Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health 12

**Adult Obesity: CDC**

1. More than \_\_\_\_\_\_\_\_\_\_ million U.S. adults are obese.
2. Persons who are obese have medical costs that are $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ higher than those of normal weight.
3. List the state with an obesity rate of less than 15%: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Obesity is a national epidemic, causing higher medical costs and a lower \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of life.
5. Obesity means having excess body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Obesity is defined by body mass index, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which is calculated from your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. A BMI greater than or equal to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ means you are obese.
8. Non-Hispanic black \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and Hispanics have the highest rates of obesity.
9. Obesity is a contributing cause of many other health problems, including \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Obesity can cause sleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and breathing problems and make activity more difficult.
2. Obesity can cause problems during \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or make it more difficult for a woman to become pregnant.
3. Obese persons require more costly medical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Weight gain occurs when people eat too much \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and get too little \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activity.
5. Societal and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ changes have accompanied the rise in obesity.
6. Some Americans have less \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to stores that provide healthy, affordable food such as fruits & vegetables.
7. There is too much \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in our diet.
8. Foods that are high in sugar, fat & salt are frequently \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and marketed.
9. Too few students get quality, daily \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in school.
10. List 10 medical complications of obesity from the diagram on page 3.

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1. Look at your height & weight using the chart on page 3 to find out if you are categorized as obese. You do not need to write anything for this question.
2. List 7 things than can be done to lower our obesity rates using the ideas listed on page 4.

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