

Obesity in America

Name: _____

Research: Effect on Body Systems

Period: _____

Please answer the following questions COMPLETELY and CORRECTLY in the given spaces.

****NOTE** Your Body Mass Index is personal information and it is INAPPROPRIATE to share this information**

- Summarize** the Issue of Obesity in America

 - What is Obesity?** Tell what the Body Mass Index range is for each of the following:
 - Underweight person _____
 - Normal-weight person _____
 - Overweight person _____
 - Obese person _____

 - Calculate** your personal BMI using the teen online calculator. **Check off that you did this** (Reminder: you do not share this information!!) _____

 - Causes:** Tell three factors that come into play to cause obesity.
 - _____
 - _____
 - _____

 - Summarize** the Caloric Balance Equation

 - Look at the **9 contributing factors to Obesity listed**. Tell **3 of these factors** that you think are the most important in contributing to obesity for students your age.
 - _____
 - _____
 - _____

 - Stats on Obesity:** Look at the obesity data over the years for WASHINGTON STATE. Now tell the adult obesity percent range for adults in the following years
1990: _____ 2000: _____ 2010: _____

What was WA State's self reported rate in 2011? _____
- Use the link to view the **Low Income Childhood obesity data fact sheet**.
- Tell how many low-income children aged two to four years surveyed were reported as:
Overweight or Obese _____ Obese _____
 - Tell three Health risks these obese children have.

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How does Obesity affect body systems?

9. **Digestive System:** Tell how obesity affects this system (2-3 ways).

10. **Circulatory System:** Tell how obesity affects this system (2-3 ways).

11. **Respiratory System:** Tell how obesity affects this system (2-3 ways).

Type 2 diabetes is on the rise in America and is one of the common diseases overweight or obese folks get. In fact, diabetes affects 25.8 million people of all ages, or 8.3% of the U.S. population. Also, 10.9 million (26.9%) of U.S. residents ages 65 years and older had diabetes in 2010.

12. Go to <http://www.diabetes.org/diabetes-basics/type-2/facts-about-type-2.html> and:

a. Tell what Type 2 Diabetes is

b. Tell what problems **high blood sugar (GLUCOSE)** can cause right away **AND** over time.

13. **Prevention:** Follow the link here and tell how much physical activity children need.

14. Go to <http://www.myfitnesspal.com/exercise/lookup> and complete the following:

a. SELECT from the pulldown menu: **Running (jogging) 5 mph (12 min mile)**

b. Type in your **body weight**. Enter **30 minutes** in the section that asks for duration.

c. Enter the number of calories burned for this activity _____ cal.

EC Weight Management: Look at the Simple Starter Ideas section. If you wanted to lose weight, tell **which** of these simple starter ideas you would adopt to get the most impact for yourself **and tell why**. (Attach)