

## Mayo Clinic Minute

### Obesogenic world

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Obesogenic. It's a word used to describe how one's surroundings can promote weight gain.
<b>Seema Kumar, M.D.</b> <b>Pediatrics</b> <b>Mayo Clinic</b>	"We certainly live in an obesogenic environment, where it is very easy to eat more calories and be less physically active."
<b>Vivien Williams</b>	Mayo Clinic's Dr. Seema Kumar says tempting treats and flashing screens lure people to sit still and munch more.
	(sound)
<b>Vivien Williams</b>	<p>But, by making small changes, you can turn your obesogenic environment into a much healthier one. The following tips can help:</p> <ul style="list-style-type: none"><li>• Shop wisely. Fill your cart and dinner plates with fruits and veggies, so you're sure to get five servings a day.</li><li>• Cut portion size. Cook enough for one meal, so you can't go back for seconds.</li><li>• <u>And</u>, every day, get up off the couch and get moving.</li></ul> <p>The great news is that even small changes in your weight make a big difference in your health.</p>
<b>Seema Kumar, M.D.</b>	"Just a 5 to 10 percent weight loss can improve your blood pressure, cholesterol and sugar levels."
<b>Vivien Williams</b>	A healthier environment for a healthier life.
	For the Mayo Clinic news Network, I'm Vivien Williams.