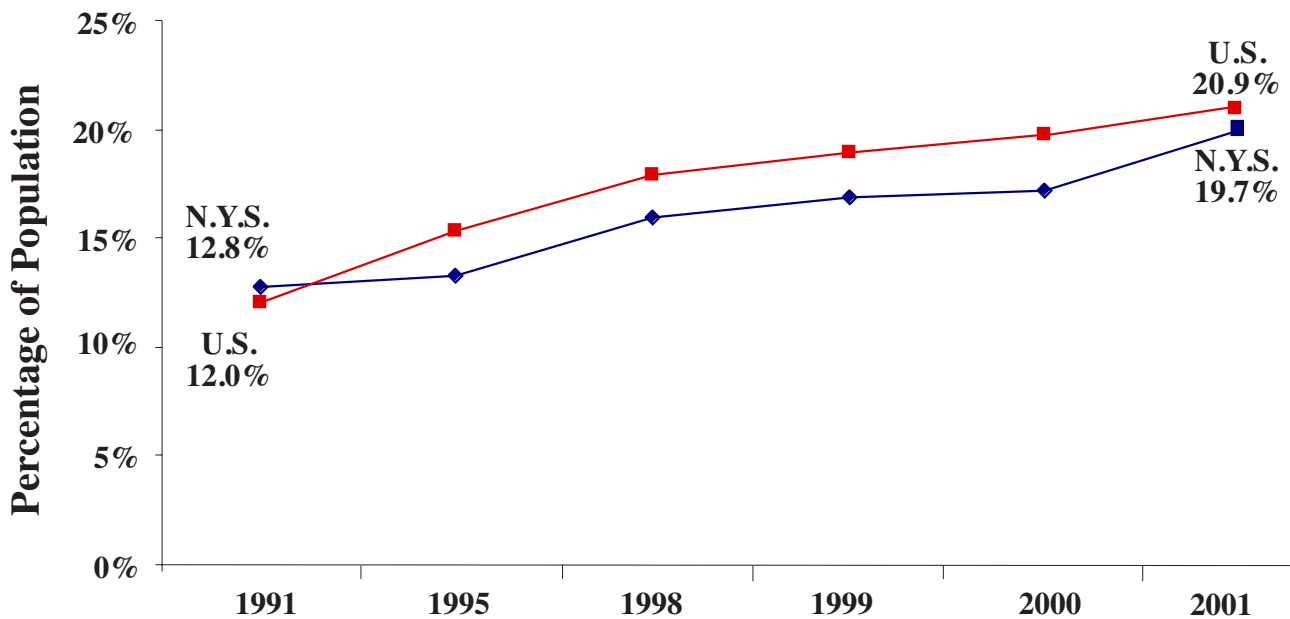


The Facts About... Obesity

Obesity On The Rise



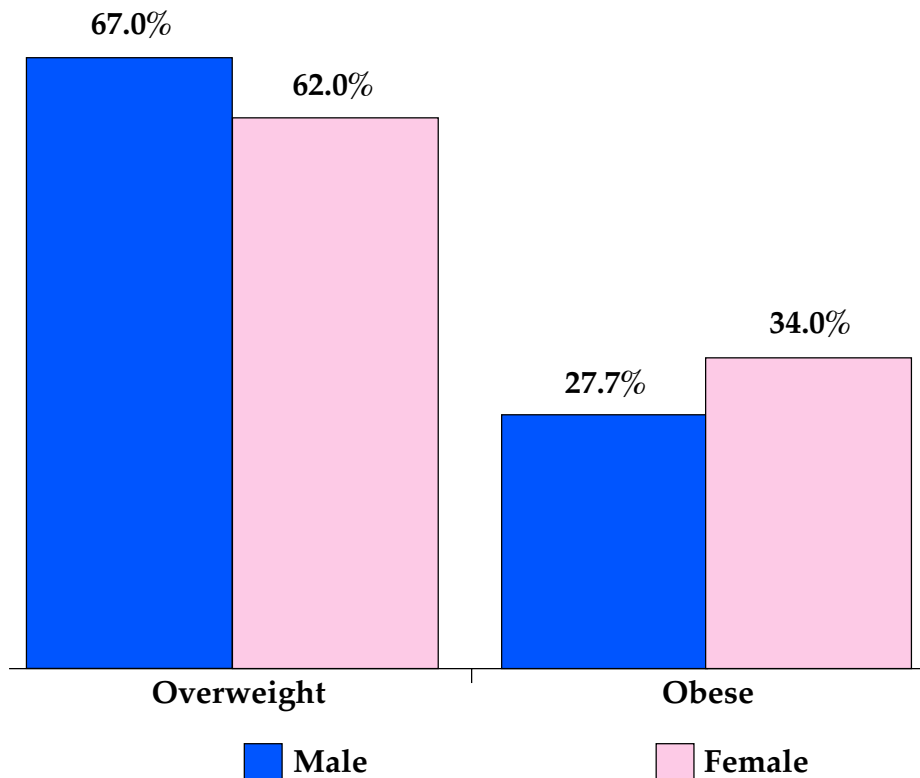
Source: United States Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (BRFSS); Self-reported data.

More than 44 million American adults are considered obese, according to the U.S. Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. This reflects an increase of 74 percent since 1991. New York saw a 54 percent increase since 1991. Obesity is defined as having a body mass index (BMI) score of 30 or more. The condition of obesity substantially raises the risk of morbidity from hypertension, type 2 diabetes, stroke, gall-bladder disease, osteoarthritis, sleep apnea and respiratory problems. It is also associated with endometrial, breast, prostate, and colon cancers. Each year, an estimated 300,000 adults die of causes related to obesity in the U.S., according to the Journal of the American Medical Association.

