

Alimentazione, Salute, Cultura

OBESITY WEEK

VIII settimana per la prevenzione
dell'obesità e per un corretto
stile di vita

PARMA, 6-18 Ottobre 2015

OBESITÀ PEDIATRICA E ALTERAZIONI DEL METABOLISMO GLICIDICO: VERSO UNA LINEA GUIDA CONDIVISA

*WORKSHOP congiunto tra
Gds "Obesità Infantile" e Gds "Diabete"
della SIEDP*

GIOVEDÌ 15 OTTOBRE 2015

Parma, Sala Aurea
Camera di Commercio di Parma
Via Verdi 2 - Parma
Ore 14.00 - 18.30

INCONTRO GOLF, BENESSERE E ALIMENTAZIONE: IL PAR DELLA VITA

DOMENICA 11 OTTOBRE 2015

Golf del Ducato
Strada Martinella, 328/A - Vigatto (PR)
Ore 18.00 - 19.30

OBESITY WEEK, VIII EDIZIONE

CAFFEXPO – CAFFÈ SCIENTIFICI LETTERARI

Presentazione del volume

"A tavola con gli insetti"

di Giovanni Sogari e Paul Vantomme

LUNEDÌ 12 OTTOBRE 2015

presso Libreria Feltrinelli
Strada Farini, 17 - Parma

Ore 18.30 - 19.30

CAMERA DI COMMERCIO DI PARMA
Sala Aurea
Via Verdi, 2 - Parma

DA QUI... ALL'OBESITÀ

IMMUNITÀ, AMBIENTE E OBESITÀ

PARMA, 16 Ottobre 2015

Ore 08.30-18.20

4
CREDITI
ECM

8
CREDITI
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CENT'ANNI DEL NUOVO
OSPEDALE DI PARMA

Convegno ECM

ALIMENTAZIONE, ATTIVITÀ FISICA, OBESITÀ E SALUTE: PASSATO, PRESENTE E FUTURO

MARTEDÌ 13 OTTOBRE 2015

Aula "G" centro congressi dell'Azienda
Ospedaliero - Universitaria di Parma

Ore 15.00 - 18.00

ALIMENTAZIONE OBESITÀ E SALUTE

MERCOLEDÌ 14 OTTOBRE 2015

Sala Cinema-Teatro
Via Italo Ferrari, 5
Sissa Trecasali (PR)

Ore 20.30

"DISABILITÀ, ATTIVITÀ FISICA E ALIMENTAZIONE"

SABATO 17 OTTOBRE 2015

Sala Aurea
Camera di Commercio di Parma
Via Verdi, 2 - Parma
Ore 9.00 - 11.30

"STRATEGIE PRATICHE NELLA LOTTA ALL'OBESITÀ"

DOMENICA 18 OTTOBRE 2015

Auditorium della Fondazione di
Piacenza e Vigevano
Via S. Eufemia, 13 - Piacenza
Ore 17.00

Show cooking

Eataly, Stradone Farnese 39 - Piacenza
Ore 19.00

**Obesità, cervello e tumori
Leone ARSENIO**



Adherence to the World Cancer Research Fund/American Institute for Cancer Research guidelines and risk of death in Europe: results from the European Prospective Investigation into Nutrition and Cancer cohort study.

Vergnaud AC et al Am J Clin Nutr. 2013 Apr 3

DESIGN: The current study included 378,864 participants from 9 European countries enrolled in the European Prospective Investigation into Cancer and Nutrition study. At recruitment (1992-1998), dietary, anthropometric, and lifestyle information was collected. A WCRF/AICR score, which

il rischio di mortalità per tumori, eventi cardiovascolari e malattie respiratorie era inferiore del 46% tra i soggetti del gruppo con maggiore adesione alle raccomandazioni WCRF/AICR rispetto ai soggetti meno aderenti.

points in women). Significant inverse associations were observed in all countries. The WCRF/AICR score was also significantly associated with a lower hazard of dying from cancer, circulatory disease, and respiratory disease.

CONCLUSION: Results of this study suggest that following WCRF/AICR recommendations could significantly increase longevity.



Vegetarian dietary patterns and mortality in

Negli Avventisti diete prevalentemente vegetali -12% del rischio di mortalità totale, maschi (-18%) femmine (-8%), riduzione maggiore per i pesco-vegetariani, latte-ovo vegetariani e vegani

Vegetarian dietary patterns and the risk of colorectal

Negli Avventisti le diete vegetariane, in particolare le pesco-vegetariane, hanno un rischio di ca. colon-rettale significativamente più basso

CAHA Intern Med 2016 May;170(5):707-711

160mila donne, il consumo regolare (2 volte/settimana) di pesce fresco al forno, al cartoccio, in padella (ma non fritto) si associa con una riduzione tra il 15 e il 23% del rischio di carcinoma endometriale, nelle donne normopeso.

se un uomo di 67 anni sostituisse la carne rossa alla brace con l'arrosto, potrebbe prevenire la perdita di 3 giorni in salute/anno; una donna coetanea 4,5 giorni in più in salute/anno.

coorte NHSII 44.231 donne 33-52 anni: La sostituzione di una porzione/die di carne rossa totale con una porzione a scelta di pollame, pesce, legumi e noci riduce il rischio del 15% di cancro al seno in generale e del 23% in premenopausa.

506 pazienti : la dieta a base di carne, e quella con prevalenza di zuccheri semplici, erano associate al cancro colon-rettale

Dietary patterns and breast cancer risk: a

Due studi canadesi CSDLH e NBSS: in entrambi carne e patate aumentano il rischio nelle donne in menopausa

Rohrmann et al. BMC Medicine 2013, 11:63
<http://www.biomedcentral.com/1741-7015/11/63>

Chi mangia più di 160 gr. di carne lavorata/die (ad es. due salsicce e una fetta di pancetta) avevano +44% di probabilità di morire vs quelli che si limitano a circa 20 gr./die. Se tutti i partecipanti avessero ridotto a 20 grammi il consumo di questi insaccati si sarebbe potuto evitare il 3% delle morti premature, in particolare per CVD, ma anche cancro.

