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### WHAT CAUSES OVERWEIGHT AND OBESITY?

- Unhealthy diet and lack of physical activity
- Genetics: it can run in families

### If you are overweight or obese, your risks for the following diseases increase:

- Chronic Diseases (Hypertension, Heart disease, etc.)
- Sleep apnea and respiratory problems
- Gynecological problems (abnormal menses, infertility, etc.)

### HOW DO I KNOW IF I AM OVERWEIGHT OR OBESE?

- **Adult Body Mass Index (BMI):**
  - It is a reliable estimate of body fat for most people
- **Waist Circumference:** assess abdominal fat content  
[The overweight BMI is between 25-29,](#)  
[and obese BMI is >30.](#)

#### Are You at a Healthy Weight?

Body Mass Index (BMI). The healthiest BMI range for adults is 18.5 to 24.9.

| HEIGHT<br>(Feet and Inches) | WEIGHT (Pounds/ Lbs) |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |  |  |
|-----------------------------|----------------------|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|--|
|                             | 80                   | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 | 250 |  |  |
| 4' 8"                       | 18                   | 20 | 22  | 25  | 27  | 29  | 31  | 34  | 36  | 38  | 40  | 43  | 45  | 47  | 49  | 52  | 54  | 56  |  |  |
| 4' 9"                       | 17                   | 20 | 22  | 24  | 26  | 28  | 30  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 48  | 50  | 52  | 54  |  |  |
| 4' 10"                      | 17                   | 19 | 21  | 23  | 25  | 27  | 29  | 31  | 33  | 36  | 38  | 40  | 42  | 44  | 46  | 48  | 50  | 52  |  |  |
| 4' 11"                      | 16                   | 18 | 20  | 22  | 24  | 26  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 46  | 49  | 51  |  |  |
| 5' 0"                       | 16                   | 18 | 20  | 21  | 23  | 25  | 27  | 29  | 31  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 47  | 49  |  |  |
| 5' 1"                       | 15                   | 17 | 19  | 21  | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 45  | 47  |  |  |
| 5' 2"                       | 15                   | 17 | 18  | 20  | 22  | 24  | 26  | 27  | 29  | 31  | 33  | 35  | 37  | 38  | 40  | 42  | 44  | 46  |  |  |
| 5' 3"                       | 14                   | 16 | 18  | 19  | 21  | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 37  | 39  | 41  | 43  | 44  |  |  |
| 5' 4"                       | 14                   | 15 | 17  | 19  | 21  | 22  | 24  | 26  | 28  | 29  | 31  | 33  | 34  | 36  | 38  | 40  | 41  | 43  |  |  |
| 5' 5"                       | 13                   | 15 | 17  | 18  | 20  | 22  | 23  | 25  | 27  | 28  | 30  | 32  | 33  | 35  | 37  | 38  | 40  | 42  |  |  |
| 5' 6"                       | 13                   | 15 | 16  | 18  | 19  | 21  | 23  | 24  | 26  | 27  | 29  | 31  | 32  | 34  | 36  | 37  | 39  | 40  |  |  |
| 5' 7"                       | 13                   | 14 | 16  | 17  | 19  | 20  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 35  | 36  | 38  | 39  |  |  |
| 5' 8"                       | 12                   | 14 | 15  | 17  | 18  | 20  | 21  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 34  | 35  | 37  | 38  |  |  |
| 5' 9"                       | 12                   | 13 | 15  | 16  | 18  | 19  | 21  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 34  | 36  | 37  |  |  |
| 5' 10"                      | 12                   | 13 | 14  | 16  | 17  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 33  | 35  | 36  |  |  |
| 5' 11"                      | 11                   | 13 | 14  | 15  | 17  | 18  | 20  | 21  | 22  | 24  | 25  | 27  | 28  | 29  | 31  | 32  | 34  | 35  |  |  |
| 6' 0"                       | 11                   | 12 | 14  | 15  | 16  | 18  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 31  | 33  | 34  |  |  |
| 6' 1"                       | 11                   | 12 | 13  | 15  | 16  | 17  | 19  | 20  | 21  | 22  | 24  | 25  | 26  | 28  | 29  | 30  | 32  | 33  |  |  |
| 6' 2"                       | 10                   | 12 | 13  | 14  | 15  | 17  | 18  | 19  | 21  | 22  | 23  | 24  | 26  | 27  | 28  | 30  | 31  | 32  |  |  |
| 6' 3"                       | 10                   | 11 | 13  | 14  | 15  | 16  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 28  | 29  | 30  | 31  |  |  |
| 6' 4"                       | 10                   | 11 | 12  | 13  | 15  | 16  | 17  | 18  | 20  | 21  | 22  | 23  | 24  | 26  | 27  | 28  | 29  | 30  |  |  |
| 6' 5"                       | 10                   | 11 | 12  | 13  | 14  | 15  | 17  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 27  | 29  | 30  |  |  |
| 6' 6"                       | 9                    | 10 | 12  | 13  | 14  | 15  | 16  | 17  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 27  | 28  | 29  |  |  |

