

Impacts of Physical Activity on the Obese



Meshia Q. Waleh, MD

KEYWORDS

• Obesity • Physical activity • Physician counseling • Pedometers

KEY POINTS

- Fewer than half of US adults engage in the recommended 150 minutes per week of moderate-intensity physical activity.
- Physicians who are regularly physically active themselves are more likely to encourage physical activity for their patients with chronic disease.
- Physical activity reduces the risk for developing obesity, cardiovascular disease, type 2 diabetes mellitus, and some cancers.
- Physical activity, along with dietary modification, is a cornerstone of chronic disease management, in particular for obesity, hypertension, hyperlipidemia, and type 2 diabetes mellitus.
- Electronic applications, pedometers, and school-based programs increase adherence to physical activity recommendations.

Physical activity is defined as any bodily movement produced by skeletal muscles requiring energy expenditure. Physical inactivity has been identified as the fourth leading risk factor for global mortality, causing an estimated 3.2 million deaths globally.¹

More than one-third of the US population is obese, whereas approximately one-third is overweight. According to the Centers for Disease Control and Prevention (CDC), over the past decade this has been an ongoing trend for the total US population where more of the population is increasingly becoming either overweight or obese. There are gradations of weight: underweight, normal, overweight, obese, morbidly obese, and superobese. Underweight is a body mass index (BMI) less than 19 kg/m². Normal weight is a BMI between 19 kg/m² and 24.9 kg/m². Overweight is defined as a BMI of greater than 24.9 kg/m², whereas obesity is defined as a BMI of greater than 29.9 kg/m². Morbid obesity is further defined as a BMI of greater than 39.9 kg/m². Superobesity is a BMI of greater than 49.9 kg/m². There are

The author has nothing to disclose.

Department of Family and Preventive Medicine, University of South Carolina School of Medicine, 3209 Colonial Drive, Columbia, SC 29203, USA

E-mail address: Meshia.waleh@uscmed.sc.edu

Prim Care Clin Office Pract 43 (2016) 97–107

<http://dx.doi.org/10.1016/j.pop.2015.08.014>

primarycare.theclinics.com

0095-4543/16/\$ – see front matter © 2016 Elsevier Inc. All rights reserved.

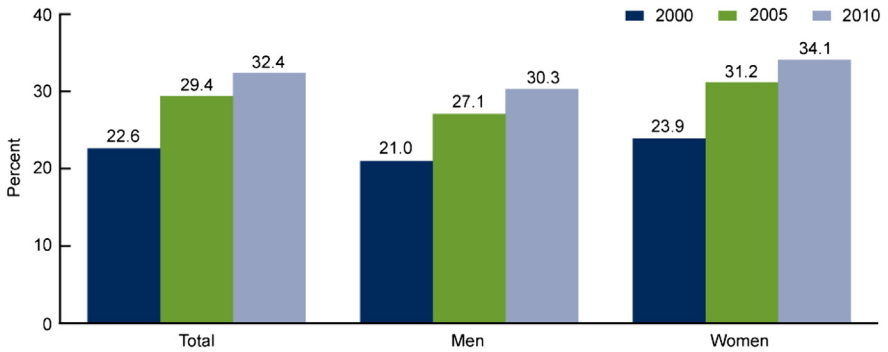


Fig. 1. Percentage of adults aged 18 and over whose physician or other health professional recommended exercise or physical activity, by gender and year: United States—2000, 2005, and 2010. Denominator is adults aged 18 and over who had seen a physician or other health professional in the past 12 months. Age-adjusted to the 2000 US standard population. Access data table for Fig. 1 at: http://www.cdc.gov/nchs/data/databriefs/db86_tables.pdf#1. (Courtesy of Centers for Disease Control and Prevention/National Center for Health Statistics, National Health Interview Survey.)

disproportionately higher rates of obesity in the southern United States and among US minorities (Figs. 1–6).

Approximately one-quarter to one-half of physicians recommend weight loss to their patients who are overweight or obese.^{2–4} In 2010, approximately one-third (32.4%) of patients reported having been counseled to either increase or begin physical activity by a health professional during the past year.⁵

Less than half of the US population engages in the recommended 150 minutes of weekly moderate-intensity physical activity. Moderate-intensity physical activity is any sustained physical activity that uses 3.5 to 7 calories per minute. Examples of moderate-intensity physical activity include walking at a pace of 3 to 4 miles per

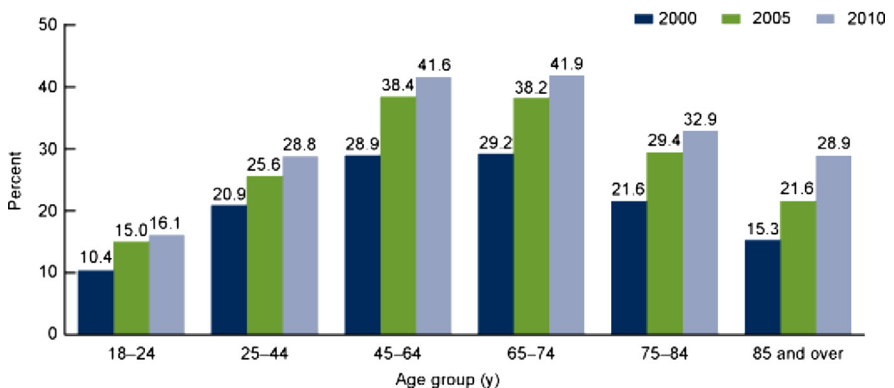


Fig. 2. Percentage of adults aged 18 and over whose physician or other health professional recommended exercise or physical activity, by age group and year: United States—2000, 2005, and 2010. (Courtesy of Centers for Disease Control and Prevention/National Center for Health Statistics, National Health Interview Survey.)

Download English Version:

<https://daneshyari.com/en/article/3822555>

Download Persian Version:

<https://daneshyari.com/article/3822555>

[Daneshyari.com](https://daneshyari.com)