Sabine Rohrmann^{1,2*}, Kim Overvad³, H Bas Bueno-de-Mesquita^{4,5}, Marianne U Jakobsen³, Rikke Egeberg⁶,

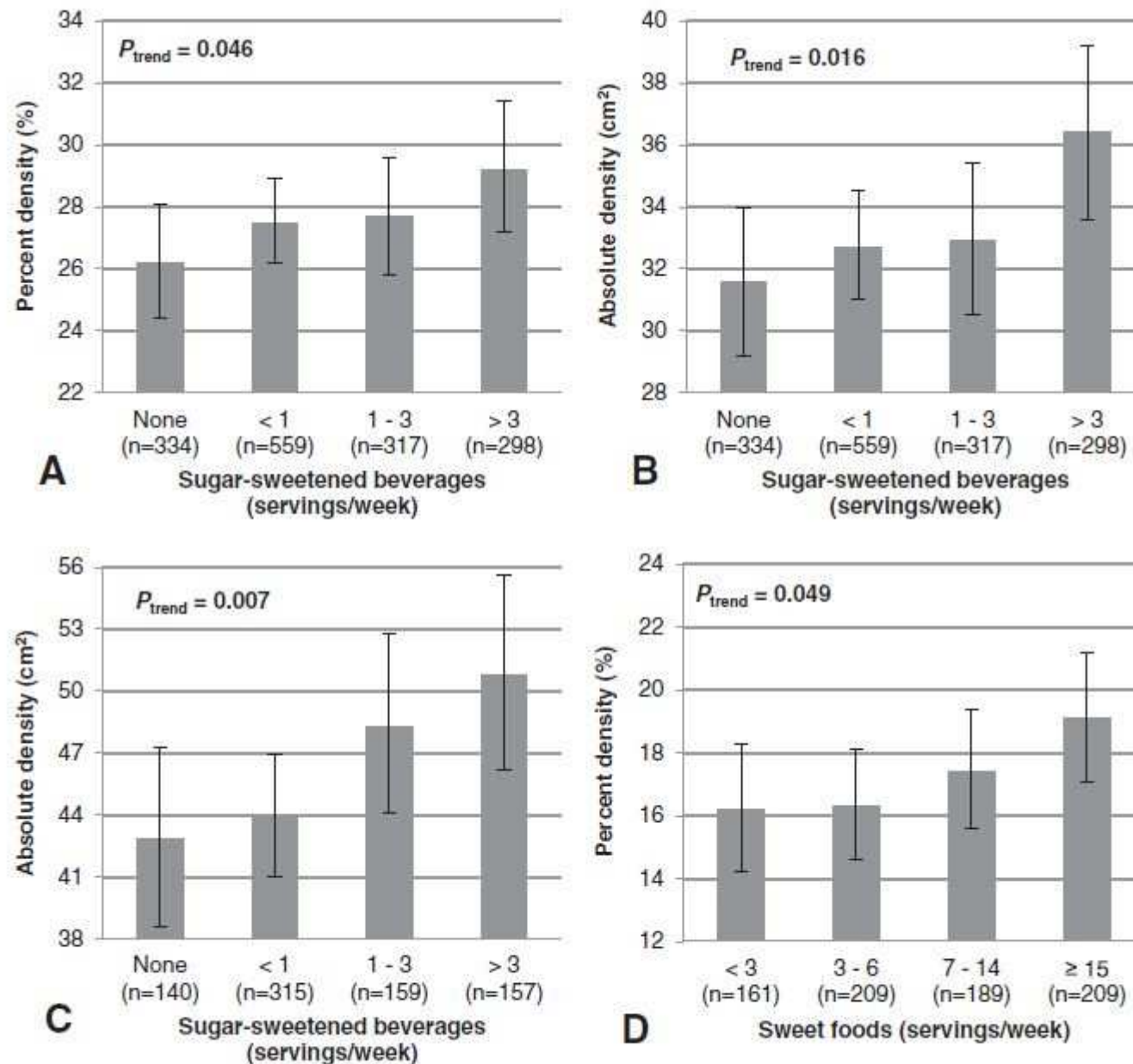


Figure 1 Mammographic density according to number of servings per week of beverages or sweet foods. Percent (A) and absolute (B) density according to weekly servings of sugar-sweetened beverages among all women. Absolute density according to weekly servings (C) and percent density (D) according to weekly servings of sweet foods among women with higher MD.

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Fat, fibre and cancer risk in African Americans and rural Africans

[Stephen J. D. O'Keefe](#), [Jia V. Li](#), [Leo Lahti](#), [Junhai Ou](#), *et al.*

Nature Communications 6, Article number:6342 doi:10.1038/ncomms7342

Published 28 April 2015

Abstract

Rates of colon cancer are much higher in African Americans (65:100,000) than in rural South Africans (<5:100,000). The higher rates are associated with higher animal

Suno sufficienti due settimane di 'junk food' per avere effetti visibili sulla salute dell'intestino, con modificazione dei biomarker che aumentano il rischio di tumore.

subjects from the same populations, where African Americans were fed a high-fibre, low-fat African-style diet and rural Africans a high-fat, low-fibre western-style diet, under close supervision. **In comparison with their usual diets, the food changes resulted in remarkable reciprocal changes in mucosal biomarkers of cancer risk and in aspects of the microbiota and metabolome known to affect cancer risk, best illustrated by increased saccharolytic fermentation and butyrogenesis, and suppressed secondary bile acid synthesis in the African Americans.**



Review

The Interaction between Epigenetics, Nutrition and the Development of Cancer



L'incidenza del cancro è la risultante di una interazione fra genoma ed epigenoma.

Protettivi: i folati da verdure a foglia verde, acidi cinnamici da caffè, cereali integrali, susine e kiwi, polifenoli come la epigallocatechina-3-gallato (Egcg) dal tè verde, resveratrolo da uve rosse e dai loro prodotti, isotiocianati da verdure crocifere, lignani di semi di lino, isoflavoni di soia, terpeni come il licopene del pomodoro, selenio, vitamina E e anche la vitamina D



Figure 1. A diagrammatic representation of the extent and type of epigenetic modifications that promote cancer risk and/or progression, and the modifiable (in green ovals) and non-modifiable (in red ovals) factors that may influence these epigenetic modifications.



