

Obesity and BMI Activity

Use the resources on the following CDC website for this activity.

<http://www.cdc.gov/obesity/index.html>

1. What is Body Mass Index (BMI) and why is it more accurate than using weight to determine obesity?
2. What BMI does an adult need to have to be considered:
 - Underweight -
 - Normal -
 - Overweight -
 - Obese -
3. What BMI does a child/adolescent (18 & under) need to have to be considered:
 - Underweight-
 - Normal -
 - Overweight-
 - Obese-
4. Using the scale on the computer and the measuring guide and level, determine the following:
 - Your height in inches (barefoot) to the closest 1/8 of an inch. _____
 - Your weight in lb (w/o as much clothing as possible) to the nearest ¼ pound. _____
5. Using the appropriate BMI calculator on the site for someone your age, determine your BMI by entering this data.
 - Your BMI _____ Your percentile _____
 - Your evaluation (Underweight, healthy, overweight, etc.)
6. On the spread sheet on the computer, enter this data next to your student ID number and hit Save. This data will be used tomorrow.

7. Childhood / Adolescent (you) obesity has increased from 1980 to the present. Using the data from the NHANES Surveys on the CDC site determine the following:
- Approximately how many times more obese youths are there now compared to 30 years ago?
 - What age group has seen the biggest increase?

Go back and click on the blue and white national map on the right. On that page, find the Race/Ethnicity data.

- Which ethnic group has seen the biggest increase in obesity among males?
- Which ethnic group has seen the biggest increase in obesity among females?

8. Click Back. Using the US Obesity Trends Data on the page, determine the following:

- What state has the highest adult obesity rate? The Least?
- Where does Delaware rank Nationally in adult obesity?

9. Type II Diabetes is closely linked to obesity because of the excessive demands on the pancreas to provide enough insulin. Using the County Specific data on the site, determine:

- What general region of the country has the highest percentage of adults who are both Obese AND have Type II Diabetes?
- Is Delaware included in that sad statistic? If so, which counties?