

The Pennington Biomedical Research Center is a world-renowned nutrition research center.

Mission:

To promote healthier lives through research and education in nutrition and preventive medicine.

The Pennington Center has several research areas, including:

- Clinical Obesity Research
- Experimental Obesity
- Functional Foods
- Health and Performance Enhancement
- Nutrition and Chronic Diseases
- Nutrition and the Brain
- Dementia, Alzheimer's and healthy aging
- Diet, exercise, weight loss and weight loss maintenance

The research fostered in these areas can have a profound impact on healthy living and on the prevention of common chronic diseases, such as heart disease, cancer, diabetes, hypertension and osteoporosis.

The Division of Education provides education and information to the scientific community and the public about research findings, training programs and research areas, and coordinates educational events for the public on various health issues.

We invite people of all ages and backgrounds to participate in the exciting research studies being conducted at the Pennington Center in Baton Rouge, Louisiana. If you would like to take part, visit the clinical trials web page at www.pbrc.edu or call (225) 763-3000.

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Visit Our Website at: www.pbrc.edu



Obesity and Your Heart

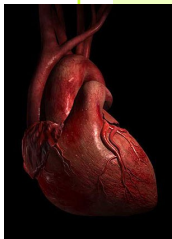
Pennington Biomedical Research Center.



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The Facts About Obesity and It's Effect on the Body

- Overweight is considered to be a BMI of 25 to 30.
- Obesity is classified as a BMI of 30 or greater.
- Obesity is defined as having too much body fat.
- Those who are **overweight** have a 34% greater risk of developing heart failure, when compared to a normal weight person.
- Those who are **obese** have a 104% increased risk of developing heart failure, when compared to a normal weight person.
- It is associated with hypertension, diabetes, pulmonary hypertension, and musculoskeletal difficulties.
- The obese frequently have high blood pressure, which causes the heart to work harder.
- Obesity is considered a state of inflammation, which can increase heart failure risk.
- HDL (good) cholesterol levels tend to be lower in obesity, which raises the risk of heart disease and stroke.

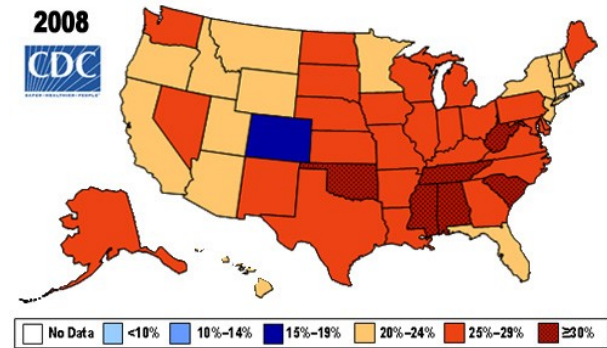


Calculating Your Body Mass Index (BMI)

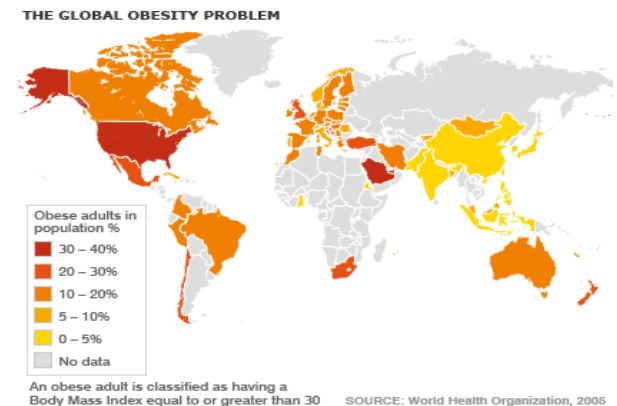
A Step-By-Step way to calculate BMI:

1. Determine your weight in pounds.
2. Determine your height and square it (multiply the height in inches with itself).
3. Divide the number you obtained from Step 1 with the number you determined in Step 2.
4. Multiply the number from Step 3 with 703, and you will have your BMI.

- Individuals with a BMI greater than 24.9 are at an increased risk for hypertension, diabetes mellitus, and dyslipidemia; all of which increase the risk of having a heart attack.
- The overweight and obese have an increased incidence of heart disease, and an increased risk of heart attack, congestive heart failure, sudden cardiac death, angina, and abnormal heart rhythm.
- Obesity is commonly associated with left ventricular hypertrophy and dilation; both are known precursors for heart failure.
- Approximately 11% of heart failure cases among men, and 14% among women are attributed to obesity alone.



Louisiana is among the states with highest obesity rates, with 25-29% of the population having a BMI in the obese range.



A map representing the obesity status of various countries throughout the world. The United States has the highest incidence, with 30 to 40% obesity rates.

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