RESEARCH

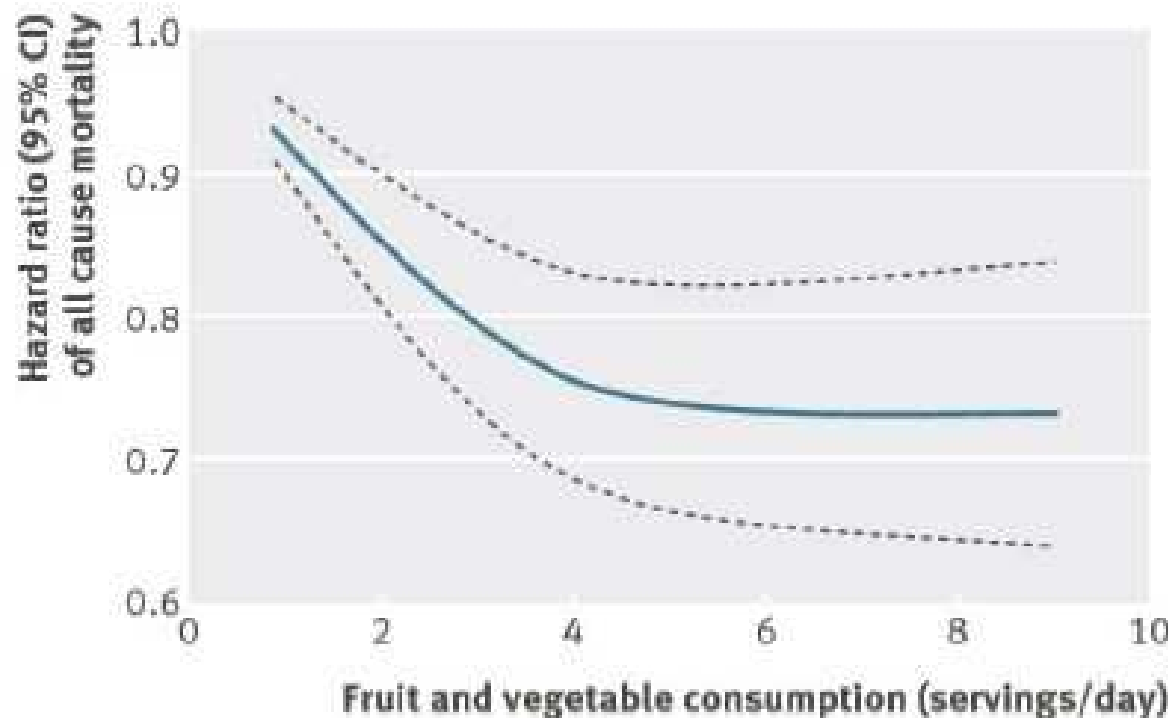
Fruit and vegetable consumption and mortality from all causes, cardiovascular disease, and cancer: systematic review and dose-response meta-analysis of prospective cohort studies

 OPEN ACCESS

Xia Wang

Results Six studies ranging from 1970 to 2010 (all-cause mortality, cancer mortality) were included. The hazard ratio (95% CI) for fruit (P=0.001) and vegetables (P=0.001) was significantly associated with a lower risk of all-cause mortality.

Conclusion Fruit and vegetable consumption is associated with a lower risk of all-cause mortality.



Jun Liu *research fellow*², who has been involved in the design, data collection, analysis, and interpretation of the study. The authors have no other competing interests. The authors have no other competing interests. The authors have no other competing interests.

tion of fruit and vegetables is associated with a lower risk of all-cause mortality.

Citrus Consumption and Risk of Cutaneous Malignant Melanoma.

Wu S, Han J, Feskanich D, Cho E, Stampfer MJ, Willett WC, Qureshi AA.

J Clin Oncol. 2015 Jun 29. pii: JCO.2014.57.4111. [Epub ahead of print]



PURPOSE: Citrus products are widely consumed foods that are rich in psoralens and furocoumarins, a group of naturally occurring chemicals with potential photocarcinogenic properties. We prospectively evaluated the risk of cutaneous malignant melanoma associated with citrus consumption.

chi mangiava arance e pompelmi, contenenti furocumarine, una famiglia di composti fotoattivi, e relativi succhi 2-4 volte/settimana aveva un 10% di aumento del rischio di melanoma, che aumentava al 36% nei soggetti che mangiavano i frutti, specie il pompelmo, più di 1,5 volte/giorno

association with risk of melanoma, which was independent of other lifestyle and dietary factors. The pooled multivariable hazard ratio for melanoma comparing the extreme consumption categories of grapefruit ($\geq$ three times per week v never) was 1.41 (95% CI, 1.10 to 1.82; $P_{\text{trend}} < .001$).

CONCLUSION: Citrus consumption was associated with an increased risk of malignant melanoma in two cohorts of women and men. Nevertheless, further investigation is needed to confirm our findings and explore related health implications.

A randomized double-blind placebo controlled phase I–II study on clinical and molecular effects of dietary supplements in men with precancerous prostatic lesions. Chemoprevention or “chemopromotion”?



Paolo Gontero, Giancarlo Marra, Francesco Soria, et al.

The Prostate Volume 75, Issue 11, pages 1177–1186, August 1, 2015

DOI: 10.1002/pros.22999

METHODS From 2009 to 2014, we conducted a dbRCT including 60 patients with primary mHGPIN and/or ASAP receiving daily **lycopene** 35 mg, **selenium** 55 µg, and **GTCs** 600 mg, or

I soggetti con lesioni precancerose, trattati con lycopene, selenio e catechine in elevate quantità, hanno avuto probabilità tre volte maggiori di sviluppare un cancro alla prostata vs quelli trattati con solo placebo, e mostravano sovraespressione di numerosi geni oncogeni e una diminuita espressione di oncosoppressori, verosimilmente indotte dagli antiossidanti.

present on re-biopsy in the supplementation group compared to the placebo, including: (i) overexpression of miRNAs present in PCa versus non-cancer tissue; (ii) underexpression of miRNAs suppressing PCa proliferation; (iii) detection of 35 miRNAs in PCa patients versus disease-free men, including androgen-regulated miR-125b-5p and PTEN-targeting miR-92a-3p (both upregulated). **CONCLUSION** Administration of high doses of lycopene, GTCs, and selenium in men harboring HGPIN and/or ASAP was associated with a higher incidence of PCa at re-biopsy and expression of microRNAs implicated in PCa progression at molecular

