



Obesity

Section Summary

- Those who are obese are more likely to develop chronic health conditions related to their weight such as hypertension and diabetes which are also risk factors for dementia.
 - Adults aged 45-65 who are obese have a 60% greater risk of developing dementia.
 - Those who are *underweight* in midlife have a 39% greater risk of developing dementia.
 - Older adults who were underweight and had greater fluctuations in body weight (e.g., repetitive weight loss and weight gain) had a greater dementia risk.
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Activities

Activity One: Fat Facts Quiz

- Conduct a virtual poll with, print or read aloud the following quiz questions on fat.
- Have participants answer the questions privately to see how much they know about fat and their health.

1. What does body fat do?
 - a. Store energy
 - b. Control Blood flow
 - c. Has no purpose

A. Stores Energy. We rarely think of fat in a positive light but it does a lot for us. Including storing energy, keeping us warm and protecting our organs. Too little or too much fat are both a cause for concern.

2. What is BMI?
 - a. A way to tell if you are too thin
 - b. A way to tell if you are diabetic
 - c. A way to tell if you are overweight

C. A way to tell if you are overweight. BMI can help indicate whether a person is overweight or not. And though widely used because it does not take into consideration things like frame or muscle weight and other physiological variable, it is not always reliable.

3. Exercise makes it harder to lose weight because it adds more muscle weight.
 - a. True
 - b. False

B. False. A combination of healthier eating and exercise are your best bet for losing weight. Exercise also allows for sustained weight loss, not causing the same kind of fatigue that exercising or dieting alone can lead to.

4. Where is the most unhealthy place to have too much body fat?
 - a. Belly
 - b. Hips
 - c. Bottom

A. Belly. While too much or too little fat anywhere can be harmful, people with more belly fat, or an apple-shaped body, are at a higher risk for heart disease, stroke type 2 diabetes and dementia.

5. Getting into the "normal" BMI range is the only way to regain health.
 - a. True
 - b. False

B. False. If obese losing any amount of weight can bring about improvements to your health and quality of life. Setting smaller goals when losing weight can make it feel more achievable, while still improving your health.

6. Which of the following are risk factors for Obesity?
 - a. Genetics
 - b. Stress
 - c. Poor sleep
 - d. Too little exercise
 - e. All of the above

E. All of the above. Stigmas around being obese can lead us to believe that weight gain is the direct result of poor lifestyle choices. However, mental health, underlying medical conditions and genetics can all be a cause for obesity and it is important to remember that when talking about the condition.

Discussion Questions

- What kind of barriers do you believe exist for people trying to lose weight?
- What negative stigmas have you witnessed around being overweight or obese?
 - What effect do you think these negative stigma towards people has on their ability to live healthier lives?