

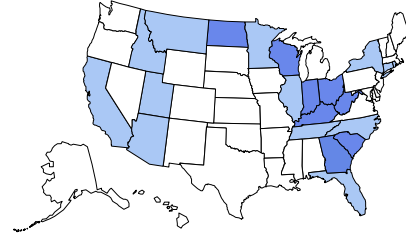
Overweight & Obesity

The United States Experience

Obesity Trends* Among U.S. Adults

BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)

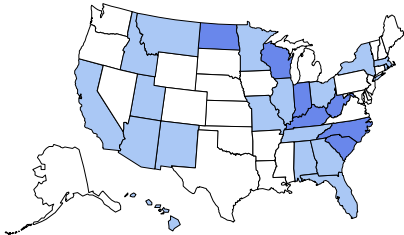


No Data <10% 10%-14%

Obesity Trends* Among U.S. Adults

BRFSS, 1986

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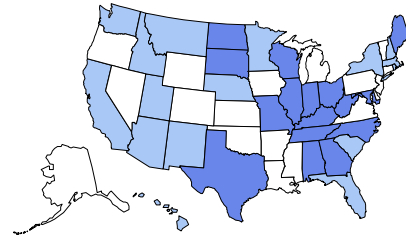


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Obesity Trends* Among U.S. Adults

BRFSS, 1987

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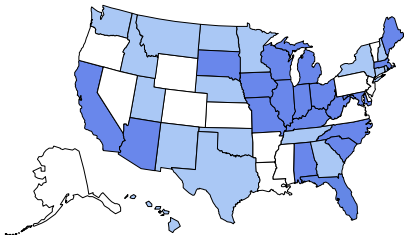


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Obesity Trends* Among U.S. Adults

BRFSS, 1988

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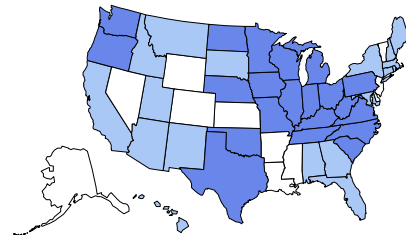