Lifestyle, nutrition and breast cancer: facts and presumptions for consideration

Krizia Ferrini, Francesca Ghelfi, Roberta Mannucci and Lucilla Titta

ecancer 9 557 / DOI: 10.3332/ecancer.2015.557

...After a comprehensive review regarding the role of lifestyle on breast cancer outcomes and a thorough study of the dissemination field including mass media, clinical institutions, and academic figures, we briefly reported the most common presumptions and also facts from the literature regarding lifestyle, nutrition, and breast cancer.

il miglior consiglio è quello di seguire le raccomandazioni del World Cancer Research Fund / American Institute of Cancer Research (WCRF / AICR), che attribuisce solo alle bevande alcoliche e al grasso corporeo un ruolo convincente nel ca. mammario.

recommendations on diet, nutrition, physical activity, and weight management for cancer prevention, because they are associated with a lower risk of developing most types of cancer, including breast cancer. Despite current awareness of the role of nutrition in cancer outcomes, there is inadequate translation from research findings into clinical practice. We suggest the establishment of a multidisciplinary research consortium to demonstrate the real power of lifestyle interventions.



Circa 240mila partecipanti: l'obesità è associata indipendentemente con un'aumentata mortalità da cancro pancreatico negli afroamericani

0422. Epub 2014 Jul 15.

oltre 5,2 milioni di inglesi per 7,5 anni: stretta relazione fra **BMI** e alcuni cancri -utero (+62%), colecisti (+31%), rene (+25%) e in minor misura di fegato, colon, cervice, tiroide, ovaio, mammella nelle donne in post-menopausa, pancreas, retto e leucemie

L'obesità classe III è associata con la mortalità totale, con cardiopatie, cancro, e diabete, e maggiori riduzioni nella aspettanza di vita comparata con i normopeso

PLoS Med. 2014 Jul 8;11(7):e1001673. doi: 10.1371/journal.pmed.1001673. eCollection 2014.

1.442 uomini, età media 68 anni, trattati con radioterapia per ca. prostatico localizzato tra il 2001 e il 2010 e seguiti in media per 4 anni: **essere obesi o sovrappeso si associa a un tasso di recidiva +13% e +7% di metastasi a distanza, e a una mortalità generale e tumore-specifica aumentate rispettivamente del 5% e del 15%**

Overweight, Obesity, and Postmenopausal Invasive Breast Cancer Risk: A Secondary Analysis of the Women's Health Initiative Randomized Clinical Trials

Marian L. Neuhouser, Aaron K. Aragaki,; Ross L. Prentice; JoAnn E. Manson, et al.

JAMA Oncol. Published online June 11, 2015. doi:10.1001/jamaoncol.2015.1546



Design, Setting, and Participants The WHI clinical trial protocol... in 67 142 postmenopausal women ages 50 to 79 years at 40 US clinical centers. The women were enrolled from 1993 to 1998 with a median of 13 years of follow-up through 2010; 3388 invasive breast cancers were

67.142 donne in postmenopausa seguite dal 1993 al 1998 in media per 13 anni: obesità e sovrappeso si legano a un aumento delle probabilità di ca. mammario invasivo, specie nelle le donne con BMI superiore a 35. Inoltre, le donne normopeso, che avevano guadagnato più del 5% di peso corporeo durante il follow-up avevano un aumentato rischio di cancro al seno.

already overweight or obese we found no association of weight change (gain or loss) with breast cancer during follow-up. There was no effect modification of the BMI-breast cancer relationship by postmenopausal hormone therapy, and the direction of association across BMI categories was similar for never, past, and current hormone therapy use. **Conclusions and Relevance** *Obesity is associated with increased invasive breast cancer risk in postmenopausal women.* These clinically meaningful findings should motivate programs for obesity prevention.



Journal of Human Evolution

Volume 30, Issue 3, March 1996, Pages 243–276



Regular Article



The evolution of body mass and relative brain size in fossil hominids

John Kappelman

Il quoziente di encefalizzazione nell'uomo raggiunge valori medi di 7,4-7,8, mentre nello scimpanzè è di 2,2-2,5

nel cervello di un uomo adulto: 86 miliardi di neuroni e 85 miliardi di cellule non neuronali

Exceptional Evolutionary Divergence of Human Muscle and Brain Metabolomes Parallels Human Cognitive and Physical Uniqueness



Katarzyna Bozek^{1,2}, Yuning Wei^{1,3}, Zheng Yan¹, Xiling Liu¹, Jieyi Xiong^{1,3}, Masahiro Sugimoto⁴, Masaru Tomita⁴, Svante Pääbo², Raik Pieszek², Chet C. Sherwood⁵, Patrick R. Hof⁶, John J. Ely⁷, Dirk Steinhauser⁸, Lothar Willmitzer⁸, Jens Bangsbo⁹, Ola Hansson¹⁰, Josep Call^{2*}, Patrick Giallardo^{8*}, Philipp Khaitovich^{1,2*}

Con l'evoluzione il profilo metabolico (metaboloma) della corteccia prefrontale umana ha avuto il quadruplo dei cambiamenti riscontrabili nello scimpanzé, mentre il muscolo ha ridotto di 8 volte la forza muscolare vs i primati.

