

## Are You Shaped Like an Apple or a Pear?

Do this:	Examples		You
A. Measure 1 inch below your waist.	25	39	
B. Measure your hips. (6 inches below your waist)	35	35	
<b>Then:</b> Divide A. by B.	$25 \div 35$	$39 \div 35$	÷
Results:	.71	1.1	

### Upper Body Obesity Risk Factors

for Men.....above 1.0

for Women.....above 0.8



Your risk factor is strongly related to heart disease, diabetes and high blood pressure.

## Shape UP!

# Upper Body Obesity

*Are you shaped like an apple or a pear?*

New research continues to indicate it's better to be shaped like a pear than an apple.

Fat pattern seems to be more important than the degree of fatness. If you are overweight, it's even more important to get rid of that weight if it's a spare tire around your middle. Upper body fat has been related to increased incidence of heart disease, stroke, elevated blood pressure and blood lipid levels. Lower body fat doesn't seem to be related to increased risk of these diseases.

A sharp increase in cardiovascular disease risk is related to increased waist-to-hips circumference. Risk increases with ratios of more than 1 for men and 0.8 for women. To find your ratio, measure your waist and hips. Then divide your waist measurement by your hip measurement.

An increase in cancer, diabetes, digestive disease and cerebral vascular lesions, as well as higher than average general mortality rates, also have been reported for obesity.

The health implications of obesity are clear. The problem lies in helping people to achieve and maintain a healthy body weight. About two-thirds of adults and one-third of children in the United States are overweight.

Those things that seem to help best in achieving and maintaining weight are choosing a variety of foods to provide sufficient nutrients without providing excess calories or fat, a regular program of exercise and behavior changes in eating lifestyles. Many Americans consume more than 40 percent of calories from fat. Since fat provides 2 1/4 times as many calories as carbohydrate or protein, cutting fat intake to about one-third of calories or less can be beneficial.



*Any successful weight control program needs to include changes that can be incorporated into a person's lifestyle and follow up to determine if these changes have become habit.*



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