

Obesity... is it really a Disease?

In a 2011-2012 survey 68.5% of adults in the U.S. have excess weight, 34.9% were affected by obesity, and 6.4% had severe or morbid obesity.

-The Official Statement-


In June 2013, The American Medical Association declared obesity as a disease in its "Resolution 420" stating the "American Medical Association recognizes obesity as a disease state with multiple pathophysiological aspects requiring range of interventions to advance obesity treatment and prevention."

-Disease Definition-

To further analyze the legitimacy of naming obesity a disease, let's take a look at the definition of disease itself. As proposed by the American Medical Association, these are the characteristics of disease:

1. "An impairment of the functioning of some aspect of the body"
2. "Demonstrates characteristic signs and symptoms"
3. "Causes harm and morbidity"

1. Scroll down to find your HEIGHT					2. Scroll right to find your WEIGHT										3. Scroll up to find your BMI (Body Mass Index)																																																											
BMI	BMI-Normal				BMI-Overweight					BMI-Obese*					BMI-Severely Obese*					BMI-Morbidly Obese*																																																						
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54																																						
Height	BODY WEIGHT																																					*Obesity was classified as a disease by the American Medical Association in 2013																																				
4'0"	62	66	69	72	75	79	82	85	88	92	95	98	101	105	108	111	114	118	121	124	127	131	134	137	141	144	147	151	154	158	161	164	167	171	174	177																																						
4'2"	68	71	75	78	82	85	89	92	96	100	103	107	110	114	117	121	124	128	132	135	139	142	146	149	153	157	160	164	167	171	174	178	181	185	188	192																																						
4'4"	73	77	81	85	89	92	96	100	104	108	112	116	119	123	127	131	135	139	142	146	150	154	158	162	165	169	173	177	181	185	189	192	196	200	204	208																																						
4'6"	79	83	87	91	96	100	104	108	112	116	120	124	128	133	137	141	145	149	154	158	162	166	170	174	178	182	187	191	195	199	203	207	212	216	220	224																																						
4'8"	85	89	94	98	102	107	112	116	121	125	130	134	139	143	147	152	156	160	165	169	174	178	183	188	192	196	201	205	209	214	219	223	228	232	237	241																																						
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258																																						
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276																																						
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285																																						
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295																																						
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304																																						
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314																																						
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324																																						
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334																																						
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344																																						
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354																																						
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365																																						
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376																																						
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386																																						
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397																																						
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408																																						
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420																																						
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431																																						
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	360	369	377	385	394	402	410	418	426	435	443																																						
6'5"	161	169	178	186	194	203	211	220	228	237	245	254	262	270	278	287	296	304	313	321	330	338	347	355	364	372	380	388	396	405	413	421	430	438	446	454																																						
6'6"	165	174	182	191	200	208	217	226	234	243	251	260	269	277	285	294	303	311	320	328	338	347	355	364	372	380	388	397	405	413	422	431	439	448	456	465																																						
6'7"	169	178	182	196	205	214	222	231	240	249	258	267	276	285	293	302	311	320	329	338	347	356	365	374	383	392	401	410	419	428	437	446	455	464	473	482																																						
6'8"	173	183	182	201	210	219	228	237	246	255	265	274	283	292	301	310	319	328	337	346	355	365	374	383	392	401	410	419	428	437	446	455	463	471	480	486																																						
6'9"	178	187	182	206	215	224	234	243	252	262	271	280	290	299	308	317	327	336	345	354	363	374	383	392	401	410	419	428	437	446	455	464	473	482	491	500																																						
6'10"	182	192	182	211	220	230	240	249	259	268	278	287	297	307	316	325	335	344	353	362	371	383	392	401	410	419	428	437	446	455	464	473	482	491	500	509																																						
6'11"	187	196	182	216	226	236	245	255	265	275	285	294	304	314	323	332	343	352	361	370	379	392	401	410	419	428	437	446	455	464	473	482	491	500	509	518																																						
7'0"	202	212	182	191	200	209	218	227	236	245	254	263	272	281	290	299	308	317	326	335	344	401	412	422	432	442	452	462	472	482	492	502	512	522	533	542																																						



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