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<th>How Serious</th>
<th>True or False</th>
<th>Related conditions</th>
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Adapted with permission from Kaiser Permanente
In which of these groups is overweight and obesity increasing?

a. African-Americans
b. Mexican Americans
c. Non-Hispanic Whites
d. All of the above

Answer: D - All of the above

The rates of overweight and obesity are increasing for all groups, but Black, Mexican American, American Indian and Alaskan Natives are at increased risk for overweight.

What percentage of adults in the United States are overweight or obese?

a. 50 percent
b. 66 percent
c. 75 percent

Answer: B - 66 percent

Currently, 66.3 percent of U.S. adults, age 20 years and older, are overweight and of these, 30.5 percent are obese.

Since 1976, the percent of obese adults in the U.S. has…

a. remained the same
b. doubled
c. actually decreased

Answer: B - doubled
According to the US Surgeon General, the economic cost of obesity in the US was about $117 billion in 2000.

In 2000, what was the economic cost of obesity in the United States? About...

a) $ 50 billion
b) $ 100 billion
c) $ 120 billion
False

Body Mass Index (BMI), which measures obesity, is a calculation based on daily caloric intake and weight.

BMI is the ratio of one’s weight (kg) divided by one’s height (in meters squared).
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True

According to the CDC, in 2004, 33 states had an obesity prevalence between 20 - 24% and 9 states had rates of 25% or more.

True or False:

In the United States, 42 states had rates of obesity greater than 20%.
False

Many Americans will die of obesity-related conditions, but the annual total is less than 300,000. Whatever the number, preventive steps can be taken to reduce overweight and obesity, such as regular physical activity and eating a balanced diet.

True or False:
Approximately 300,000 deaths each year in the United States may be attributable to obesity.

http://www.cdc.gov/PDF/Frequently_Asked_Questions_About_Calculating_Obesity-Related_Risk.pdf

Adapted with permission from Kaiser Permanente
False

76.1% of Mexican American men are overweight or obesity vs. 70.6% of non-Hispanic whites or 69.1% of non-Hispanic blacks.

True or False:

Among men, non-Hispanic Blacks have the highest prevalence of overweight and obesity.

Ogden et al. JAMA 2006;295:1549-1555.
Which of these conditions are obesity and overweight associated with?

a) Stroke
b) Cancer
c) Depression
d) All of the above

Answer: D - All of the Above

According to the US Surgeon General, overweight and obesity are associated with heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems and psychological disorders, such as depression.
Obesity is associated with which cancer?

a. Breast cancer  
b. Lung cancer  
c. Colorectal cancer  
d. A and C

Answer: D - A and C?

*Obesity is associated with the following cancers: breast, esophageal, gastric cardia, colorectal, endometrial and renal.*

(www.obesity.org/subs/fastfacts/Health_Effects.shtml)

Obesity is associated with which cancer?
What is the smallest amount of weight loss that can measurably reduce total blood cholesterol?

a. 2-3%
b. 5-10%
c. 20-25%

Answer: B - 5-10%
(www.obesity.org/subs/fastfacts/Health_Effects.shtml)
A 10% sustained weight reduction is associated with...

a) Increased life expectancy
b) Reduced cases of stroke
c) Reduced medical care costs
d) All of the above
Answer: B - A community issue

The majority of Californians (69%) believe that overweight among children is a community issue.

Californians believe overweight children are a...

a) Personal issue
b) Community issue
c) both

1,068 random sample CA residents, telephone survey
10-11/2003
http://calendow.org/caobesityattitudes/index.htm
What can worksites do to reduce obesity and overweight?

- Create walking groups
- Give physical activity breaks during the day
- Offer healthier food choices
- All of the above

Answer: D - All of the above
Among children, what can schools do to address the risk of children being overweight?

a. Punish children who skip breakfast and/or lunch with mandatory PE
b. Offer salad bars and other low cost healthy meal options
c. Ban soda contracts
d. C and D

Answer: D - B and C
What can communities do to address overweight and obesity?

- Make healthy foods available and affordable
- Improve safety of and access to parks and other recreational areas
- Promote healthy messages on TV, radio and posters
- All of the above

Answer: D - All of the above