

WEIGHT LOSS CHALLENGE 2005: Resolve to Reduce

For 60 percent of Americans, the New Year holds the resolve to shed those unhealthy and unsightly pounds. Here are a few suggestions to help you get started on the right track toward getting healthy and staying healthy.

Did You Know?

- 61 percent of American adults are overweight and approximately half of these are obese.
- Michigan is tied for second place as one of the nation's fattest states.
- Obese adults suffer a 67 percent increase in health-related problems such as diabetes, cancer, heart disease and arthritis.
- Obese adults spend an average of 77 percent more on prescription drugs than people of a healthy weight.
- Twenty to 40 percent of obesity can be traced to genetics, while 60-80 percent of cases are attributable to life-style.

Steps for Success

1. Make a commitment.
2. Draw on support from others.
3. Set a realistic goal.
4. Learn to enjoy healthier foods.
5. Get active and stay active.
6. Change your lifestyle.

Weight loss medications are often useful in assisting with weight reduction. Caution must be exercised when considering any drug, including over-the-counter and herbal remedies.

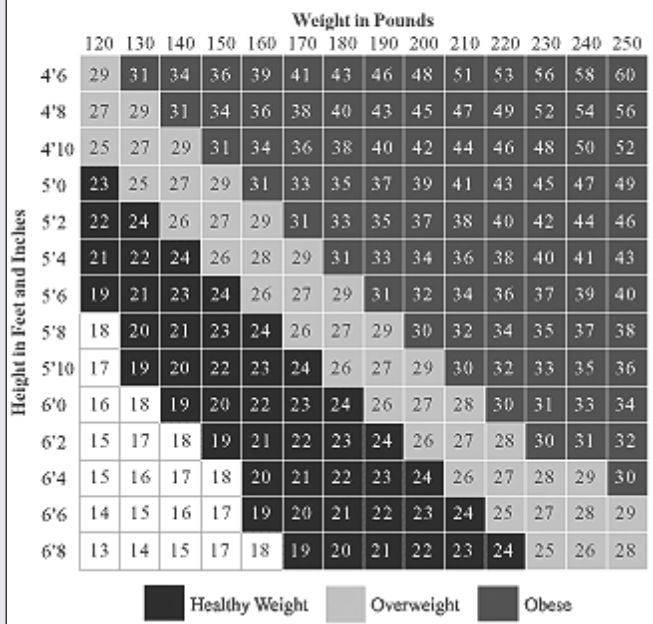
Where Do You Fit?

Body Mass Index (BMI) is a number commonly used to determine if your weight is healthy—or whether extra weight is increasing your risk for health problems.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 –29.9	Overweight
30.0 and above	Obese

FIGURE 1: ADULT BODY MASS INDEX

$$BMI = \left\{ \frac{\text{WEIGHT (pounds)}}{\text{HEIGHT (inches)}^2} \right\} \times 703$$



Surgeon General's 2001 Report on Overweight and Obesity

Need more information? Ask your pharmacist!

