



## Colorado Physical Activity and Nutrition Program

### Colorado Information on Obesity

**Source: Colorado Physical Activity and Nutrition Program**

<http://www.cdphe.state.co.us/pp/COPAN/obesity/Obesity.html>

Since 1980, overweight and obesity have become an increasing problem in the United States. In 1989, the Surgeon General declared obesity a national epidemic. From 1980 to 1999, the proportion of overweight or obese adults in the United States increased from 47 percent (15 percent obese) to 61 percent (27 percent obese)<sup>1</sup>.

Colorado leads the U.S. with the lowest rates of overweight and obesity. According to 2005 data, 36.7 percent of Coloradans are overweight or obese with 17.8 percent of those being obese.

<b>United States</b>	24.4%	36.7
<b>Colorado</b>	17.8%	36.7%

*Source: CDC's Behavioral Risk Factor Surveillance Survey (BRFSS)*

- [Cause](#)
- [Prevention](#)
- [Consequences](#)
- [Measuring Obesity](#)
- [HP 2010 Obesity Objectives](#)
- [Resources and Links](#)

### Colorado Information on Physical Activity

**Source: Colorado Physical Activity and Nutrition Program**

One of COPAN's main objectives is to increase physical activity in Colorado. Physical activity is a healthy practice that strengthens muscles and bones, improves the pumping ability of the heart, boosts the immune system, and strengthens nearly every other system of the body.

Physical activity also helps prevent overweight and obesity. In 2000, 61 percent of United States adults and 50 percent of Colorado adults were overweight or obese. Weight is gained when energy consumption exceeds energy expenditure. This means that when we consume more calories (through eating) than we

burn (through physical activity and metabolism), we gain weight. More vigorous physical activity burns calories at a higher rate than less vigorous physical activity. There is often a misconception that physical activity means exercise. Physical activity may include brisk walking, pushing a stroller, housecleaning, mowing the lawn, or walking up a flight of stairs instead of taking an elevator. Be sure to consult a physician before beginning a new physical activity program.

- [Surgeon General's recommendation](#)
- [HP 2010 Objectives](#)
- [Physical activity baseline](#)
- [Strength training and stretching](#)
- [Physical activity examples](#)
- [Resources and links](#)