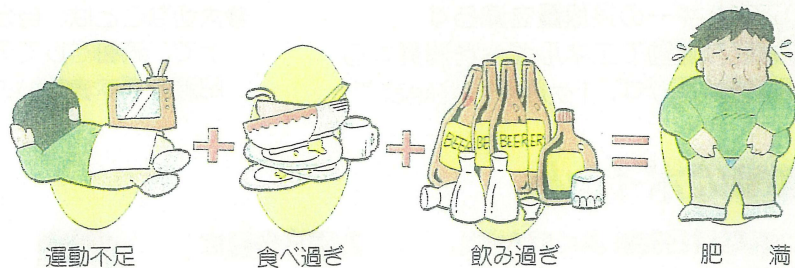


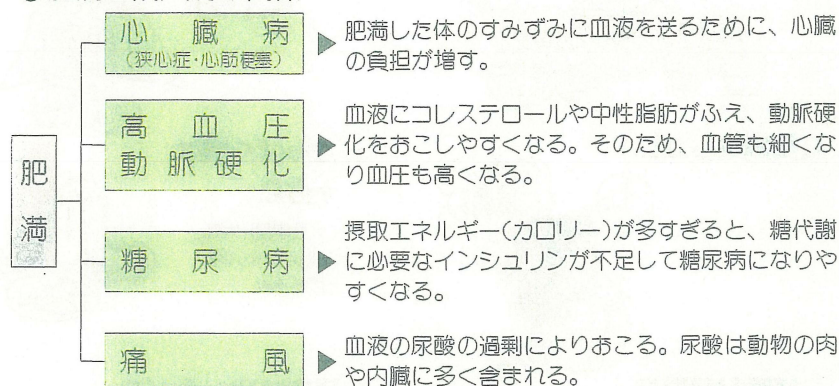
ふとりすぎ

なぜ太るのか？

食べ過ぎ、飲みすぎ、運動不足といった生活習慣が太る原因です。食べた分量が消費するエネルギーより多ければ、余った分だけ脂肪として体に残ってしまいます。だから、やせるためには、運動は欠かせず、食事は腹八分目に心がけることが大切です。