Il cervello umano consuma molta più energia rispetto ai cervelli delle altre specie

Metabolic costs and evolutionary implications of human brain development



PNAS September 9, 2014 vol. 111 no. 36 doi: 10.1073/pnas.1323099111

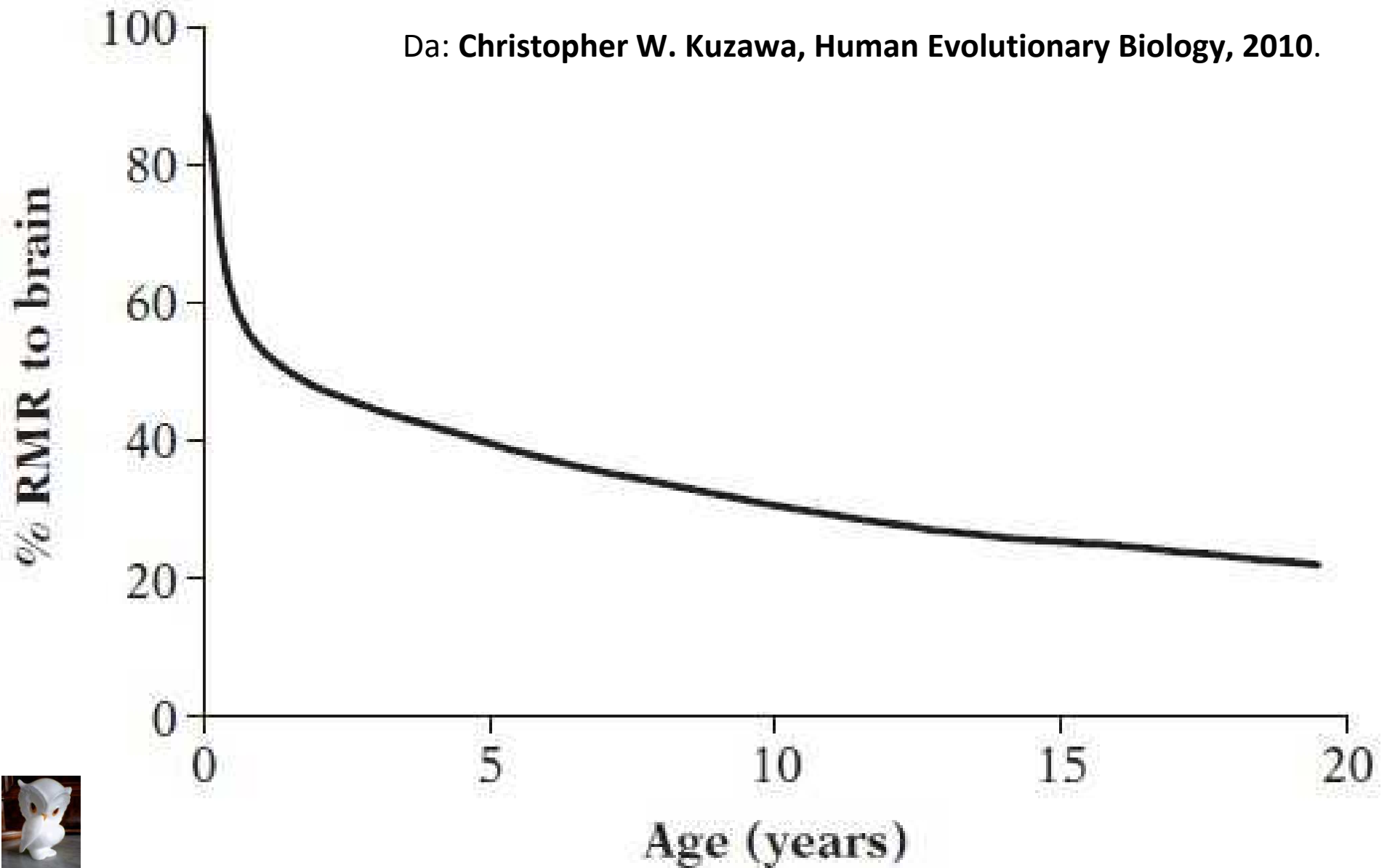
Christopher W. Kuzawa^{a,b,1}, Harry T. Chugani^{c,d,e}, Lawrence I. Grossman^f, Leonard Lipovich^{e,f}, Otto Muzik^d,

A 4 anni, il consumo arriva al valore di picco, circa 66% del consumo totale dell'organismo, e, insieme, il tasso di crescita corporea rallenta, fino al suo minimo.

In termini assoluti, il massimo valore di consumo energetico del cervello si raggiunge a 5 anni, ed è pari al doppio di quello di un soggetto adulto.

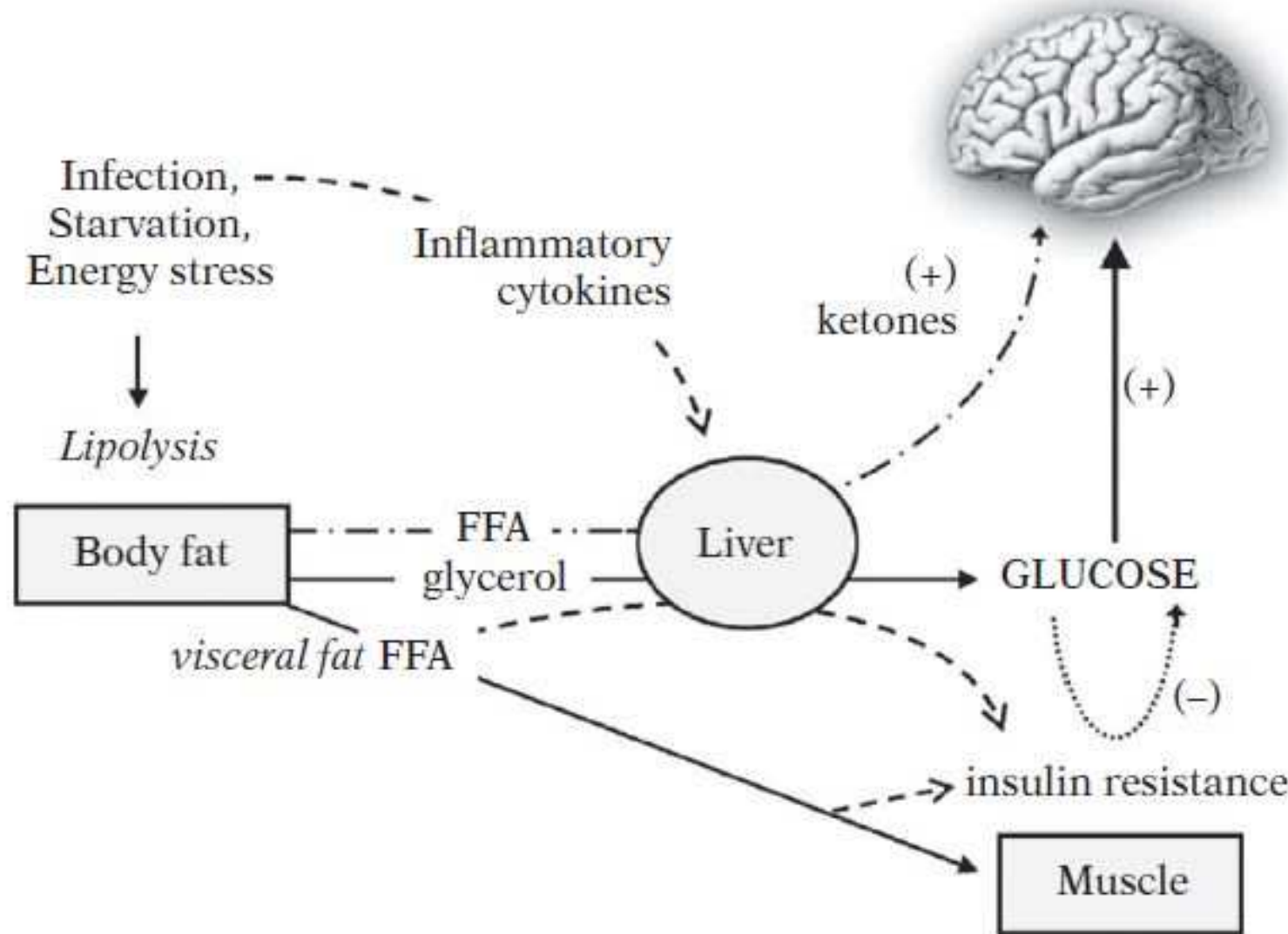
support the hypothesis that the high costs of human brain development require compensatory slowing of body growth rate.

