Slow Down, Brooklyn! Obesity is on the rise!

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SLOW DOWN, BROOKLYN! OBESITY IS ON THE RISE!

WHAT IS OBESITY?
- When one consumes more calories than they can burn
- One is considered obese if their BMI (Body Mass Index) is 30 or higher in comparison to their height and weight.

Major Findings
- Fastest growing cause of illness and death in the United States
- Rates are high among the poor and less-educated
- Percentage of overweight children and teens has more than doubled in the past decade!
- Americans snack everywhere!
- Little money is spent on educating consumers about healthy eating choices
- Schools have incorporated soft-drinks and fast-food vendors.

Does race/ethnicity affect obesity?
- Not much
- Obesity is still high in poverty stricken areas
- Latinos and African Americans have higher obesity rates than Whites and Asians
- Obesity can begin in early childhood depending on the history, income, social environment of the family

Consequences
- Heart disease and stroke
- High blood pressure and high cholesterol
- Type 2 diabetes
- Certain cancers—(prostate, colon, kidney, gall bladder, uterus, and breast)
- Breathing problems—asthma, sleep apnea
- Arthritis
- Bladder problems
- Pregnancy complications—difficult labor, risk of birth defects, and diseases in infants

IMPROTANCE
- 7 of 11 Brooklyn neighborhoods (as defined by the United Hospital Fund) the obesity rate is higher than it is for New York City as a whole.
- In Williamsburg and Bushwick, 1 out of every 4 adults is obese.
- In Bedford-Stuyvesant, Crown Heights, and East New York, 3 out of 10 adults are obese.

Proposed Solutions
- Exercise regularly
- Reduce television time
- Ban vending machines from schools
- Physical and nutritional education
- Increase physical activities in schools
- Provide/create more resources for communities

REFERENCES