

**body mass index (or BMI) (noun):** a weight-to-height ratio that shows if you're overweight, underweight or at a healthy weight- Jason's body mass index is 27, so he's a bit overweight.

**Obese:** grossly fat or overweight. very fat; far above a healthy weight (BMI >30) - Why are so many people in Australia obese these days?

**Obesity:** the condition of being grossly fat or overweight.

**processed foods:** is a food item that has had a series of mechanical or chemical operations performed on it to change or preserve it.

**lobbying:** seek to influence (a politician or public official) on an issue.

**Epidemic:** a widespread occurrence of an infectious disease in a community at a particular time.

**Stroke:** The sudden death of brain cells due to lack of oxygen, caused by blockage of blood flow or rupture of an artery to the brain. Sudden loss of speech, weakness, or paralysis of one side of the body can be symptoms.

### **Costa Rica Obesity Rates**

“Costa Rica has 64.2% of its population as overweight and obese. If we break down Costa Rica, the country has 26.2% of its citizens as obese and 38% overweight, obviously not the country with the highest degree of obesity in Latin America, but it is a very important degree of obesity,” he said.