



# Overweight, Obesity and Body Mass Index (BMI)

Health Promotion and Education Program



© 2015, MMM Healthcare, LLC - PMC Medicare Choice, LLC  
Reproduction of this material is prohibited.

MP-HEP-PPT-249-01-021914-E

M&P-PRD-TEM-030-032511-S

# Objectives

- Define the terms overweight, obesity and Body Mass Index (BMI)
- Identify at least two causes of risk factors that can contribute to overweight or obesity

# Objectives

- Mention at least three health conditions that can develop as complications due to being overweight or obese.
- Mention at least three ways to maintain a healthy weight.

# Pre test

1. Obesity is a disease that is characterized by excessive weight and:
  - a. affects only adults
  - b. can affect any person
  
2. The Body Mass Index is calculated with the:
  - a. weight and height
  - b. weight and age
  
3. A Body Mass Index of more than \_\_\_\_\_ is defined as obesity:
  - a. 25
  - b. 30



# Pre test

4. Obesity can be caused by:

- a. rest, cooking and talking on the phone
- b. bad nutrition habits, lack of activity and genetics

5. We should spend at least \_\_\_\_ on every meal:

- a. 10 – 20 minutes
- b. 30 – 45 minutes

6. Exercise and physical activity are important to health because they help:

- a. use energy, eliminate liquids and allow us to do something different
- b. reduce stress, lose weight and strengthen bones



# Interesting facts

- Around 66% of the Puerto Ricans have overweight or obesity (BRFSS, 2009).
- The overweight and the obesity are the fifth factor of death in the world.
- The overweight and the obesity are risk factors for numerous chronic diseases; including diabetes, the cardiovascular diseases and cancer.

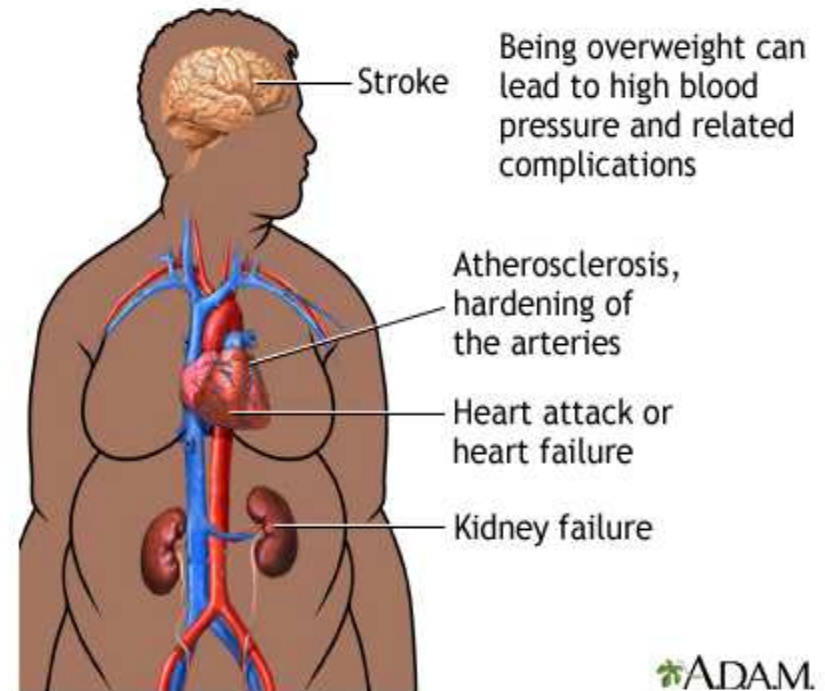
# What is Body Mass Index (BMI)?

- Calculation that is used to measure the corporal composition based on the weight and the height
- This index helps to determine the risk of suffering certain diseases or complications



# Overweight and obesity

- It is the abnormal or excessive accumulation of fat in the body, which can cause damages to the health (the WHO 2012).
- BMI more than 25.





# What mean the values of the Body Mass Index (BMI)

- Lower than 18.5 ----- Under the healthful weight
- 18.5 to 24.9 ----- Healthy
- 25.0 to 29.9 ----- Overweight
- 30.0 to 39.9 ----- Obese
- More than 40 ----- Morbidity Obese

Consult your doctor what is the value adapted for you, according to your conditions.