Data from the 1999-2000 National Health and Nutrition Examination Survey published in October 2002 showed that 31 percent of adults 20 years of age and over - nearly 59 million - have a body mass index (BMI) of 30 or greater, compared with 23 percent in 1994, according to the data collected and analyzed by the National Center for Health Statistics.

The Facts About... Obesity

Percentage of U.S. Population Overweight Children and Adolescents 6 to 19 years of age, 1999-2000



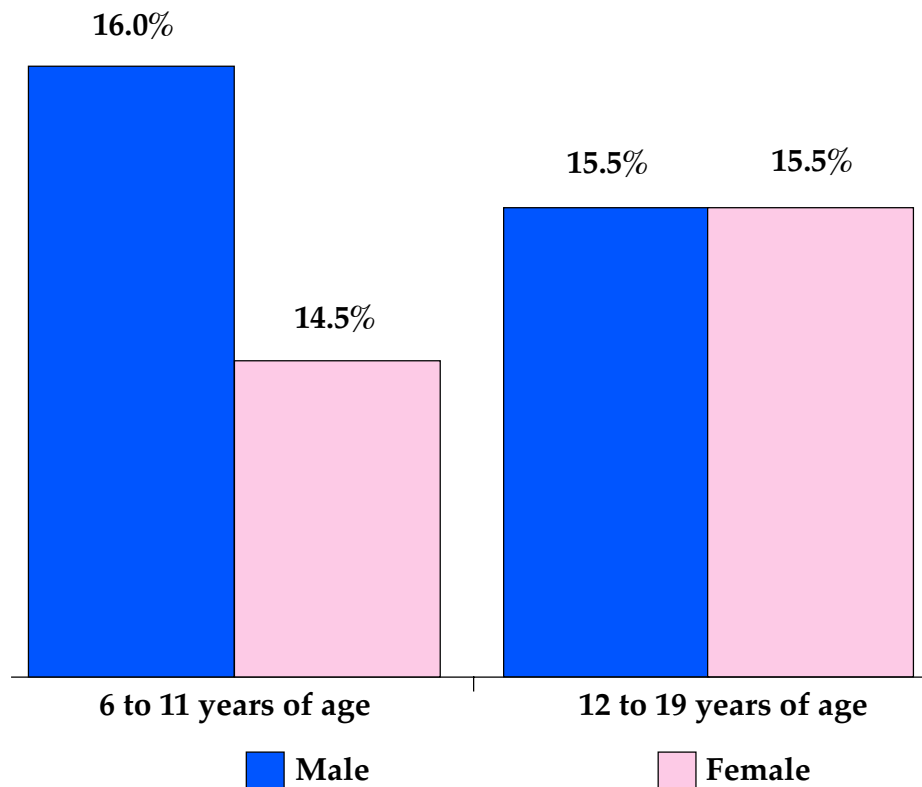
Source: United States Centers for Disease Control and Prevention, National Health and Nutrition Examination Survey (NHANES), 1999-2000. Note: Data does not include pregnant women.

The percentage of children who are overweight, which is defined as BMI-for-age at or above the 95th percentile of the CDC Growth Charts, also continues to increase. Among children and teens ages 6 to 19, 15 percent or almost 9 million are overweight according to the 1999-2000 data from the National Health and Nutrition Examination Survey.

Overweight children have a higher risk of adult obesity, which increases with the age of the child and the severity of the overweight. According to the U.S. Surgeon General, overweight adolescents have a 70 percent chance of becoming overweight or obese adults. This increases to 80 percent if one or more parent is overweight or obese. Overweight children are also at greater risk for heart disease, diabetes, emotional stress, orthopedic disorders and respiratory problems.

The Facts About... Obesity

Percentage of U.S. Population Overweight or Obese Adults 20 Years of Age and Over, 1999-2000



Source: United States Centers for Disease Control and Prevention, National Health and Nutrition Examination Survey (NHANES), 1999-2000. Note: Data does not include pregnant women. Percentages do not sum to 100 because the percent of persons with obesity is a subset of the percent with overweight.

The Facts About... Obesity



Cost of obesity

Alarm about the increasing prevalence of overweight and obese Americans in recent years centers on the link between obesity and increased health risks, according to the National Institutes of Health. As prevalence increases, related health-care costs have also increased. The estimated annual cost of obesity and overweight in the United States is \$117 billion.

Source: National Institutes of Health and U.S. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion



How to calculate your BMI:

Body Mass Index (BMI) is a popular tool currently used by health professionals to screen individuals for their degree of obesity, according to Cyberdiet.com. It is based upon a relationship between weight and height, excluding frame size and muscle mass. The formula for BMI is:

$$\text{BMI} = (\text{kg} / \text{m}^2)$$

To calculate your BMI with inches and pounds conversions:

Step 1) Multiply weight (in pounds) by 703

Step 2) Multiply height (in inches) by height (in inches)

Step 3) Divide the answer in step 1 by the answer in step 2 to get your BMI

BMI	Weight Category
19 - 24	Healthy weight
25 - 29	Overweight
30 - 34	Obese
35+	Extremely Obese

Source: U.S. Centers for Disease Control and Prevention



How to prevent and treat obesity:

According to the New York State Department of Health, public health responses should incorporate the following actions:

- Emphasize the importance of eating habits and increasing physical activity, and decrease the emphasis on weight itself as an individual outcome.
- Emphasize the prevention of being overweight, especially in children. This should be done by establishing good eating and activity habits early in life.
- Implement environmental and policy initiatives that make it easier for people to eat better and be more active, such as regulations for school meals programs.

Source: New York State Department of Health