Underweight Healthy Weight Overweight Obese

### WHAT DO WE RECOMMEND?

- **Talk with your Doctor and Dietitian**
  - The best way to lose weight is to do it **slowly** (about 1 to 2 pounds per week). You are more likely to successfully keep the weight loss in the long term.
- **Physical Activities**  
**Moderate activity** (your breathing and heart rate is faster but you can still carry on a conversation).  
 Examples include:
  - Walking briskly (a 15-minute mile)
  - Muscle-strengthening activities on 2 or more days a week
  - Walk at least 30 minutes per day, for 5 days per week
- **Healthy Food Choices, try to:**
  - Don't skip meals. Eat meals regularly and watch portion sizes
  - Choose whole grains more often
  - Eat a mix of colorful vegetables each day because they provide different nutrients
  - Choose fresh fruit rather than fruit juice and canned fruit. Fruit juice is usually high in calories, sugar, and has little or no fiber
  - Use fats and oils sparingly. Olive oil, canola oil, avocados, nuts and fish provide fat that is healthier to the heart
  - Limit foods and beverages that are high in added sugars
  - Have low-fat, low-sugar snacks on hand as part of the meal plan

#### Sources:

- Centers for Disease Control and Prevention
- National Institute of Diabetes and Digestive and Kidney Diseases

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### 甚麼因素造成過重和肥胖?

- 不健康的飲食和缺乏運動
- 遺傳因素

### 如果您過重或肥胖, 患以下疾病的風險會增加:

- 慢性疾病(高血壓, 心臟病等等)
- 睡眠呼吸暫停和其他呼吸問題
- 婦科問題(月經失調, 不育不孕等等)

### 我如何知道我是否超重或肥胖?

- **成人身體質量指數(BMI)**
  - 對大多數人來說, 這是一個估計體內脂肪值的可靠參考數據
- **腰圍:** 評估腹部脂肪含量

[過重的身體質量指數: 25-29,](#)

[肥胖的身體質量指數: >30](#)

### 您的體重健康嗎?

成年人的健康體質指數(BMI)範圍為 18.5 - 24.9

體重(磅) (Pounds/ Lbs)

| 身高(英尺) | 80 | 90 | 100 | 110 | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 | 250 |
|--------|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 4' 8"  | 18 | 20 | 22  | 25  | 27  | 29  | 31  | 34  | 36  | 38  | 40  | 43  | 45  | 47  | 49  | 52  | 54  | 56  |
| 4' 9"  | 17 | 20 | 22  | 24  | 26  | 28  | 30  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 48  | 50  | 52  | 54  |
| 4' 10" | 17 | 19 | 21  | 23  | 25  | 27  | 29  | 31  | 33  | 36  | 38  | 40  | 42  | 44  | 46  | 48  | 50  | 52  |
| 4' 11" | 16 | 18 | 20  | 22  | 24  | 26  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 46  | 49  | 51  |
| 5' 0"  | 16 | 18 | 20  | 21  | 23  | 25  | 27  | 29  | 31  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 47  | 49  |
| 5' 1"  | 15 | 17 | 19  | 21  | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 45  | 47  |
| 5' 2"  | 15 | 17 | 18  | 20  | 22  | 24  | 26  | 27  | 29  | 31  | 33  | 35  | 37  | 38  | 40  | 42  | 44  | 46  |
| 5' 3"  | 14 | 16 | 18  | 19  | 21  | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 37  | 39  | 41  | 43  | 44  |
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| 5' 5"  | 13 | 15 | 17  | 18  | 20  | 22  | 23  | 25  | 27  | 28  | 30  | 32  | 33  | 35  | 37  | 38  | 40  | 42  |
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| 5' 7"  | 13 | 14 | 16  | 17  | 19  | 20  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 35  | 36  | 38  | 39  |
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| 5' 9"  | 12 | 13 | 15  | 16  | 18  | 19  | 21  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 34  | 36  | 37  |
| 5' 10" | 12 | 13 | 14  | 16  | 17  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 33  | 35  | 36  |
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□ 過輕      ■ 健康體重      □ 超重      ■ 肥胖

### 我們有甚麼建議?

- **諮詢您的醫生和營養師**
  - 減肥最好的方法是循序漸進(大約每個星期減1到2磅)。這樣您更可能長期維持穩定的體重。
- **運動**

#### 中強度運動

(您的呼吸和心跳率會加快, 但仍然可以繼續交談)。例子包括:

  - 快速步行(15分鐘完成1英里)
  - 每星期兩天或以上做肌肉加強運動
  - 每次至少步行30分鐘, 每週5天
- **選擇健康的飲食, 嘗試:**
  - 定時進食和注意進食的份量
  - 多選擇全麥類食物
  - 每天吃不同顏色的蔬菜以攝取不同的營養成份
  - 選擇新鮮水果而非果汁或罐頭水果, 果汁通常含有較高的熱量和糖份, 而含有較少或零纖維
  - 有節制地使用脂肪和油。橄欖油, 芥花籽油, 牛油果, 堅果和魚的脂肪對心臟比較健康
  - 少選擇高糖份的食物和飲料
  - 選擇低脂肪, 低糖的零食作為飲食計劃的一部份

資料來源:

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