Da: Christopher W. Kuzawa, Human Evolutionary Biology, 2010.



30.3. Percentage of resting metabolic rate (RMR) devoted to the brain by age in humans. Data adapted from Holliday (1986).

Da: Christopher W. Kuzawa, Human Evolutionary Biology, 2010



iseases result
between our
lifestyle and

diet is now widely accepted, and it seems clear that



L'insulino-resistenza è un meccanismo fisiologico che risparmia glucosio in caso di stress energetico

Manu V. Chakravarthy¹ and Frank W. Booth²

J Appl Physiol, 96: 3-10, 2004



Identification and validation of N.

Gene dell'insulino-resistenza: individuata una variante non sinonima della NAT2 [rs1208 (803A>G, K268R)], indipendente dal BMI, risultata fortemente associata ad una ridotta sensibilità insulinica.

L'esercizio fisico migliora l'insulinemia a digiuno e l'insulino-resistenza in bambini e adolescenti con effetti positivi sulla prevenzione e sul trattamento del DM di tipo 2



Nel sedentario elevati livelli di TG intramuscolari determinano insulino-resistenza, mentre nell'atleta rimane l'insulino-sensibilità

il **ciclo di Randle** (FFA/glucosio), grazie al quale l'utilizzo preferenziale di un nutriente inibisce l'altro in maniera diretta e senza mediazioni ormonali.

In caso di digiuno o sforzi protratti, gli FFA diventano il carburante principale per la respirazione ossidativa.

Un eccesso calorico, non compensato dall'attività fisica, provoca un aumento di metaboliti lipidici intermedi che danneggiano lentamente ma irreversibilmente l'attività ossidativa mitocondriale (Hue L, Taegtmeyer H, 2009)

L'iperafflusso di FFA al fegato è interpretato come un segnale di mobilitazione dei grassi dai depositi, con aumento della neoglucogenesi e dell'insulino-resistenza a livello epatico e muscolare (Kabir M et al., 2005).



Glucose uptake by the brain on chronic high-protein weight-loss diets with either moderate or low amounts of carbohydrate.

Lobley GE, Johnstone AM, Fyfe C, Horgan GW, et al.

Br J Nutr. 2014 Feb;111(4):586-97. doi: 10.1017/S0007114513002900.



Previous work has shown that hunger and food intake are lower in individuals on high-protein (HP) diets when combined with low carbohydrate (LC) intakes rather than with moderate carbohydrate (MC) intakes and where a more ketogenic state occurs. The aim of the present study was to investigate whether the difference between HPLC and HPMC diets was associated

12 obesi con diete a 22 (HPLC) o 182 (HPMC) gr di glucosio: le quantità di glucosio arrivate al cervello differivano di poco, circa il 5%.

L'assorbimento di glucosio da parte delle cinquantaquattro regioni del cervello analizzate con la PET è rimasta simile per le due diete.

was approximately 4-fold greater for the HPLC dietary intervention than for the HPMC diet ($P < 0.001$). **The 9-fold difference in carbohydrate intakes between the HPLC and HPMC dietary interventions led to a 5% lower supply of glucose to the brain.** Despite this, the uptake of glucose by the fifty-four regions of the brain analysed remained similar for the two dietary interventions. In conclusion, differences in the composite hunger score observed for the two dietary interventions are **not associated with the use of alternative fuels by the brain.**