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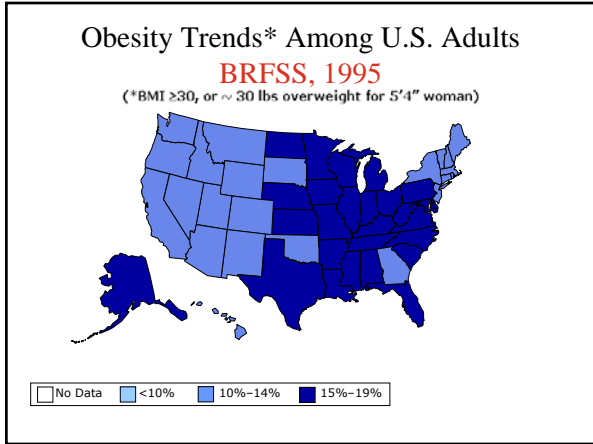
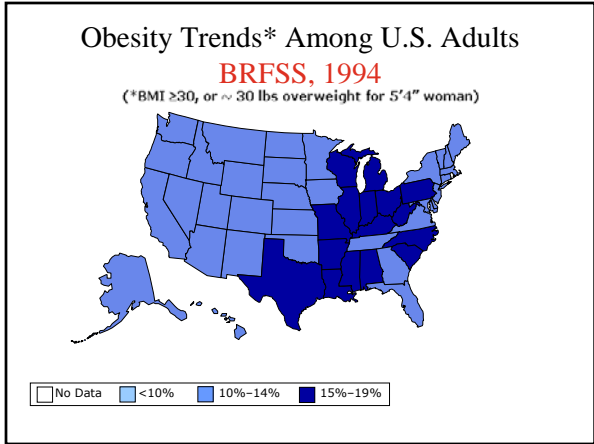
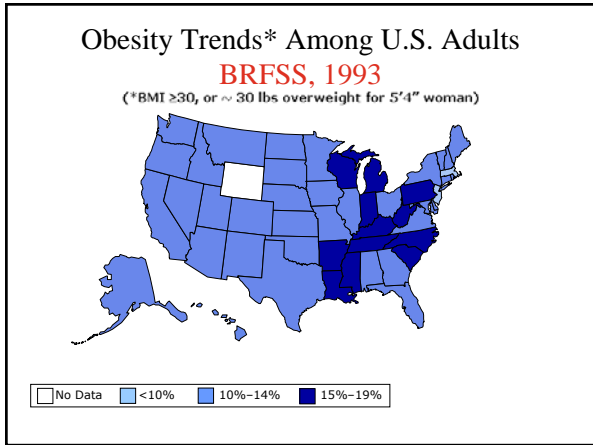
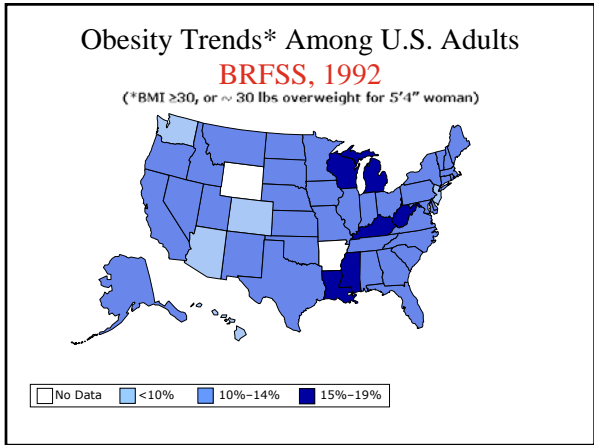
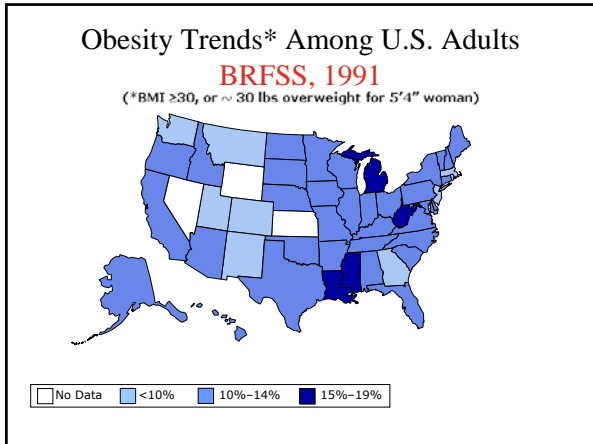
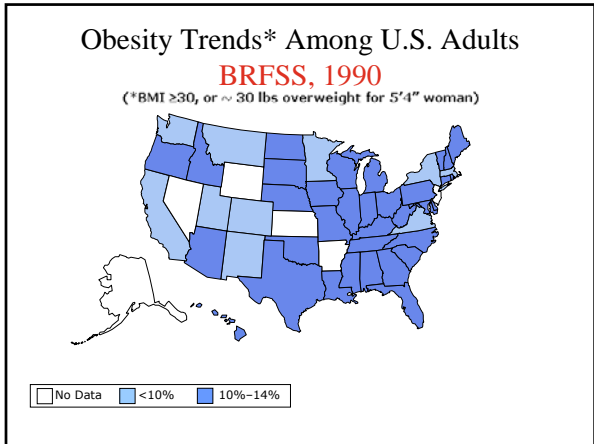
Obesity Trends* Among U.S. Adults

