



CORICA

UCLA • Community Research in Cancer

OBESITY JEOPARDY

With your hosts Alison Herrmann and Marina Alvarez



How Serious	True or False	Related conditions	Community role
<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>
<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>
<u>30</u>	<u>30</u>	<u>30</u>	<u>30</u>
<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>

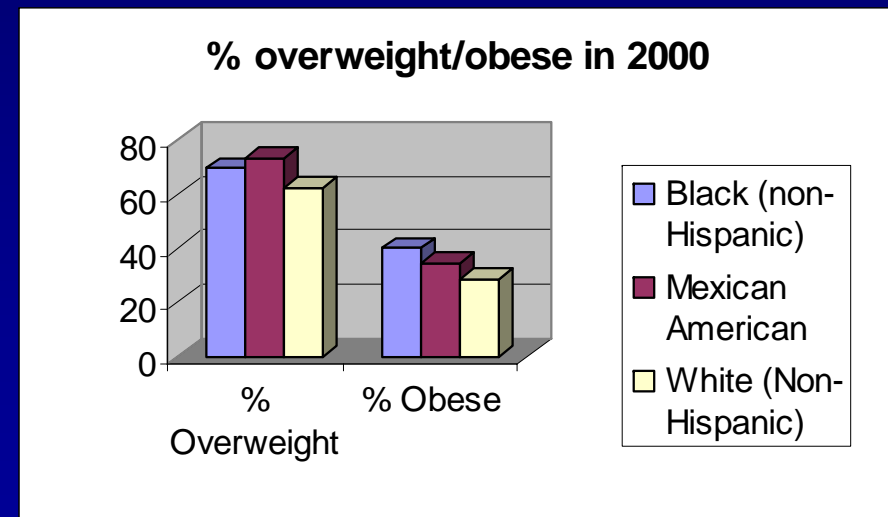


10 Answer: D - All of the above

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.

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



Source: CDC, National Center for Health Statistics, National Health and Nutrition Examination Survey. Flegal et. al. JAMA. 2002; 288:1723-7 and IJO. 1998;22:39-47



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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.

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

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

•Ogden et al. JAMA.2006;295:1549-1555.



Adapted with permission from Kaiser Permanente



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Answer: B – doubled

According to the US Surgeon General, since 1976, the percentage of obese adults has more than doubled from 14.4% to over 30% in 2000.

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

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



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Answer: C – about \$120 billion

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



10 **False**

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

True or False:

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



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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%.



30 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



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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.



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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.

Which of these conditions are obesity and overweight associated with?

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



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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?

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



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Answer: B – 5-10%

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

What is the smallest amount of weight loss that can measurably reduce total blood cholesterol?

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



40 Answer: D – All of the above

(<http://www.obesity.org/treatment/cost.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



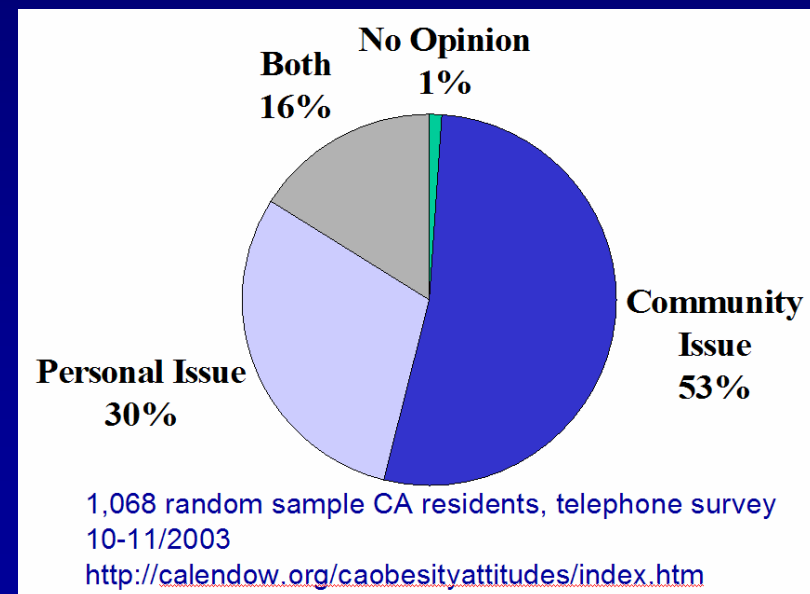
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Answer: B – A community issue

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



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Answer: D - All of the above

What can worksites do to reduce obesity and overweight?

- a) Create walking groups
- b) Give physical activity breaks during the day
- c) Offer healthier food choices
- d) All of the above



30 Answer: D – B and C

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



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Answer: D – All of the above

What can communities do to address overweight and obesity?

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

