

Whether you are overweight or of normal weight you should be aware of the impact body composition has on your health! Even if your weight is within a normal range, you can still have unhealthy or altered body composition.



What is unhealthy body composition? Generally speaking, it refers to carrying too much fat in comparison to lean tissue (e.g., muscle)—often referred to as having a high fat-to-lean ratio. As your body's fat-to-lean ratio increases, so do your health risks. In fact, unhealthy body composition often leads to obesity (defined as 30 pounds or more overweight)—a condition associated with many critical health concerns, including:

- ▶ Heart disease
- ▶ Stroke
- ▶ High blood pressure
- ▶ High cholesterol
- ▶ Metabolic syndrome
- ▶ Type 2 diabetes
- ▶ Estrogen-related problems
- ▶ Certain forms of cancer
- ▶ Hysterectomy
- ▶ Back pain
- ▶ Gallbladder disease and gallstones
- ▶ Kidney disorders
- ▶ Osteoarthritis
- ▶ Respiratory problems
- ▶ Sleep apnea
- ▶ Excess fatigue
- ▶ Urinary incontinence
- ▶ Depression

Factors that Contribute to Unhealthy Body Composition

- A high-fat, high-sugar diet
- Lack of exercise
- Overeating
- Excess alcohol intake
- Hormonal disorders
- Certain medications, such as steroids, antidepressants, or anti-epilepsy drugs
- Other metabolic factors (e.g., Cushing's syndrome, polycystic ovary syndrome, hypothyroidism)

Did You Know?

- More than 60% of the U.S. adult population is overweight, with over 25% considered obese.
- Almost 30% of U.S. children and teens aged 6 to 19 years are categorized as overweight. Overweight adolescents have a 70% chance of becoming overweight or obese adults.
- In America, approximately 47% of those who are overweight and 71% of those who are obese have high blood pressure.
- Half of all overweight and obese American adults have cholesterol levels higher than they should be (greater than 200 mg/dL).
- Approximately 25% to 33% of Americans have insulin resistance, which left unchecked, may develop into type 2 diabetes. About 70% of people with type 2 diabetes are overweight.

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