●肥満と成人病の関係



肥満は成人病のもと

肥満は心臓病・高血圧や糖尿病などの、いわゆる成人病をひきおこす原因となります。ふとりすぎの人は普通の人にくらべ死亡率が1.5~2倍も高いので注意が必要です。

ふとりすぎとやせ あなたはどちら？

「日本人の肥満とやせの判定表(厚生省)」より

	年代	20歳代				30歳代				40歳代				50歳代				60歳代			
		やせ 気味	普通	太り 気味	太り 過ぎ	やせ 気味	普通	太り 気味	太り 過ぎ	やせ 気味	普通	太り 気味	太り 過ぎ	やせ 気味	普通	太り 気味	太り 過ぎ	やせ 気味	普通	太り 気味	太り 過ぎ
男 性	154	47.9	51.8	56.1	60.2	50.8	55.1	59.8	64.4	50.6	54.9	59.5	64.0	49.1	53.4	58.1	62.7	47.1	51.6	56.6	61.5
	156	49.0	53.1	57.4	61.7	51.8	56.2	61.0	65.7	51.9	56.3	61.0	65.6	50.4	54.8	59.7	64.4	48.4	53.1	58.2	63.2
	158	50.2	54.3	58.8	63.1	52.9	57.4	62.2	67.0	53.2	57.6	62.5	67.2	51.8	56.3	61.3	66.1	49.7	54.5	59.8	65.0
	160	51.4	55.6	60.2	64.6	53.9	58.5	63.5	68.3	54.5	59.1	64.0	68.9	53.2	57.8	62.9	67.9	51.1	56.1	61.5	66.8
	162	52.6	56.9	61.6	66.2	55.0	59.7	64.8	69.7	55.8	60.5	65.6	70.6	54.6	59.4	64.6	69.8	52.6	57.6	63.2	68.6
	164	53.9	58.3	63.1	67.8	56.1	60.9	66.1	71.1	57.2	62.0	67.2	72.3	56.1	61.0	66.4	71.6	54.0	59.2	64.9	70.6
	166	55.1	59.7	64.6	69.4	57.2	62.1	67.4	72.5	58.6	63.5	68.9	74.1	57.6	62.7	68.2	73.6	55.5	60.9	66.8	72.5
	168	56.5	61.1	66.1	71.0	58.4	63.3	68.7	74.0	60.0	65.1	70.6	75.9	59.1	64.3	70.0	75.6	57.1	62.6	68.6	74.5
	170	57.8	62.6	67.7	72.7	59.5	64.6	70.1	75.4	61.5	66.7	72.3	77.8	60.7	66.1	71.9	77.6	58.7	64.3	70.5	76.6
	172	59.2	64.0	69.3	74.4	60.7	65.9	71.5	76.9	63.0	68.3	74.1	79.7	62.4	67.9	73.9	79.7	60.3	66.1	72.5	78.8
174	60.6	65.6	71.0	76.2	61.9	67.2	72.9	78.5	64.6	70.0	75.9	81.7	64.0	69.7	75.9	81.9	62.0	68.0	74.5	81.0	
176	62.0	67.1	72.7	78.0	63.2	68.5	74.4	80.0	66.2	71.8	77.8	83.7	65.8	71.6	77.9	84.1	63.7	69.9	76.6	83.2	
178	63.5	68.7	74.4	79.9	64.4	69.9	75.9	81.6	67.8	73.5	79.7	85.7	67.6	73.5	80.0	86.3	65.5	71.8	78.7	85.5	
180	65.0	70.4	76.2	81.8	65.7	71.3	77.4	83.3	69.5	75.3	81.7	87.9	69.4	75.5	82.2	88.7	67.3	73.8	80.9	87.9	
女 性	144	40.9	44.6	48.5	52.4	42.6	46.5	50.8	54.9	44.3	48.2	52.6	56.8	44.2	48.4	53.1	57.7	42.3	47.0	52.3	57.5
	146	41.8	45.6	49.6	53.5	43.5	47.5	51.8	56.1	45.3	49.3	53.7	58.0	45.2	49.6	54.4	59.1	43.5	48.3	53.8	59.1
	148	42.8	46.6	50.7	54.7	44.4	48.5	52.9	57.2	46.3	50.4	54.9	59.3	46.3	50.8	55.7	60.5	44.7	49.7	55.3	60.8
	150	43.7	47.6	51.8	55.9	45.4	49.5	54.0	58.4	47.3	51.5	56.2	60.7	47.4	52.0	57.0	62.0	46.0	51.2	56.9	62.6
	152	44.7	48.7	53.0	57.2	46.3	50.6	55.2	59.7	48.4	52.7	57.4	62.0	48.6	53.2	58.4	63.4	47.3	52.6	58.5	64.4
	154	45.7	49.7	54.2	58.5	47.3	51.6	56.3	60.9	49.4	53.9	58.7	63.4	49.7	54.5	59.8	65.0	48.7	54.1	60.2	66.2
	156	46.7	50.9	55.4	59.8	48.3	52.7	57.5	62.2	50.6	55.1	60.0	64.8	50.9	55.8	61.2	66.5	50.1	55.7	61.9	68.1
	158	47.8	52.0	56.6	61.1	49.3	53.8	58.7	63.5	51.7	56.3	61.3	66.3	52.1	57.2	62.7	68.1	51.5	57.3	63.7	70.1
	160	48.8	53.1	57.9	62.5	50.4	55.0	60.0	64.9	52.8	57.6	62.7	67.7	53.4	58.5	64.2	69.7	53.0	58.9	65.5	72.1
	162	49.9	54.3	59.2	63.9	51.5	56.1	61.3	66.3	54.0	58.9	64.1	69.3	54.7	59.9	65.7	71.4	54.5	60.6	67.4	74.1
164	51.0	55.5	60.5	65.3	52.5	57.3	62.5	67.7	55.2	60.2	65.5	70.8	56.0	61.4	67.3	73.1	56.1	62.3	69.3	76.3	
166	52.2	56.8	61.8	66.7	53.6	58.5	63.9	69.1	56.5	61.5	67.0	72.4	57.3	62.8	68.9	74.9	57.7	64.1	71.3	78.4	
168	53.3	58.0	63.2	68.2	54.8	59.8	65.2	70.5	57.7	62.9	68.5	74.0	58.7	64.3	70.5	76.6	59.3	66.0	73.3	80.7	
170	54.5	59.3	64.6	69.7	55.9	61.0	66.6	72.0	59.0	64.3	70.0	75.7	60.1	65.9	72.2	78.5	61.0	67.9	75.4	83.0	

■メモ