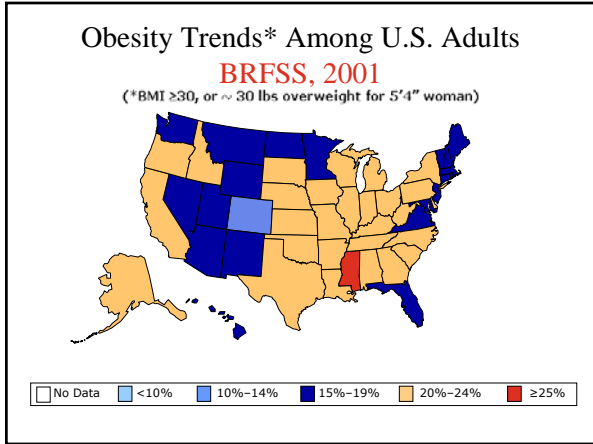
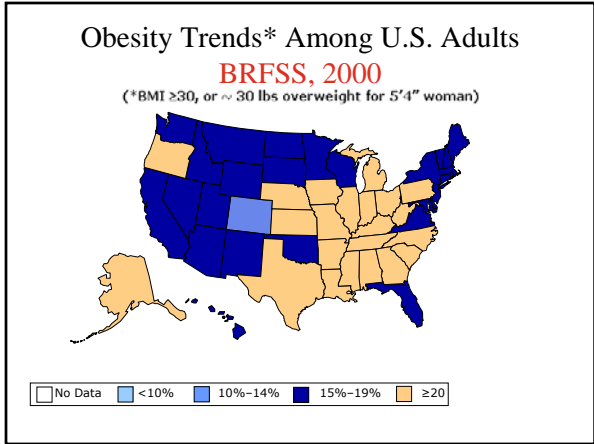
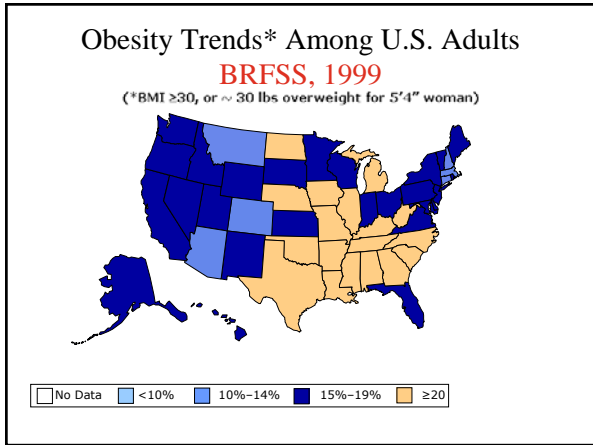
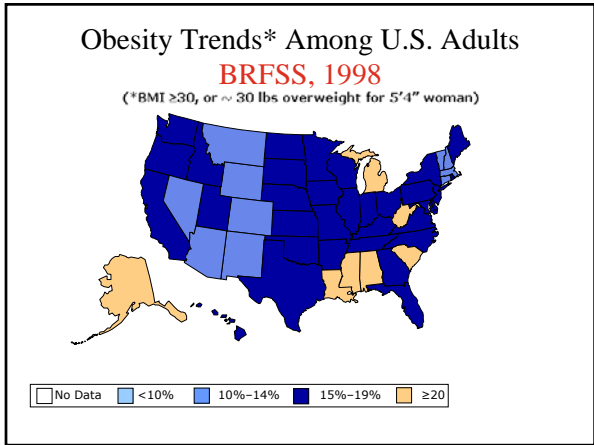
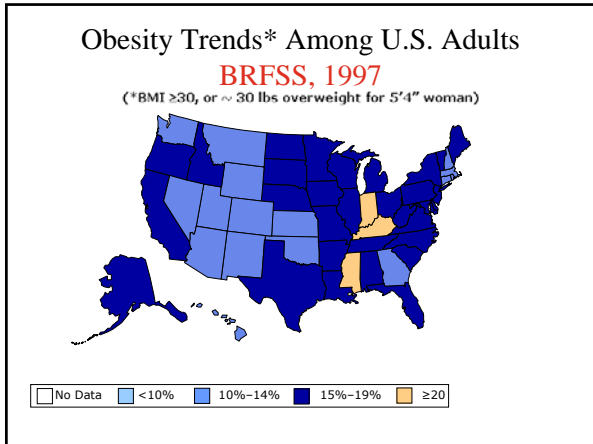
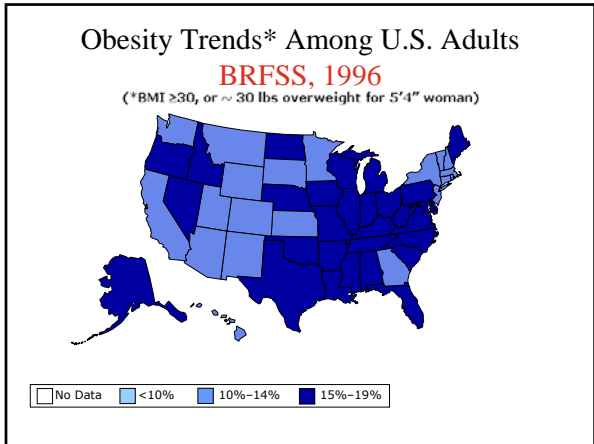
BRFSS, 1989

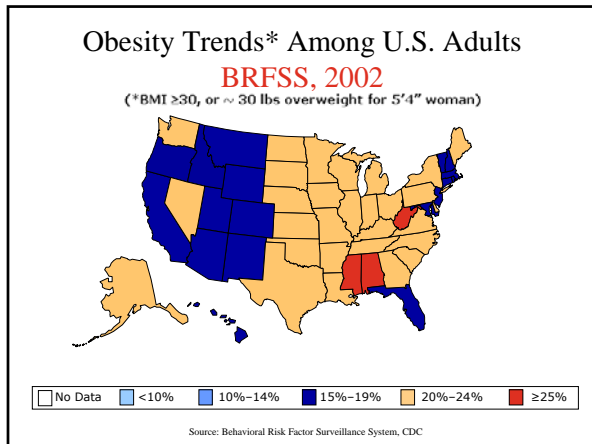
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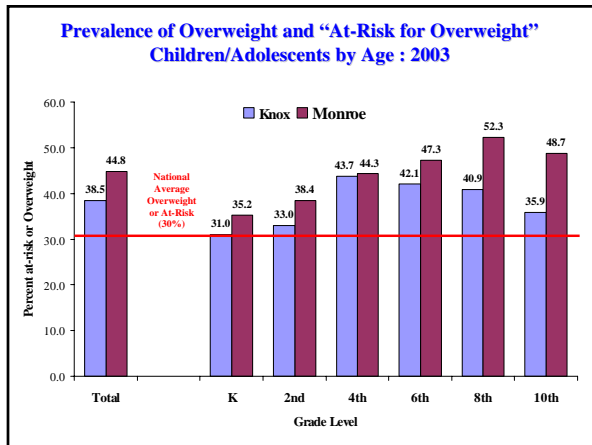






