



Obesity Awareness and Prevention

Nobesity Revolution

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What is Obesity?

- Weight that is higher than what is considered as a healthy weight for given height
- Body Mass Index(BMI)-screening tool
- Adult Body mass index(BMI) is a person's weight in kilograms divided by the square of height in meters.A high BMI can be indicator of high body fatness

BMI less than 18.5 under weight

BMI 18.5 to 25 < normal

BMI 25 to < 30 over weight

BMI 30 or higher obese

Negative Effects of Obesity

- **Increased risk of heart disease – the number one cause of death in the United States**
- **Low self esteem**
- **Bone and joint issues later on in life**
- **Increased risk of developing cancers**
- **And much more ☹️**

What Causes Obesity

- Excess consumption of food
- Soft drinks
- Lack of proper nutrition(processed food)
- Sedentary/non-active life style
- Caloric Imbalance – More calories are consumed than can burned

Prevalence

- **Obesity is common, serious and costly.**
- **Adults who are overweight are on track to develop diabetes and cardiovascular and kidney disease.**

Father of Medicine on Health

- If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

~ Hippocrates

Obesity Effects Every Part of the Body!

- **Skeletal System**
- **Respiratory System**
- **Cardiovascular System**(Heart and Blood Vessels)
- **Immune System**
- **Digestive System**
- **Excretory System**
- **Endocrine System**(Hormones)
- **Integumentary System**(Skin)

**Hypertension
Diabetes
High Cholesterol**

**Heart
Disease**



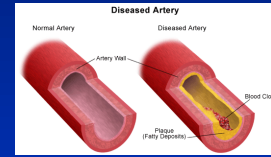
Stroke



**Kidney
Disease**

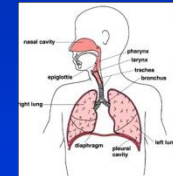


**Circulation
Problems**



Obesity

**Sleep
apnea**



**Respiratory
problems**

**Depression
Stress**

Osteoarthritis



Liver problems



Cancers
Uterus
Breast
Prostate
Colon
Esophageal



Follow 5-2-1-0*



5 servings of fruits and vegetables

2 hours or less of recreational screen time-T.V/Computer

1 hour or more of physical activity

0 sugary drinks (more water and low fat milk)

*Developed by AMA, CDC and Maternal & Child Health Bureau

Meals



Choose MyPlate.gov

Eat colorful fruits and vegetables

Rainbow colored foods are loaded with nutrients, vitamins & minerals



Cut Down on Sugar Intake!

- **Added sugar has no nutritional value – different than sugars in fruit and vegetables**
- **Main culprits- sugary drinks, sweets and processed foods.**
- **Recommended added sugar intake is 25 to 40 grams per day(American Heart Association)**

How Much Sugar?



*One can
of soda
has three
and a half
spoons
of sugar!*

Other Sugary Drinks

Full size Snicker's Bar has 7.5 cubes worth of added sugar(30 grams)

