

What Is a Healthy Weight?

什么是健康体重?

Approximately 36% of adults and 17% of children and adolescents in the United States are **obese**.

在美国, 大约 36% 的成年人和 17% 的儿童和青少年患有 **肥胖症**。

Weight and Body Composition 体重和身体成分

Factors that determine what you should weigh:

决定体重的因素:

- Age 年龄
- Gender 性别
- Height 身高
- Body composition 身体成分

Body composition is the ratio of fat, bone, and muscle in your body.

身体成分是指体内脂肪、骨骼和肌肉的比例。

Underweight and Your Health **体重过轻** 与你的健康

Causes for underweight:

体重过轻的原因:

- Cancer or other disease 癌症或其他疾病
- Alcohol or drug abuse 酗酒或滥用药物
- Genetics 遗传问题
- Psychological problems 心理问题
- Lack of access to food (most common) 缺乏食物 (最常见)

Deficiency diseases are caused by inadequate intake of various nutrients.

缺乏病是由于各种营养素摄入不足而引起的。

Overweight and Your Health **超重** 与你的健康

Being overweight contributes to a range of health issues:

超重会导致一系列健康问题：

- **Heart disease** 心脏病
- **Hypertension** 高血压
- **Liver and gallbladder disease** 肝脏和胆囊疾病
- **Many types of cancer** 许多类型的癌症
- **Diabetes** 糖尿病

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Factors that Influence Weight

影响体重的因素

The Influence of Genetics 基因遗传的影响

Genetic factors influence how much people weigh.

遗传因素影响人们的体重。

Genetic factors alone do not cause obesity.

遗传因素本身并不会导致肥胖。

Genes have a stronger influence on weight than environment.

基因对体重的影响比环境更大。

How **Genes** Impact Weight **基因**如何影响体重

Genes may influence:

基因可能影响：

- **Food preferences** 食物（口味）偏好（影响更喜欢吃的食物）
- **Hormone levels that affect how hungry a person feels** 影响人饥饿感的激素水平
- **Metabolism** 新陈代谢

While genes do not control your food choices, they may influence your food preferences.

虽然基因不能控制你的食物选择，但它们可能会影响你的食物偏好。

Social and Psychological Factors 社会和心理因素

Eating can be triggered by a psychological desire for food rather than a physiological need for food.

- Eating can be part of celebrating happy occasions.
- Some people tend to eat more when feeling nervous or sad.

吃东西可能是由对食物的心理渴望而不是对食物的生理需求引发的。

- 饮食可以成为庆祝快乐时刻的一部分。
- 有些人在感到紧张或悲伤时往往会吃得更多。

Myth or Fact? 虚构 (迷信) 还是事实?

Fact: Your environment influences your eating in a number of ways.

事实：你的环境会通过多种方式影响你的饮食。

Fact: People eat more when dining with others than when they are alone.

事实：人们在与他人一起用餐时比独自一人时吃得更多。

Fact: People eat more when a variety of foods is available.

事实：当食物种类繁多时，人们会吃得更多。

Portion Size 份量

The amount of food served for a single person is called portion size.

一个人吃的食物量称为份量。

Portion sizes in the United States have become much larger over time.

随着时间的推移，美国人吃的食物的份量变得越来越大。

This contributes to overeating.

这会导致暴饮暴食。

Cultural Factors 文化因素

People in different cultures prefer different types of foods and tastes.

不同文化的人们喜欢不同类型的食物和口味。

Culture also influences how, where, and how much you eat.

文化也会影响你的饮食方式、地点和数量。

Different groups have different values and preferences regarding ideal weight.

不同的群体对于理想体重有不同的价值观和偏好。

Socioeconomic Status 社会经济状况

Socioeconomic status plays a role in the prevalence of obesity.

社会经济地位在肥胖患病率中发挥着重要作用。

Low-income families may have less to spend on healthful foods.

低收入家庭在健康食品上的支出可能较少。

Low-income areas may offer fewer opportunities for physical activity.

低收入地区提供的体育活动机会可能较少。

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