



# Health Virtual Learning

## Chapter 4.1 What is a healthy weight?

# Truman High School

4/21/2020



Lesson: 4/21/2020

## Objective/Learning Target:

1. **Summarize factors that determine body weight.**
2. **Describe strategies for determining healthy weight.**
3. **Recognize health consequences associated with unhealthy weight status.**

# Healthy Weight

Approximately 36% of adults and 17% of children and adolescents in the United States are obese.

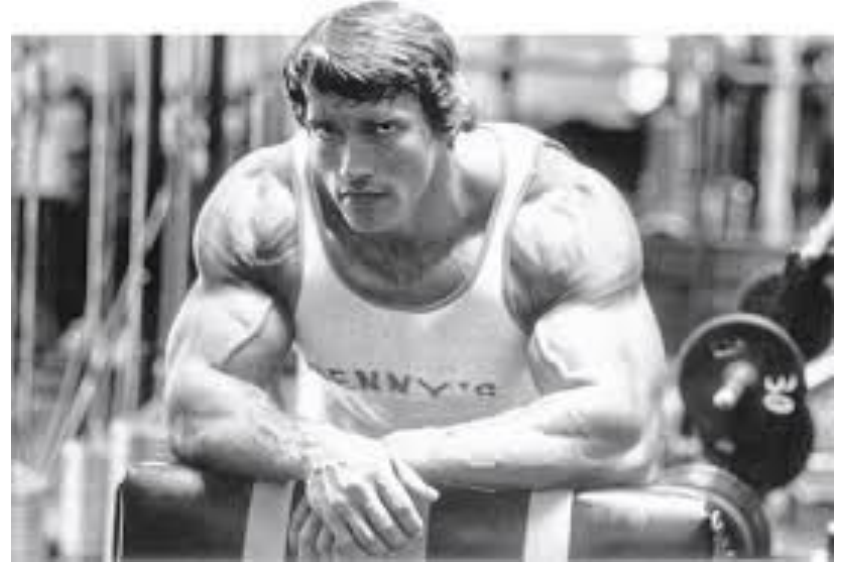
*Why do you think so many americans are overweight?*

*What can you do to maintain a healthy weight?*



# Weight and Body Composition

- Factors that determine what you should weigh
  - Age
  - Gender
  - Height
  - Body composition
- Body composition is the ratio of the various components—fat, bone, and muscle—that make up your body



# Determining a Healthy Weight

- Traditionally, height-weight tables have been used to determine healthy weight
- Body mass index (BMI) and other measures provide more accurate readings than tables



## Body Mass Index (BMI)

- BMI is calculated to determine whether a person is a healthy weight for his or her height
- The resulting BMI number is interpreted differently for different age groups
- Adults with a BMI between 25 and 29.9 are considered overweight

$$BMI = \frac{\textit{Weight (lbs.)}}{\textit{Height (in.)}^2} \times 703$$

## Other Body Composition Measures

- The skinfold test is a reliable measure of body composition
- Additional methods for measuring body composition include
  - DXA scans
  - Underwater weighing
  - Air displacement
  - Bioelectrical impedance



# Underweight and Your Health

- Causes for underweight
  - Cancer or other disease
  - Alcohol or drug abuse
  - Genetics
  - Psychological problems
  - Lack of access to food (most common)
- Deficiency diseases are caused by inadequate intake of various nutrients





# Overweight and Your Health

- Being overweight contributes to a range of health issues
  - Heart disease
  - Hypertension
  - Liver and gallbladder disease
  - Many types of cancer
  - Diabetes



# Malnutrition

*Is malnutrition unique to  
underweight individuals?*

*Can a person who is overweight or  
obese also experience  
malnutrition?*

*Explain your answer.*

