

**Don't let that Food go to  
*WAIST!***

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# Health Effects of Obesity

Extra weight can increase the risk for;

- type 2 diabetes (high blood sugar)
- high blood pressure
- heart disease and stroke
- some types of cancer
- sleep apnea (when breathing stops for short periods during sleep)
- osteoarthritis (wearing away of the joints)
- gallbladder disease
- liver disease
- irregular menstrual periods

# Obesity: Risk Factors

- Genetics
- Family history of obesity
- Psychological factors
- Social and cultural factors
- Medical Illnesses
- Medications
- Alcohol consumption
- Smoking Cessation

# Obesity

- **Overfat vs. Overweight**
- **NHLBI of the NHI use BMI**
- **Central Adiposity – Android vs. Gynoid**
- **Risk Stratification – Waist Circumference**
  - **High Risk for men = >40in.**
  - **High Risk for women = >35in.**
- **Genetics @ 20-40%**

# Visceral Abdominal Fat

- Fat mainly around the waist is more likely to develop health problems than fat mainly in hips and thighs.
- This is true even if BMI falls within the normal range.
- Women with a waist measurement of more than 35 inches
- Men with a waist measurement of more than 40 inches

**W M**

Waist Management

# Waist Circumference

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- **To measure waist circumference, place a tape measure around bare abdomen just above hip bone.**
- **Be sure that the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, and measure waist.**

