight for 5’4” person)

No Data          <10%           10%–14%          15%–19%           20%–24%          25%–29%          ≥30%

1998

Obesity Trends* Among U.S. Adults
(*BMI ≥ 30, or about 30 lbs. overweight for 5’4” person)

Fitness - US Children & Teens

According to CDC estimates, some 6 million American children are seriously overweight.

MORE THAN DOUBLED IN 30 YEARS

Fitness & School
"It's a real problem for kids. They're naturally active; then we put them in schools and teach them to be sedentary."
- University of New Hampshire researcher Tammi Martin

• Martin's study found 10 percent of the state's schoolchildren can pass a four-part physical fitness test when they start kindergarten or first grade.
• A year later, only 47 percent pass.
• By the time they turn 10, when a fifth, aerobic measure is added to the test, only 18 percent meet the minimum physical fitness standards, researchers found.

Anatomy of Health

WHAT HAS THE GREATEST INFLUENCE ON OUR WELLNESS?
- Lifestyle!

Research Proves Physically Fit and Active Students:
- Pay better attention in class
- Are less disruptive in class
- Retain information better
- Are less likely to bully other students
- Score higher on standardized tests
- Have a higher self esteem

Academic Achievement and Physical Fitness
- Data compiled by the California Department of Education (released 12/10/02)
- Data includes SAT 9 Mathematics and Reading plus Fitnessgram from 2001
- Test Results best indicator in October 5, 7, 9

Grade 9 SAT-9 and Physical Fitness Scores

Physical Fitness Level

SAT-9 Percentile

Reading

Mathematics

Grade 9 SAT-9 and Physical Fitness Scores

Physical Fitness Level

SAT-9 Percentile

Reading

Mathematics
Why are Learning & Fitness Linked?

Dr. Ratey says, "A 12-minute walk...causes the release of crucial neurotransmitters such as serotonin, dopamine, and norepinephrine."

"...positive effects result because exercise increases blood flow to the brain...causing the release of nerve-growth factors, or "Miracle-Gro™ for the brain."

Dr. John Ratey – Harvard School of Medicine