

Nutrition 4 exam

Chapter 11: Energy Balance & Obesity

• Identify all the health risks associated with being overweight and/or obese and explain the current state of obesity in the U.S., and worldwide.

- Health implications of extra body fat:
- Alzheimer disease/ stroke
- Heart disease/ hypertension
- Fatty liver disease, gallstones
- Type 2 diabetes
- Arthritis
- Gout
- Sleep apnea
- Gastroesophageal reflux
- Increased risk of some cancers
- Erectile dysfunction in men
- In fertility in woman, increased risk of miscarriage and birth defects

Define: Obesity and Overweight.

- People can be overweight but not obese.
- overweight= too much weight for his/her height
- obese= has excess body fat and a BMI ≥ 30
- In us: 40% of adults are obese, 70% of adults are overweight, 18.5% of youth are obese

• Identify the number of calories needed to meet minimum nutrition requirements; and explain what factors influence BMR.

- Minimum cal: 1200 kcal for woman, 1500 kcal for men.
- BMR= basal metabolic rate= amount of energy expended at basal metabolism of a fixed period. Accounts for most amount of energy expended in a day.

Define: thermic effect of food, non-exercise activity thermogenesis (NEAT).

- Thermic effect of food: amount of energy used to digest, absorb, and metabolize nutrients.
- NEAT: activities that are not sleeping or exercise house chores.

• Explain the concept of energy balance.

- Negative energy balance= weight loss, neutral energy balance is maintaining weight, A positive energy balance is weight gain.

Define: Energy Balance, Negative Energy Balance, Positive Energy Balance.

- Energy balance: energy in= energy out. Maintenance
- Negative: energy in< energy out. Weight loss
- Positive: energy in> energy out. Weight gain

• Explain how the BMI is used and when it is not used.

- Good predictor of weight status and therefore disease risk
- BMI increases- risk for chronic disease increase
- Not accurate for individuals that have high muscle mass compared to height

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J Spring



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