

## CONCEPT: INTRODUCTION TO OVERWEIGHT AND OBESITY

◆ **Overweight** and **obesity** are defined as body weight that \_\_\_\_\_ a recommended range.

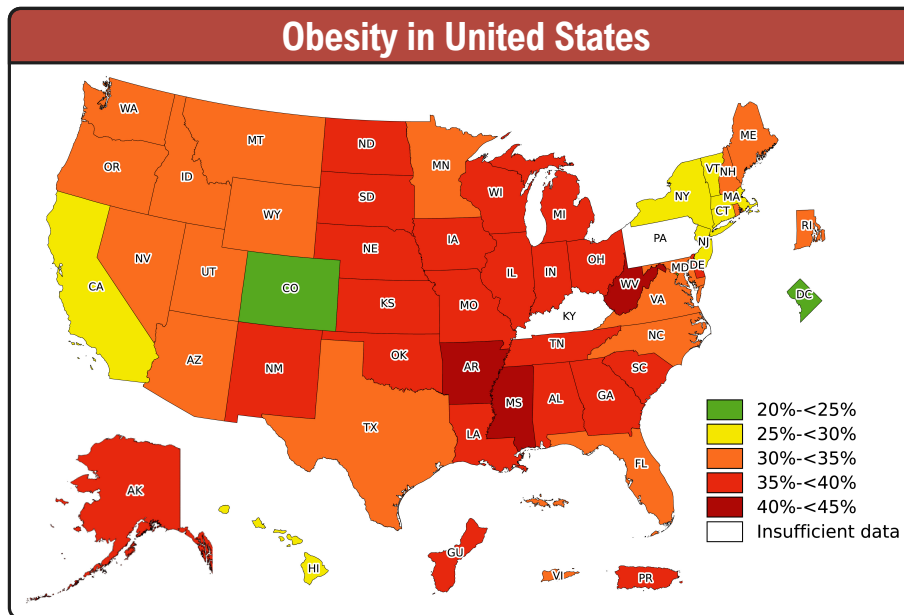
- Overweight: > \_\_\_\_\_%
- Obesity: > \_\_\_\_\_%

### Obesity in America

◆ ~ \_\_\_\_\_% of adults and ~ \_\_\_\_\_% of children and adolescents have obesity. [1]

- American Medical Association recognizes overweight and obesity as a \_\_\_\_\_.

Globally, obesity rates have tripled since 1970s.



◆ Prevalence of overweight and obesity:

- Non-Hispanic Black adults have \_\_\_\_\_; Non-Hispanic Asian adults have \_\_\_\_\_. [1]

### EXAMPLE

Which region of United States has the highest prevalence of overweight and obesity?

- a) West      b) Midwest      c) Southwest      d) Northeast

### PRACTICE

Select the correct statement about obesity in America.

- a) Non-Hispanic white adults have the highest obesity occurrences.
- b) 15% of U.S. children and adults have obesity.
- c) Obesity rates have more than quadrupled since 1970s worldwide.
- d) Obesity among individuals 2-19 years old is 21%.