

2013/14 Lecture "Understanding Fat: Syndrome X and Beyond"

Workshop

1. Can disease risk be simply the result of better understood and more visible human health issues?
Cholesterol, obesity, heart disease.
2. What are the three factors in the "American lifestyle" of Americans that leads to the health issues that are killing us?
Food is (essentially) made to eat, and forces you to eat it.
3. Since 1980, how much has the weight of an average American increased?
more than 25 pounds
4. What are the five contributing factors to the obesity epidemic?
Dieting & Caloric, Environment & Social Structure, Lack of exercise, poor sleep, and inhaling high fat foods.
5. How many calories are in one pound of fat?
3500 calories
6. How have dietary trends changed over the past several decades?
Foods were being processed, people are eating less whole, substituting food to eat.
7. What Asian country is experiencing a rapid increase in rates of obesity? Why?
Thailand, with its access to their economy.
8. What are the four latest states of the US? (note, answer from the map, not from what we were)
Indiana, West Virginia, Mississippi, and Alabama
9. Why is the Body Mass Index important?
If you have a lot of muscle, your body mass index will be high, making it seem as though you are obese when you are really not.
10. What is the fastest population group in the US?