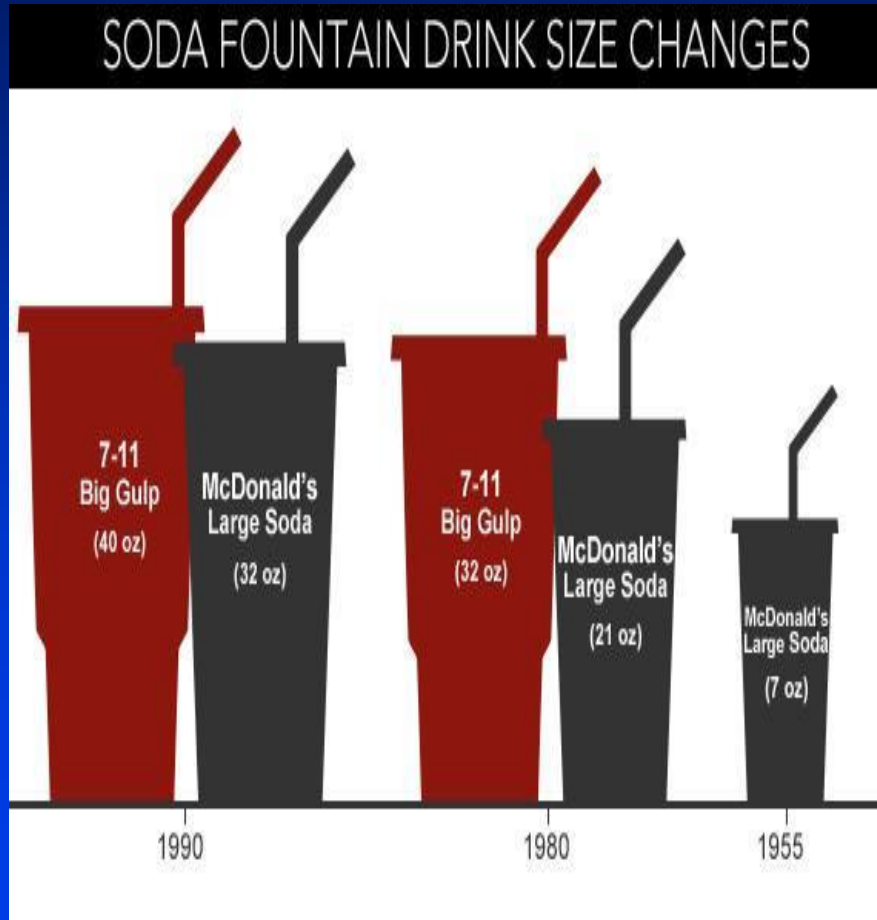


Recommended daily added sugar consumption - 6 to 10 cubes(25-40 grams) - For an adult!

Bigger/Super Size Drinks



Drink sizes are getting larger & larger



Juices and Lemonade have plenty of sugar



Lemonade

8 oz (240 ml) Serving

Sugars, total: 27g
Calories, total: 140
Calories from sugar: 140

20 oz (590 ml) Bottle

Sugars, total: 67g
Calories, total: 260
Calories from sugar: 260



Orange Juice

8 oz (240 ml) Serving

Sugars, total: 24g
Calories, total: 110
Calories from sugar: 96

16 oz Bottle

Sugars, total: 48g
Calories, total: 220
Calories from sugar: 192

So then what do we drink???



WATER!

- **Water is sugar free, calorie free, caffeine free, chemical free, and it is free.**



Recommended Sugar Consumption in Terms of Food

What Your Sugar Limit Looks Like

It's surprisingly easy to exceed WHO's new guideline of 26 g per day

Sugary sauce is used to enhance orange flavor

1 SERVING (5.7 OZ.) ORANGE CHICKEN
22 g of sugar

1 CUP PASTA SAUCE
20 g of sugar

Added sugar helps balance the acidity of tomatoes

Sugary dressing can mask the cabbage flavor

1 CAN TOMATO SOUP
30 g of sugar

1 BLUEBERRY MUFFIN
22 g of sugar

10 THIN MINTS
26 g of sugar

1 CUP COLESLAW
23 g of sugar

eat less
SALT!



Eat right with less salt (sodium)

- **Kids today consume 3,400 mg of sodium per day!**
- **Greater risk of high blood pressure, having a stroke, heart & kidney disease**
- **Reduce salt intake to less than 2,300 mg per day**

Eat right with less salt

- **Focus more on fresh foods**
- **Eat processed & prepared foods and pizza less often**
- **Cook more often at home**
- **Use caution with condiments, soy sauce, ketchup, pickles and olives**
- **Salad dressings are high in sodium**

EAT RIGHT

Reduce Fat intake



Reduce calorie intake



**Can you guess which one is better for
you?**

EAT RIGHT-CHOOSE RIGHT

Fried chicken - Grilled chicken



EAT RIGHT- CHOOSE RIGHT

FRIED CHICKEN SANDWICH



OVEN ROASTED CHICKEN



EAT RIGHT- CHOOSE RIGHT



EAT RIGHT-CHOOSE RIGHT

Pancakes vs. Healthy Breakfast Choices



Chips and Fries

Are they Good or Bad for you?



Substitute apple/carrots for french fries or chips



Substitute for popcorn



Good Foods are Colorful

Are fruits & vegetables good or bad ?



Which are healthy ? Fries or fruits / veggies?



Bad

Good

**Don't be a couch potato -
Reduce TV/Computer time
to two hours or less per day**



Get 1hr or more of physical activity per day



PARENTS

- **Set an example to their kids by living and promoting healthy life**
- **Eat right with less sugar, less salt, less fat**
- **Eat plenty of whole grains, fruits and vegetables**
- **Drink plenty of water instead of soda**
- **Home cooking with fresh foods**
- **Eating less processed & packaged foods**
- **At least 1 hr. of exercise/activity each day**
- **Limit T.V and computer time to 2 hrs. or less**
- **Play active games with kids - have fun**

Be



Fit



Be



Cool



Thank You!