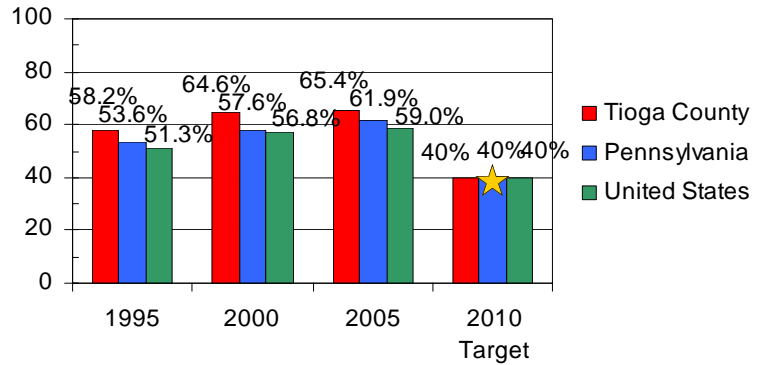


# Overweight & Obesity Facts

## Causes

- Overeating
- Little or no physical activity
- Family history
- Biology
- Cultural factors
- Social environment

Percent of Adults Who Are Overweight or Obese



## Percent of Tioga County Youth Overweight or Obese

Grades	School Year 01-02		School Year 02-03	
	Overweight	Obese	Overweight	Obese
Kindergarten	27.6%	10.8%	35.0%	15.8%
2nd	36.4%	15.8%	36.8%	20.6%
4th	44.2%	25.8%	44.2%	27.7%
6th	45.6%	25.2%	46.5%	25.6%
8th	46.7%	24.5%	52.5%	29.7%

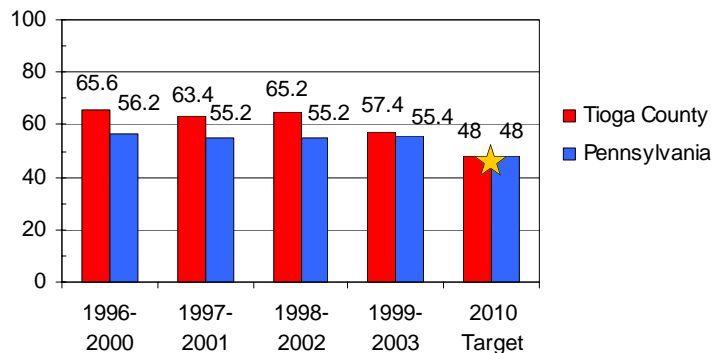
## Health Risks

- Premature death and disability
- Heart disease
- Type-2 diabetes
- Stroke
- Arthritis
- Breathing problems
- Certain cancers

## Additional Impacts on Youth

- Increased risk of being an overweight/obese adult
- Low self-esteem
- Social discrimination
- Joint disease

Age-Adjusted Stroke Death Rate per 100,000



# What's your BMI?

## The Terms

**Body mass index or BMI** is a simple measurement that is used as a guideline to determine healthy weights of adults.

**Overweight** adults are those adults, age 20 and older, who have a BMI ranging from 25.0-29.9.

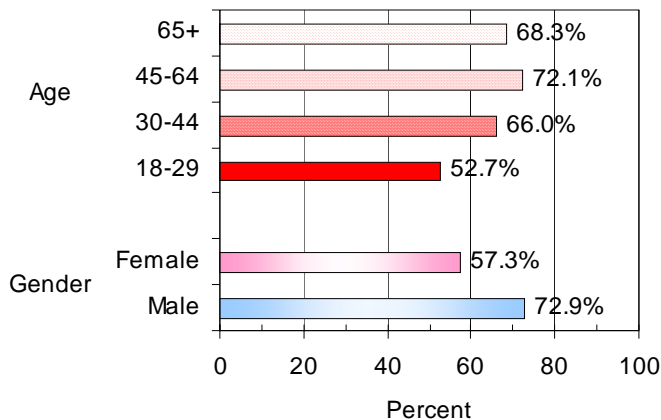
**Obese** adults are those adults, age 20 and older, who have a BMI of 30.0 or higher.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
<b>Height</b>	<b>Weight (lbs)</b>																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

\*For more information on how to interpret BMI for children, please go to this Centers for Disease Control and Prevention website: <http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm>

## Ways to incorporate physical activity and healthy eating into your day

Percent of Tioga County Adults, by Subgroup, Who Are Overweight or Obese



Exercise while watching TV

Park farther away when going to work or shopping

Play with children or pets

Encourage everyone in your family to drink milk or whole fruit juices instead of soda.

Fruits and veggies make great low-fat, low-calorie snacks.

Follow the new dietary guidelines.

[www.MyPyramid.gov](http://www.MyPyramid.gov)



Data for this fact sheet were taken from the following sources: The Pennsylvania Department of Health, Bureau of Health Statistics and Tioga County Fit for Life. For further information regarding this fact sheet, please call (570) 662 - 4767 or email: [Ishelham@mansfield.edu](mailto:Ishelham@mansfield.edu). [www.mansfield.edu/~tcpch/](http://www.mansfield.edu/~tcpch/)

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