WEIGHT, EXERCISE AND HEALTH

Fitness and mortality
Physical activity and mortality
Fatness and health
Changes in weight: relation to fitness and health
Public Health Recommendations

TRENDS IN DIET AND OBESITY

BMI AND RELATION TO DISEASE

• Morbid obesity is clearly related to chronic disease and disability

FITNESS VS FATNESS AND RISK FACTORS

WEIGHT GAIN AND MORTALITY

MORTALITY AND FITNESS
CHANGES IN FITNESS AND RISK OF CV MORTALITY

THE RELATION OF FITNESS, FATNESS AND CV MORTALITY

RISK OF ALL-CAUSE MORTALITY AND CANCER BY PHYSICAL FITNESS

FITNESS AND CV MORTALITY

VIGOROUS PHYSICAL ACTIVITY AND CHD MORTALITY

COMPARISON OF FITNESS AND PHYSICAL ACTIVITY TO CV MORTALITY
WHICH IS MORE IMPORTANT: PHYSICAL ACTIVITY VS PHYSICAL FITNESS

RELATIONSHIP OF PHYSICAL FITNESS CHANGES TO WEIGHT CHANGES

ROLE OF PHYSICAL ACTIVITY AFTER WEIGHT LOSS ON SUBSEQUENT RE-GAIN

PUBLIC HEALTH RECOMMENDATIONS

1. Obesity and weight gain increase risk of chronic disease and pre-mature mortality.
2. Physical fitness and improvement in physical fitness has repeatedly been shown to have an inverse relationship to mortality.
3. While not definitively proven, physical fitness seems to be protective against pre-mature mortality even in obese subjects.
4. Physical fitness appears to be more important than physical activity in prevention of pre-mature mortality. This may partly be explained by the difficulty in measuring physical activity.
5. It appears that level of activity seems to be high to prevent weight re-gain after weight loss.