

Ch 10 weight management

[Health & Medicine](#), [Obesity](#)



Ch 10 weight management * Explain body comp and metabolic rate - depends on body size, composition, gender, diet, age, genes, hormones and activity level. -body comp = % of body fat and lean body mass [LBM] (ratio of fat tissue to nonfat tissue in body) [LBM = muscles bones and organs.] - 2 types of body fat - 1. Essential and needed for functioning // 2. Storage and can b lost thru exercise (1lb of fat= 3500 cal.) - metabolism refers to how the body utilizes fuel from nutrients (food) - metabolic rate = total amount of energy the body expends in a given time (ie. number of cal the body burns while resting or being active) - burned engery in body = 10-40% physical activity / 5-15% digestion / and 55-75% basal metobolic rate (BMR) or resting metobolic rate (RMR) for vital bodily functions. - due to genetic predisposition genes set ur metobolic rate or metabolism and can influence ur weight, fat distribution in areas and body structure size but does not account for Your diet or lifestyle choices * differentiate overweight and obesity and describe link to major health problems - according to nation health and nutrition 2003 survey 61% of USA Americans are overweight or obese - 22% of children and adolescents is USA are obese and 25% are overweight! (studies have shown that increase of fat cells in children = excess fat storage in adults abdominal) - major health problems assoc. coronary heart disease, cardiovascular disease, diabetes, high cholesterol, bone and joint diseases, gallstones, hypertension, osteoarthritis, sleep apnea, psychosocial development and self-esteem and high risk for cancer. - overweight if BMI is between 25. 0 - 29. 9 and > 30 is obese) - obese men have 2x chances of obtaining hypertension and high blood cholesterol and obese women have 4x chances - obesity is a disease! - can affect immune

system and reproductive organs - causes psychological problems or can lead to depression * Explain 3 unhealthy eating disorders and the differences between them - 1. Anorexia nervosa - not eating enough food to maintain normal body weight (15% below recommended body weight) - characterized by intense fear of becoming fat, distorted body image, refusal to maintain healthy weight, loss of libido - 2. Bulimia nervosa - eating and then purging - (ie. eating due to coping with depression, anxiety, loneliness etc.. Then afraid of getting fat or feel guilty after bingeing and then vomititing from guilt) characterized by lack of control during binges, combination or vomiting, fasting, taking laxatives, over exercising etc... ---both anorexia and bulimia are most common in white women middle class to upper class - 3. Binge eating. (higher in males) Most often the eater is obese. Characterized as Consuming large amounts of food in a very short period of time, feeling guilty after eating, eating alone or not when hungry. - all can b caused by or is linked to depression, insufficient serotonin, perfectionalism, anxiety etc... - Social physique anxiety (SPA) indicates the desire to look good has destructive and disabling effect on ones ability to function and interact with others and in relationships. * identify 3 aids to determine if u are overweight or underweight - BMI (3-5% in men and