

Health consequences

- Cardiovascular diseases, mainly heart disease and stroke
- Diabetes



- Musculoskeletal disorders such as osteoarthritis
- Some cancers (eg. breast, ovarian, prostate, liver, gall bladder, colon)



- **Overweight** - BMI >25
- **Obesity** - BMI >30



- **Men** should have a waist circumference of ≤ 40 inches.
- **Women** should have a waist circumference of ≤ 35 inches.

Causes

- Consuming too much calories, fats and sugars
- Physical inactivity or sedentary lifestyle
- Psychologic factors (eg. too much stress, sleep deprivation)



How can we prevent overweight and obesity?



- See your health care provider
- Lifestyle modification
- Choose healthy food

- Eat more vegetables and fruits
- Avoid sugar and fats
- Limit carbohydrates



- Be more active

- Exercise regularly for least 30 mins of moderate activity, 4x a week



"A study done by the Philippine Heart Center shows that waist circumference and BMI improve with quarterly education on heart disease risk factors and lifestyle changes, together with consultations."



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Overweight and Obesity

SOURCE: WORLD HEALTH ORGANIZATION

- **Overweight and obesity** are defined as abnormal or excessive fat accumulation that may impair health.
- **Body mass index (BMI)** is used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m²).

$$BMI = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

- **Waist circumference** estimates visceral fat, the dangerous internal fat that coats the organs