the apple doesn’t fall far from the tree

Childhood Obesity* Trends

*BMI≥95th percentile of BMI-for-age, 2000 CDC growth charts

Increased Joint Loads

Increased Cytokine Activity

Decreased strength, power, proprioception

Subchondral Tissue Damage

Cartilage Loss, Synovitis

Decreased Muscle Function

Obesity

PAIN

Loss of Mobility

Disability

Obesity and Disease Pathways
For every 1 lb weight loss

4 lb decrease in knee compressive forces per step

Messier, Gutekunst, Davis, DeVita, Arthritis Rheum, 2005
Bonnet, Walsh, Rheumatology, 2005;44:7-16.
C-reactive protein

Nicklas et al., 2004

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Change in log(CRP)
Adjusted Survivorship Curve on Weight Loss


*Adjusted for age, gender, exercise treatment