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Layout & Distribution: Valéria Kozakova

Increasing Longevity – Increasing Weight

Achim Regenauer

"Increasing longevity – increasing weight"

Classification of overweight



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BMI	Classification	Degree of obesity	Example 174 cm
18.5 or less	Underweight		56 kg
18.5 – 24.9	Normal weight		77 kg
25.0 – 29.9	Overweight	0	92 kg
30.0 – 34.9	Obesity	I	107 kg
35.0 – 39.9	Obesity	II	120 kg
40 or greater	Extremely obese	III	

Mortality trends – Dr. Achim Regenauer
22.11.2006
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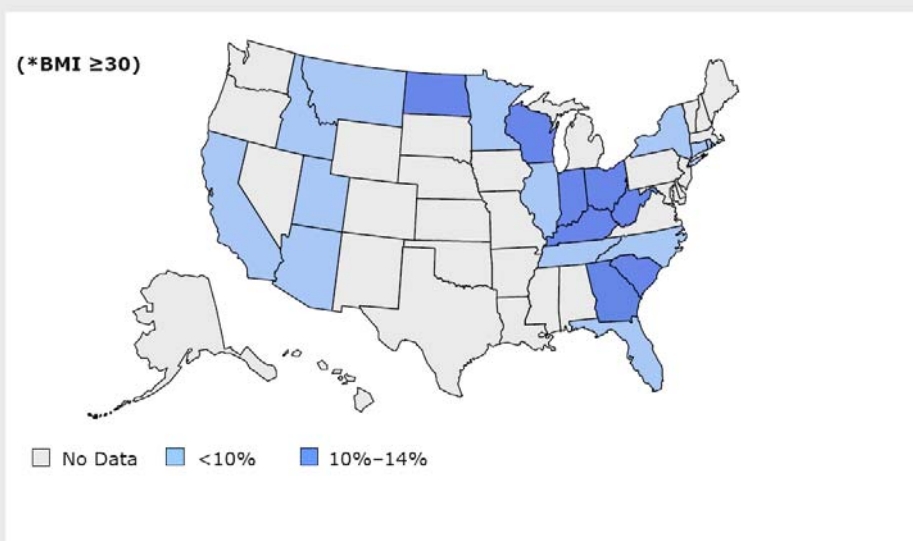

