Health Risks of Being Overweight

Heart disease
Heart disease is the leading cause of death in the United States. Extra body fat—especially abdominal fat—may produce substances that cause inflammation. Inflammation in blood vessels and throughout the body may raise heart disease risk.

Diabetes
Type 2 Diabetes is a disease in which blood sugar levels are above normal. High blood sugar is a major cause of coronary heart disease, kidney disease, stroke, amputation, and blindness.

Sleep apnea
Sleep apnea is a condition in which a person stops breathing for short periods during the night.

High blood pressure
People who are overweight are more likely to develop high blood pressure, which is a risk factor for heart disease and stroke.

Arthritis
Extra weight may place extra pressure on joints and cartilage, causing them to wear away.

Some types of cancer
Being overweight may increase the risk of developing several types of cancer, including cancers of the colon, esophagus, and kidney. Overweight is also linked with uterine and postmenopausal breast cancer in women.

What can weight loss do?
Losing 5 to 10 percent of your weight can lower your chances for developing heart disease, diabetes or having a stroke. If you weigh 200 pounds, this means losing as little as 10 pounds. Weight loss may improve blood pressure, triglyceride, and cholesterol levels; improve heart function and blood flow; and decrease inflammation throughout the body.

Ask us how we can help you 701-239-3700 ext. 9-3628

MOVE!℠
WEIGHT MANAGEMENT PROGRAM FOR VETERANS

Information from the National Institutes of Health: http://www.nih.gov/

Body Mass Index

Body mass index (BMI) is a tool that is often used to determine whether a person's health is at risk due to his or her weight. BMI is a ratio of your weight to your height. A BMI of 18.5 to 24.9 is considered healthy; a BMI of 25 to 29.9 is considered overweight; and a BMI of 30 or more is considered obese.

You can use below table to determine your BMI. Find your height in the left-hand column labeled "Height." Move across to your weight. The number at the top of the column is the BMI for that height and weight. Pounds have been rounded off.

	NORMAL						OVERWEIGHT					OBESE										EXTREME OBESITY		
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
Height (Feet-Inches)	**Weight** (Pounds)																							
4′10″	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201
4′11″	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208
5′00″	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215
5′01″	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222
5′02″	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229
5′03″	107	112	118	124	130	135	141	146	152	158	163	169	174	180	186	191	197	203	208	214	220	225	231	237
5′04″	110	116	122	128	134	140	145	151	157	163	169	175	180	186	191	197	204	209	215	221	227	232	238	244
5′05″	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252
5′06″	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260
5′07″	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268
5′08″	125	131	138	144	151	158	164	171	177	184	190	197	204	210	216	223	230	236	243	249	256	262	269	276
5′09″	128	135	142	149	155	162	169	176	182	189	196	203	210	216	223	230	236	243	250	257	263	270	277	284
5′10″	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292
5′11″	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301
6′00″	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309
6′01″	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	275	280	288	295	302	310	318
6′02″	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326
6′03″	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335
6′04″	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344

Adapted from: George Bray, Pennington Biomedical Research Center; *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report,* National Institutes of Health, National Heart, Lung, and Blood Institute, September 1998.