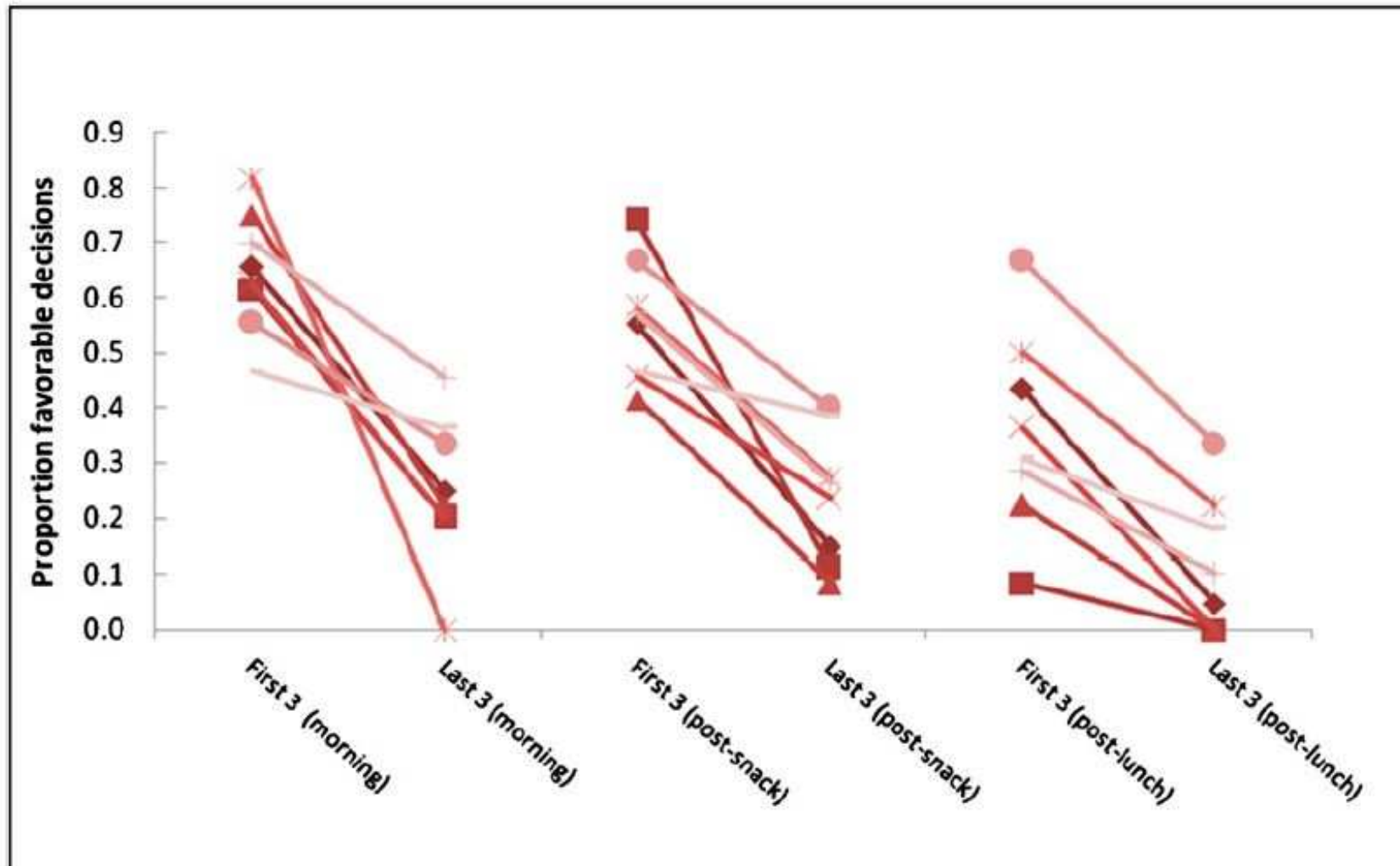
Extraneous factors in judicial decisions

Shai Danziger^{a,1}, Jonathan Levav^{b,1,2}, and Liora Avnaim-Pesso^a

PNAS, April 26, 2011 vol. 108 no. 17

^aDepartment of Management, Ben Gurion University of the Negev, Beer Sheva 84105, Israel; and ^bColumbia Business School, Columbia University, New York, NY 10027

Edited* by I



Type 2 diabetes and risk of cancer.

Satija A, Spiegelman D, Giovannucci E, Hu FB.

BMJ 2015;350:g7707.

Strong evidence points to an association between diabetes and several major cancers

Over the past 50 years, numerous studies have linked diabetes, in particular type 2 diabetes, to an increased risk of cancer. In 2010, a consensus report by the American Diabetes Association and American Cancer Society concluded that **type 2 diabetes is convincingly associated with an increased risk for several cancers** (colorectal, breast, endometrial, liver, pancreatic, and bladder), while the evidence is less conclusive for others (such as kidney cancer, leukemia, and esophageal cancer).¹

In a linked article, Tsilidis and colleagues (doi:10.1136/bmj.g7607) present an umbrella review of **27 meta-analyses** summarizing the **associations between type 2 diabetes and cancer**.² This review represents one of the most comprehensive efforts to summarize an important, albeit complex, question in epidemiology. In their review, Tsilidis and colleagues confirmed robust associations between type 2 diabetes and the risk of breast, colorectal, intrahepatic cholangiocarcinoma, and endometrial cancer. For most other cancer sites, however, they concluded that the associations with type 2 diabetes were not convincing, despite clinically and statistically significant summary estimates from the meta-analyses. A main reason for this largely negative conclusion is the use of a number ...



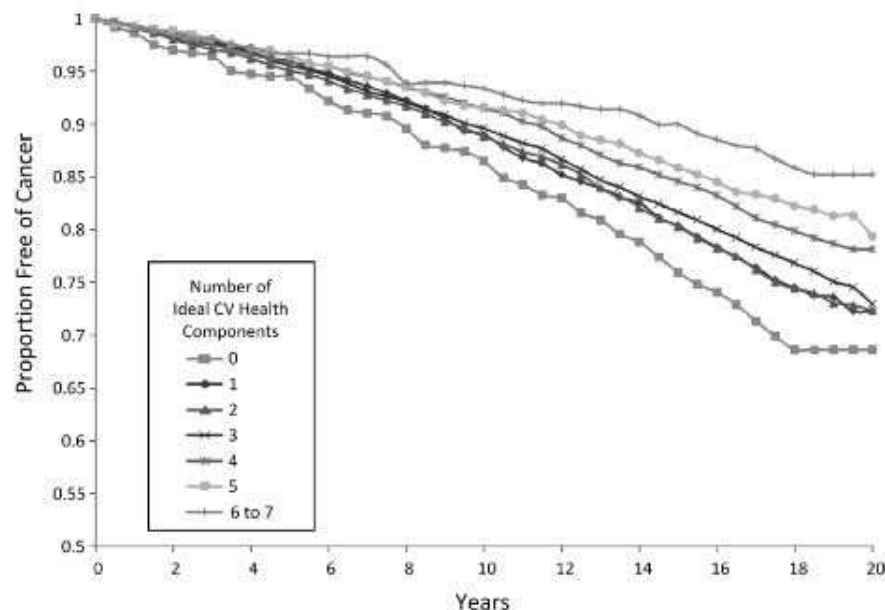
Ideal Cardiovascular Health Is Inversely Associated With Incident Cancer



The Atherosclerosis Risk in Communities Study

Laura J. Rasmussen-Torvik, PhD, MPH; Christina M. Shay, PhD, MA;
Judith G. Abramson, MD, MSCI; Christopher A. Friedrich, MD, PhD; Jennifer A. Nettleton, PhD;
Anna E. Prizment, PhD, MPH; Aaron R. Folsom, MD, MPH

Background—The American Heart Association (AHA) has defined seven components of ideal cardiovascular health as one of the 2020 Strategic Impact Goals. We examined whether the number of ideal components was inversely associated with incident cancer risk in the Atherosclerosis Risk in Communities Study. *Rasmussen-Torvik et al*



incidence. The AHA should continue to pursue partnership with the CDC to reduce the burden of cardiovascular disease prevalence. (*Circulation*. 2013;127:1270-1275.)

