

OVERWEIGHT AND OBESITY

In the United States, obesity has risen at an epidemic rate during the past 20 years. One of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%. Research indicates that the situation is worsening rather than improving.

Below are some helpful links to websites with good information.

For more information about managing weight, proper nutrition, safe and healthy diet plans, and/or safe and effective exercise plans, please see your command's HPC (Health Program Coordinator). If you don't know who your HPC is, ask your XO. If your unit does not have a current HPC, please contact Ms Jessica Dung, the D14 AOR's Health Promotion Manager.

For further information on this national epidemic, visit <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>

DEFINING OVERWEIGHT AND OBESITY

<http://www.cdc.gov/nccdphp/dnpa/obesity/defining.htm>

Body Mass Index (BMI) -

<http://www.cdc.gov/nccdphp/dnpa/obesity/bmi.htm>

Obesity Trends -

<http://www.cdc.gov/nccdphp/dnpa/obesity/trend/index.htm>

CONTRIBUTING FACTORS

http://www.cdc.gov/nccdphp/dnpa/obesity/contributing_factors.htm

HEALTH CONSEQUENCES

<http://www.cdc.gov/nccdphp/dnpa/obesity/consequences.htm>

RECOMMENDATIONS

<http://www.cdc.gov/nccdphp/dnpa/obesity/recommendations.htm>

STATE-BASED PROGRAMS

http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs/index.htm

FREQUENTLY ASKED QUESTIONS (FAQs)

<http://www.cdc.gov/nccdphp/dnpa/obesity/faq.htm>

RESOURCES

<http://www.cdc.gov/nccdphp/dnpa/obesity/resources.htm>