

September

Obesity Awareness

Adult Obesity



Obesity is a disorder that involves an excessive amount of body fat.

More than 1 in 3 adults in America are obese.



The Body Mass Index (BMI) can be used to estimate your body fat. A BMI of 18.5-24.9 is normal, 25-29.9 is overweight and anything above 30 is considered obese. Some individuals may be incorrectly listed as obese if they are very muscular. Speak with your doctor.

The most common causes of obesity are inactivity and unhealthy dietary habits. However, genetics, medical conditions, medications, lack of sleep, pregnancy and lifestyle and cultural factors may play a role.

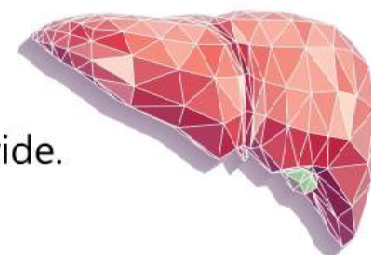


Obesity can increase the risk of metabolic syndrome, which increases one's risk of heart disease, diabetes, and/or stroke.

Obesity And Your Liver

Obesity is closely related to nonalcoholic fatty liver disease (NAFLD), which is the most common liver disease and affects 10-24% of the population worldwide.

NAFLD can show the same progression and spectrum as alcohol induced liver disease despite little/no use of alcohol.



+ Doctor's Tip

The distribution of one's body fat has a more important role in obesity-associated conditions than the total amount of body fat.

- Dr. Bianca Chang, University of Chicago Hospital



LIVE FIT. LIVER FIT.
GET FIT >>