

# CHAMPS LIFELINE

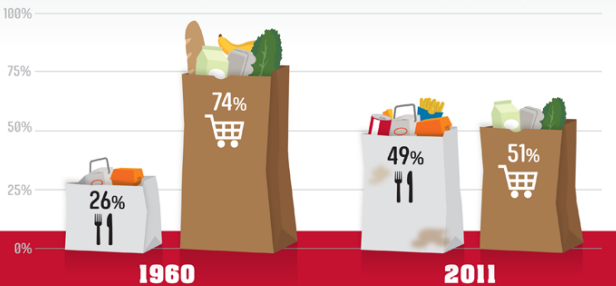
## OVERWEIGHT/OBESITY

### GO LIGHT when you GRAB A BITE

Families in America lead busy lives—balancing work, school, and play. Our busy schedules often mean eating more meals on the go.

In 1960, over a quarter of the money spent on food in the United States was on food eaten away from home.

By 2011, the money spent on food eaten away from home in the United States jumped to nearly half.



1960

2011

The average American eats away from home four times a week, and studies have shown that can translate to putting on **8 extra pounds a year.**

The more you eat away from home, the more the pounds can add up.

But eating on the go doesn't have to mean extra pounds. By planning ahead, you can pack a meal or snack to take with you.

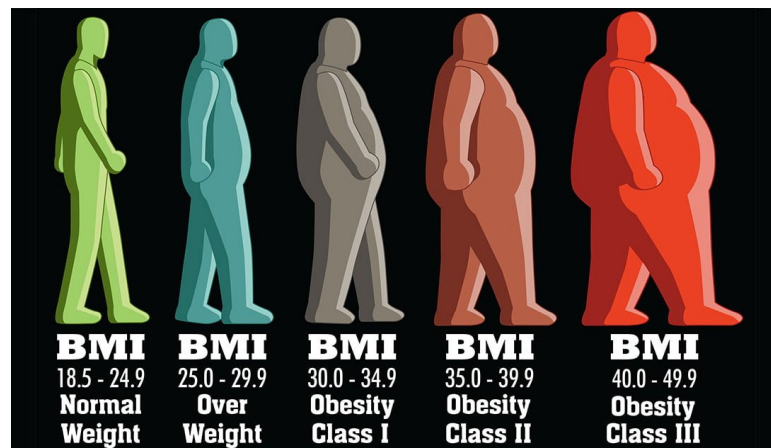
**Making small changes when we're eating out or on-the-go can make a big difference in our health—and our waistlines.**

Or if you need to grab some food on the go choose healthier options or order smaller sizes.



FOR MORE INFORMATION, VISIT [MakingHealthEasier.org/GoLight](http://MakingHealthEasier.org/GoLight)

**Body Mass Index (BMI)** is an estimate of body fat in an individual, and a good measure of risks for diseases. BMI is measured by the ratio of weight to height. This tool is a widely accepted tool for evaluating and monitoring obesity. The diagram to the right breaks down the numerical value of an individual's BMI.



Sources: The New England Journal of Medicine and The National Institute of Diabetes and Digestive and Kidney Diseases.

Obesity affects nearly **93.3 million adults in the US**. It is an epidemic that causes higher medical costs and lower quality of life. In every state, more than 15% of adults are obese. **Obesity can lead to health-related problems such as diabetes, heart disease, stroke, and certain types of cancers.** The key to achieving and maintaining a healthy weight is to **eat healthy** and be **physically active**. Some resources, such as **Choose My Plate**, teach you healthy eating habits which are essential in achieving and maintaining a healthy weight.

### Top 3 Tips

1. Make small steps to be active.
2. Explore healthier food options.
3. Look for healthy alternatives.