# Causes

- Consumption of more calories than those than is spent.
- Increase the consumption of food with high content of fats, sugar and salt
- Problems with the metabolism (the form into which the body transforms foods and oxygen in energy)
- Some or no physical activity
- Family and genetic history
- Certain problems of thyroid



# Signs and symptoms

- The clothes are tight and a larger size is needed
- The scale shows that there's been an increase in weight
- The Body Mass Index (BMI) and the circumference of the waist are higher than the normal
- The waist is excess of fat



# Treatment

Your doctor can recommend an evaluation with other health specialists as part of the treatment to lower the weight.

## **These specialists can be:**

- Endocrinologist
- Certified dietitian or nutritionist
- Exercise physiologist or trainer
- Bariatric surgeon

# Being overweight or obese increases the risk of suffering:

- Diabetes
- Hypertension
- High Cholesterol
- Cardiopathy
- Osteoarthritis
- Cerebrovascular accident
- Respiratory diseases
- Nephropathy
- Gall bladder disease
- Some types of Cancer
- Sleep Apnea

# Recommendations



- Evaluate your present weight. Ask your doctor help you to determine your healthful weight according to your BMI
- Inform your doctor if you increase 3 pounds or more in a day or if you increase more than 5 pounds in one week.
- Limits the alcohol consumption
- Makes at least 30 minutes of moderate physical activity most of the days of the week



# Recommendations

- Limits the consumption of calories, saturated fats and sugar
- Avoids candies or pastries desserts
- Eat more fruits and vegetables
- Consume rich fiber foods daily, like: integral and grain oats, breads.



# Pos test

1. Obesity is a disease that is characterized by excessive weight and:
  - a. affects only adults
  - b. can affect any person
  
2. The Body Mass Index is calculated with the:
  - a. weight and height
  - b. weight and age
  
3. A Body Mass Index of more than \_\_\_\_\_ is defined as obesity:
  - a. 25
  - b. 30





# Answers

1. Obesity is a disease that is characterized by excessive weight and:
  - a. affects only adults
  - b. can affect any person**
  
2. The Body Mass Index is calculated with the:
  - a. weight and height**
  - b. weight and age
  
3. A Body Mass Index of more than \_\_\_\_\_ is defined as obesity:
  - a. 25**
  - b. 30



# Pos test

4. Obesity can be caused by:

- a. rest, cooking and talking on the phone
- b. bad nutrition habits, lack of activity and genetics

5. We should spend at least \_\_\_\_ on every meal:

- a. 10 – 20 minutes
- b. 30 – 45 minutes

6. Exercise and physical activity are important to health because they help:

- a. use energy, eliminate liquids and allow us to do something different
- b. reduce stress, lose weight and strengthen bones



# Answers

4. Obesity can be caused by:

a. rest, cooking and talking on the phone

**b. bad nutrition habits, lack of activity and genetics**

5. We should spend at least \_\_\_\_ on every meal:

a. 10 – 20 minutes

**b. 30 – 45 minutes**

6. Exercise and physical activity are important to health

because they help:

a. use energy, eliminate liquids and allow us to do something different

**b. reduce stress, lose weight and strengthen bones**





**MMM | PMC**  
*Haciendo Contacto*

For an immediate health consult,  
call us:

**MMM: 1-866-677-7779**

**PMC: 1-866-516-7704**

**TTY (hearing impaired): 1-866-690-7771**





**MMM | PMC**  
*Cuidándote Mucho Más*

For more information, call the **Health Promotion and Education  
Program of Cuidándote Mucho Más:**

**787-993-2311** (Metro Area)

**1-866-517-0701** (toll free)

Monday to Friday from 7:30 a.m. to 4:30 p.m.



Where to find aid...

# Mental Health Department

A specialized Department dedicated to integrate  
Mental Health care

**Online Member Access**  
**7 days a week, 24 hours a day**

**1-877-721-7722**



# Reference

Cómo se diagnostican el sobrepeso y la obesidad.

<http://www.nhlbi.gov/healthspanish/healthtopic/temas/obe/diagnosis.html>. September 2012.

Obesidad y Sobrepeso. Organización Mundial de la Salud

(2012) <http://www.int/mediacentre/factsheets/fs311/es/>

Overweight and Obesity (BMI) Prevalence and Trend Data

Puerto Rico (2009) <http://apps.nccd.cdc.gov/brfss/>

Retrieved in March 2013.