"Increasing longevity – increasing weight"
The obesity „pandemic“



Estimated BMI for both adults on the slide: BMI = 30

Mortality trends – Dr. Achim Regenauer 22.11.2006 3

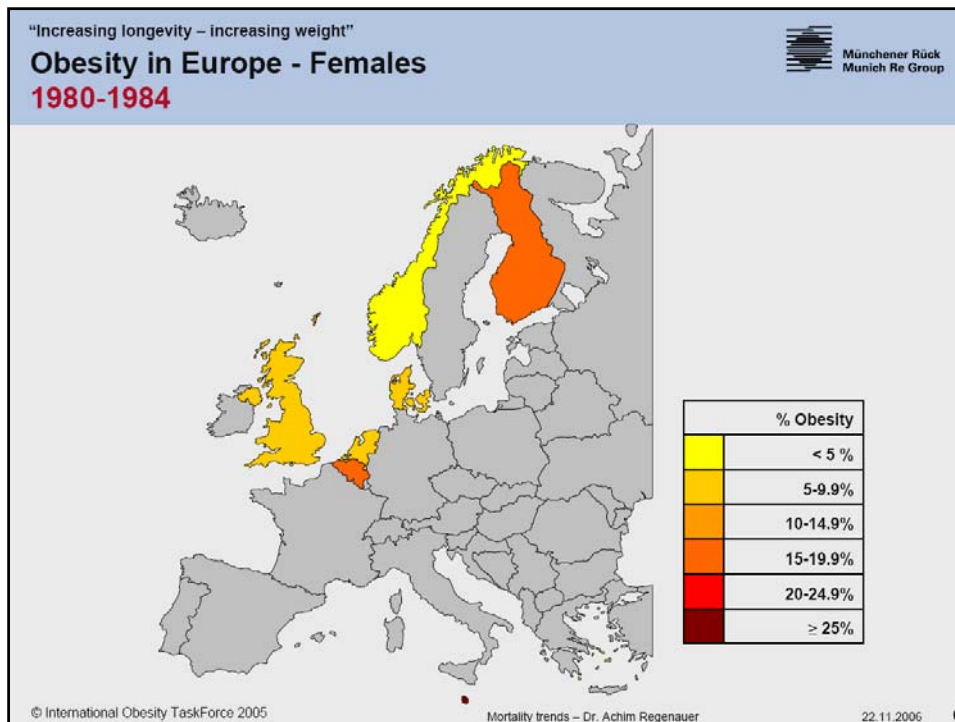
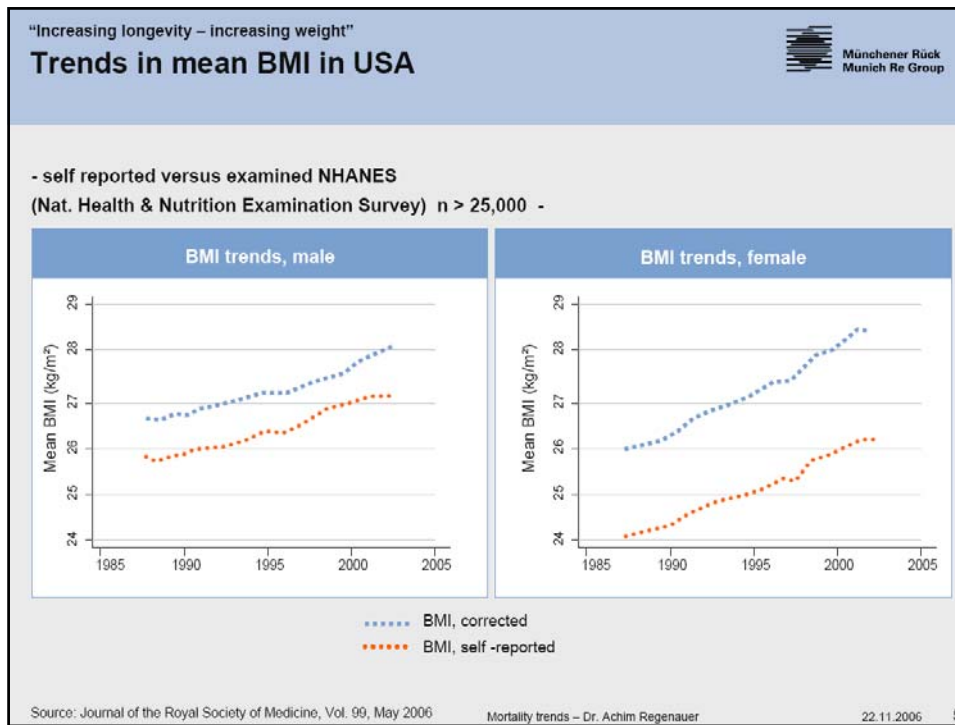
"Increasing longevity – increasing weight"
Obesity Trends* Among U.S. Adults
1985