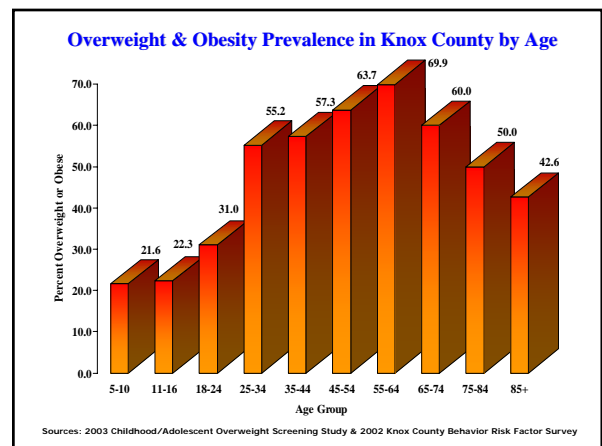
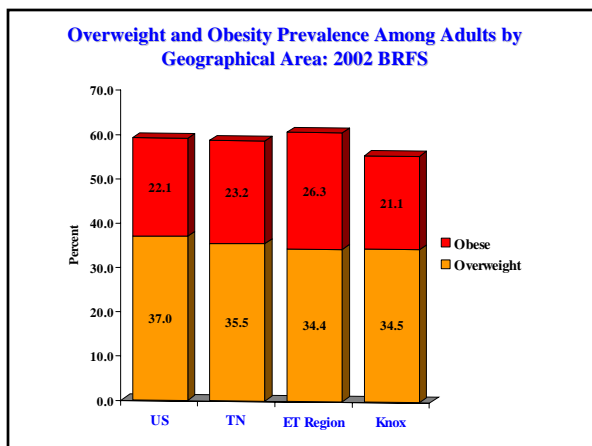
Overweight

The Problem Among Children & Adolescents of East Tennessee



Overweight & Obesity

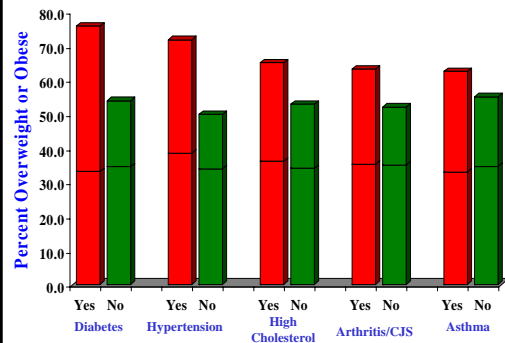
The Adult Problem in East Tennessee



Overweight & Obesity

The Implications for
East Tennessee

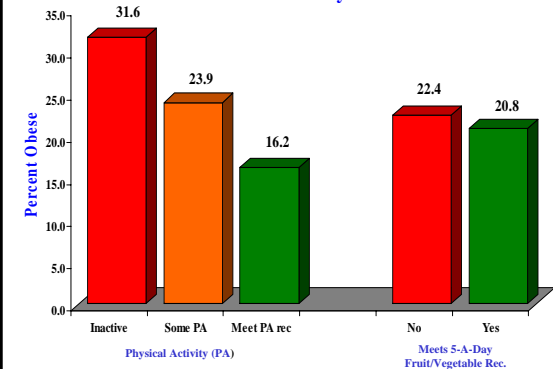
Prevalence of Overweight and Obesity by Chronic Disease Status:
2002 Knox County BRFSS



Overweight & Obesity

The Solution

Obesity Prevalence by Physical Activity Level and
5-A-Day Fruit/Vegetable Recommendation:
2002 Knox County BRFSS



In Summary:

- Overweight/Obesity is a national public health crisis, and the problem is worse in East Tennessee.
- Unhealthy weight leads to a greater risk for several chronic diseases.
- Regular physical activity and good nutrition can help promote healthy weight and prevent chronic disease.