
Energy Balance

- Consequences of Unbalanced Energy Budgets
 - Influences on Energy Balance
 - Determining Energy Requirements
 - Obesity: definition, causes, health risks
 - Eating Disorders
-

Energy Balance

- Body weight regulated by a variety of processes
 - Unbalanced energy intake
 - Energy storage in body fat
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Influence on Energy Balance

- Hunger:
 - Appetite:
 - Regulation:
-

Determining Energy Requirements

- Energy Intake:
 - Energy Output:
-

Basal Metabolic Rate

- Definition
 - % of total energy requirement
 - Determining Basal Metabolic Rate
-

Factors Affecting Basal Metabolic Rate

- Lean Body Mass
 - Gender
 - Temperature
 - Thyroid
 - Age
 - Nutritional Status
 - Aging
 - Low Calorie Diet
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Defining a Healthy Weight

- Body Mass Index
 - Body Composition
 - Fat Distribution
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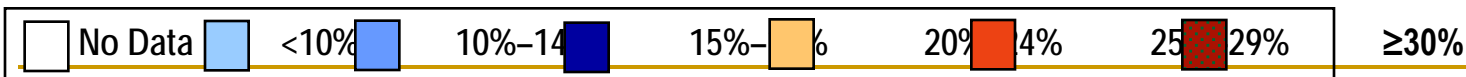
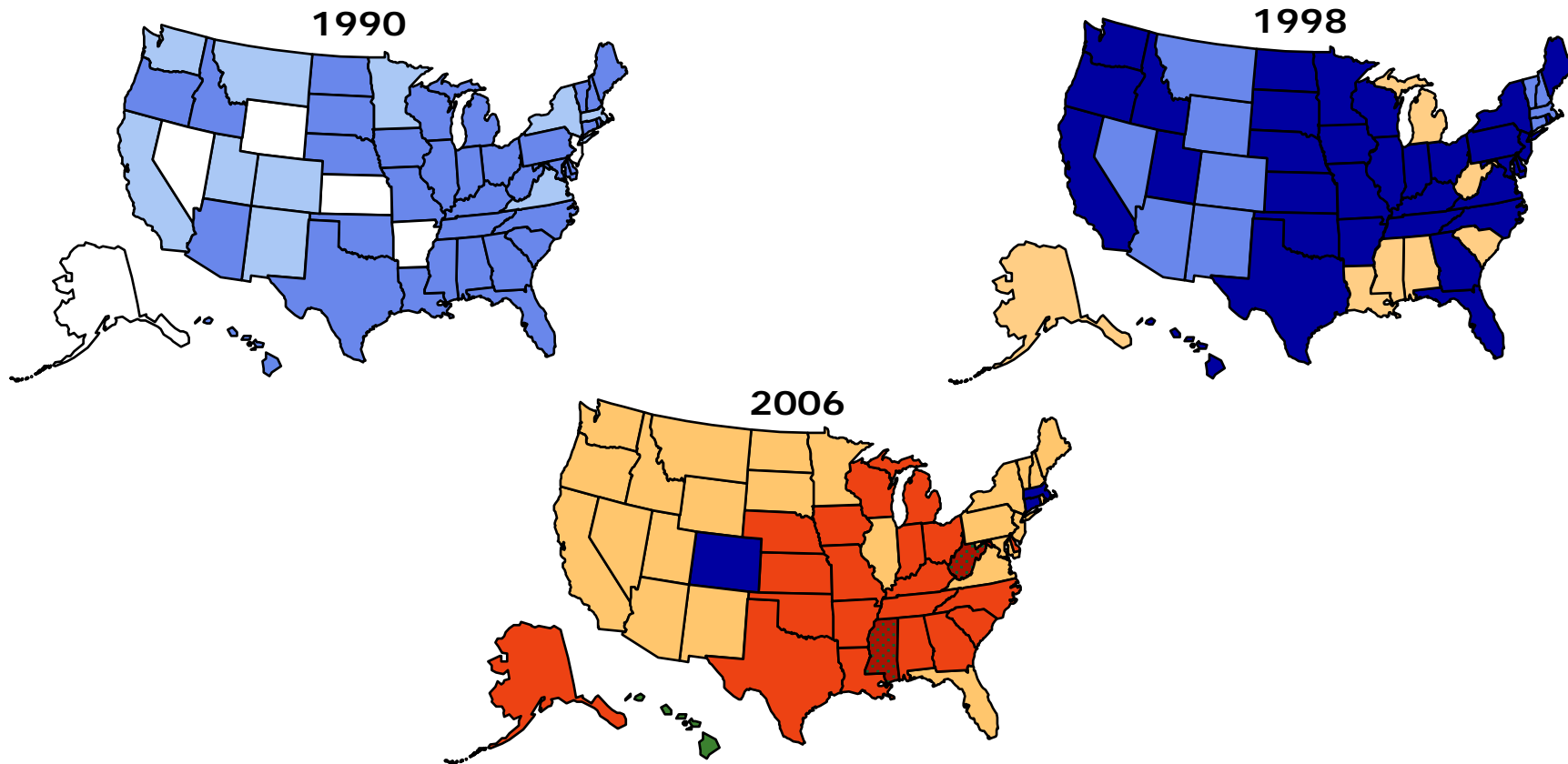
Obesity

- Definition
 - Body Mass Index
 - % Body Fat
 - Distribution of Fat
-

Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1998, 2006

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Health Risks of Obesity

- Cardiovascular
 - Diabetes
 - Hypertension
 - Cancer
 - Hormonal
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Eating Disorders

Anorexia Nervosa

Bulimia

Binge Eating Disorder