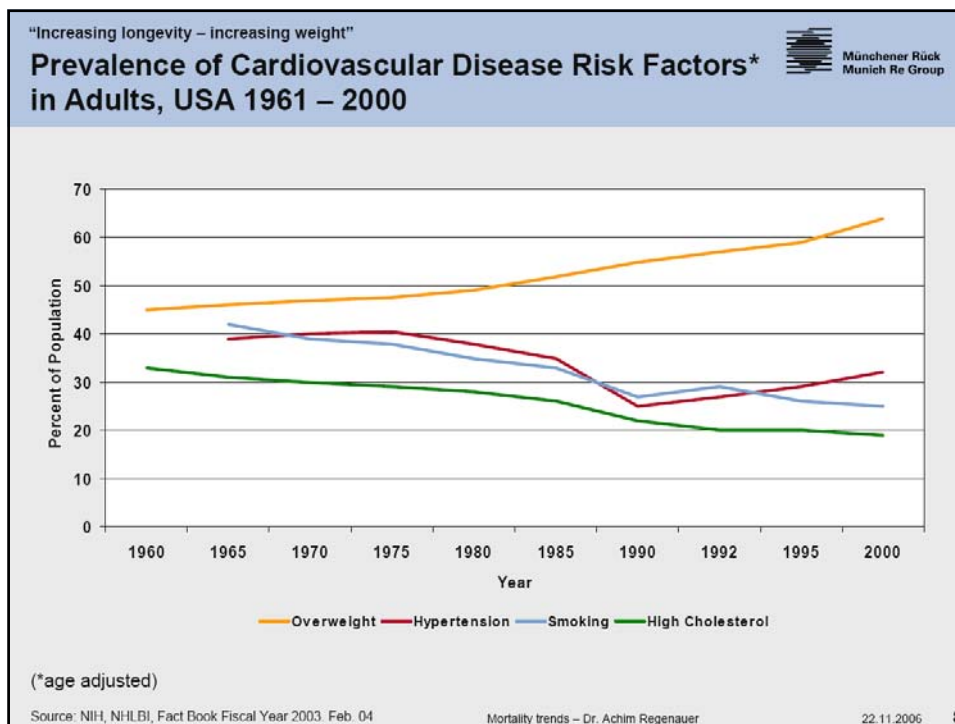
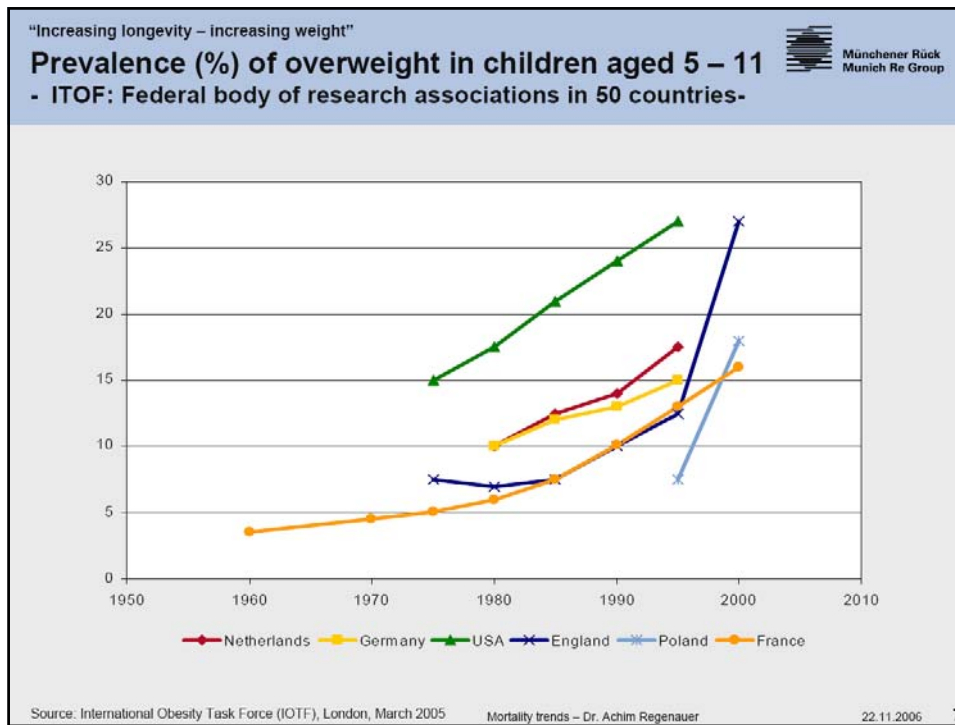


(*BMI ≥30)

Legend: No Data (light grey), <10% (light blue), 10%-14% (dark blue)

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS). Mortality trends – Dr. Achim Regenauer 22.11.2006 4





"Increasing longevity – increasing weight"
Obesity in the media

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„ Obesity: Time bomb or dud?“
USA Today

„ Obesity as an over-hyped crisis“
Boston news

„ The supposed detrimental effects of obesity are actually exaggerated..“
Spektrum der Wissenschaft

„ The rising prevalence and severity of obesity are capable of offsetting the positive influences on longevity“
New England Journal of Medicine

„ Obese children may have a lower life expectancy than their parents“
New York Times

„ Obesity May Stall Trend of Increasing Longevity“
Washington Post

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"Increasing longevity – increasing weight"
Consumption of calories and sugar per capita in the US

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Calories from the U.S. per capita

Source: Food Review, Winter 2000

Global and regional per capita food consumption per capita (kcal per day)

Source: WHO

Pounds of sugar per capita

Source: U.S. Department of Agriculture, Weekly Statistical Sugar Trade Journal