13.253 pazienti per 17-19a.,
aderenti a 6 o 7 parametri ideali
di salute cardiovascolare (2,7%
della popolazione), avevano un
rischio del 51% più basso di
incidenza di cancro rispetto a chi
non aderiva ad alcun parametro;
l'associazione è risultata attenuata per i
soggetti che aderivano da 5 a 6 parametri di
salute e che presentavano un rischio di
cancro del 25% inferiore rispetto ai soggetti
che non presentavano alcun parametro
(P=0.03).



Body fatness

Be as lean as possible within the normal range of body weight.



Physical activity

Be physically active as part of everyday life.



Foods and drink that promote weight gain

Limit consumption of energy-dense foods. Avoid sugary drinks.



Plant foods

Eat mostly foods of plant origin



Animal foods

Limit intake of red meat and avoid processed meat.



Alcoholic drinks

Limit alcoholic drinks.



Preservation, processing, preparation

Limit consumption of salt. Avoid mouldy cereals (grains) or pulses (legumes).



Dietary supplements

Aim to meet nutritional needs through diet alone.



World
Cancer
Research Fund



American
Institute for
Cancer Research

Obesity Trends* Among U.S. Adults

BRFSS, 1985

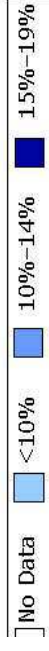
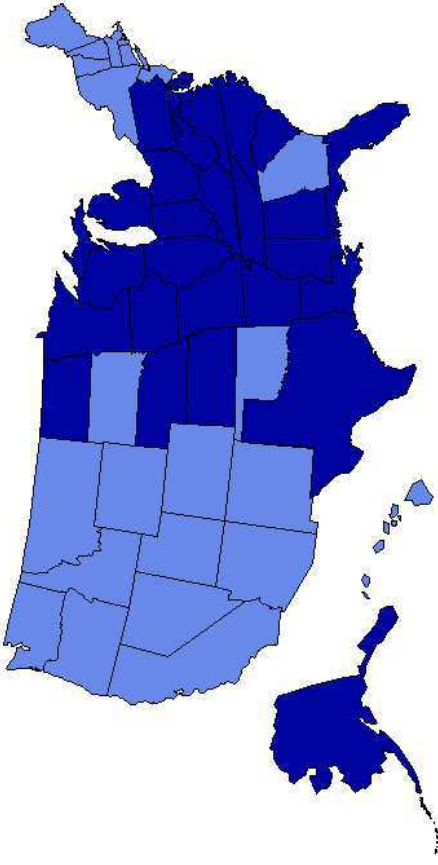
(*BMI ≥30, or ~ 30 lbs overweight for 5' 4" woman)



Obesity Trends* Among U.S. Adults

BRFSS, 1995

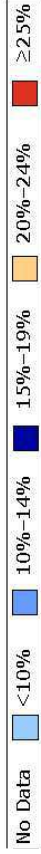
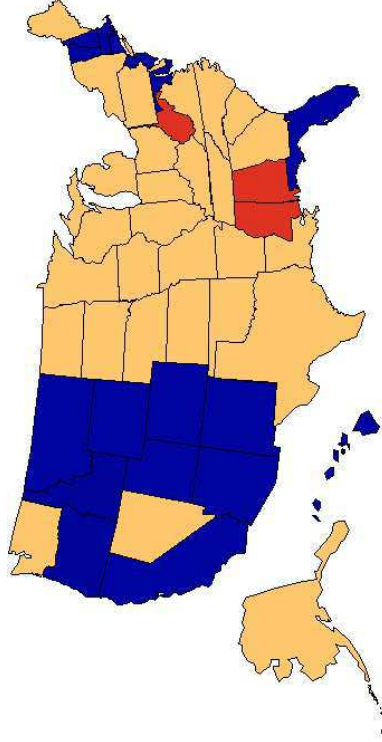
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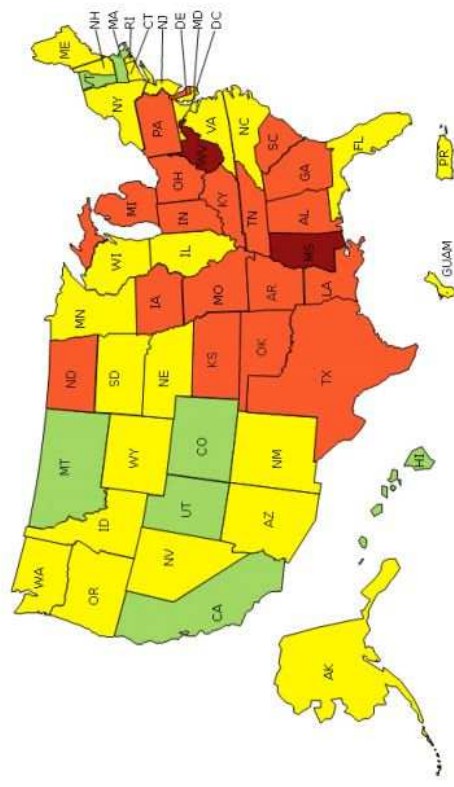
Obesity Trends* Among U.S. Adults

BRFSS, 2002

(*BMI ≥30, or ~ 30 lbs overweight for 5' 4" woman)



Prevalence* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013



Source: Behavioral Risk Factor Surveillance Systems, CDC.