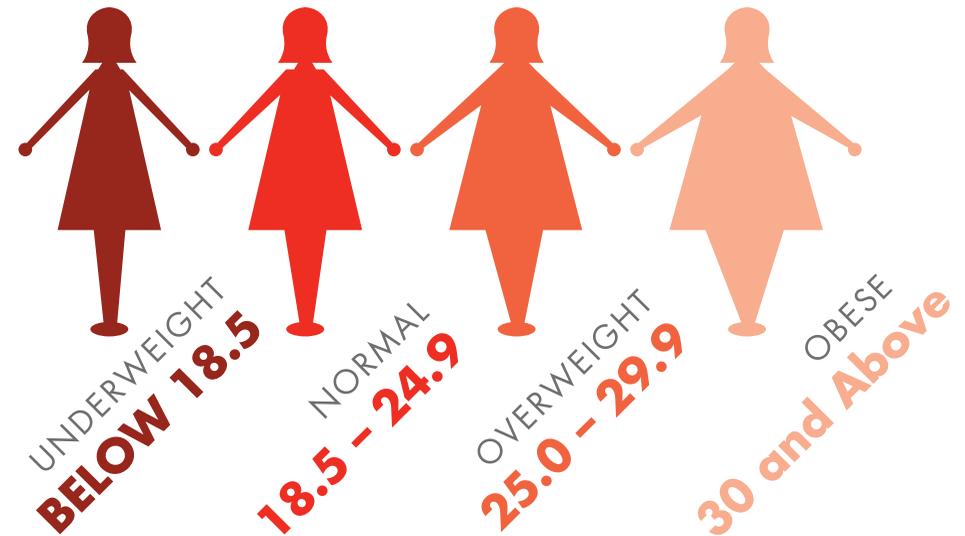


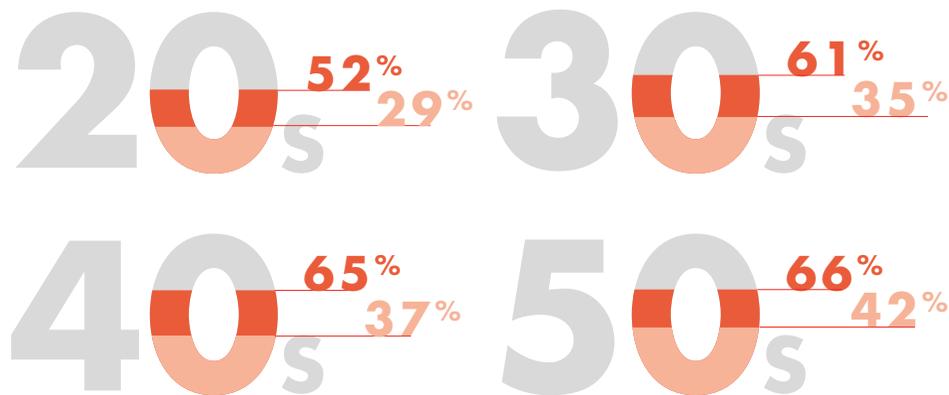
BEING OVERWEIGHT OR OBESE

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. About two-thirds of adults in the United States are overweight or obese. If you are overweight or obese, you are at higher risk of developing heart disease.

KNOWING YOUR BMI (BODY MASS INDEX)
VISIT NHLBISUPPORT.COM/BMI/ TO FIND YOUR PERSONAL BMI.



OVERWEIGHT/OBESITY BY AGE



PORTION DISTORTION

TODAY / 20 YEARS AGO



SPECIALITY COFFEE
350 Cal.



COFFEE with whole milk and sugar
45 Cal.

TODAY / 20 YEARS AGO



CHEESE BURGER
590 Cal.



CHEESE BURGER
257 Cal.

Sources

- National Center for Health Statistics. (2008). *Chartbook on trends in the health of Americans.*
- Department of Agriculture. (2010). *Dietary guidelines for Americans.*
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- National Heart, Lung, and Blood Institute. (2003). *Portion distortion I.* Retrieved from <http://hp2010.nhlbihin.net/portion/>.
- National Heart, Lung, and Blood Institute. (2004). *Portion distortion II.* Retrieved from <http://hp2010.nhlbihin.net/portion/>.

HeartTruth.gov

