



Obesity

Obesity is EPIDEMIC in our Western civilization. First, we eat too much at each meal, and then we eat too many over processed high fat foods and do not exercise regularly, if at all. Children are especially at risk these days with video and computer games and over-consumption of television viewing replacing outdoor and sporting activities normally a part of youth!! These kids are at GRAVE RISK of Diabetes, Heart Disease, and other chronic disabling and deadly illnesses. We are seeing obese 14 year olds with heart disease and even heart attacks! SCARY!!



**** [Check Your BMI](#) ****

IMPORTANT NEWS

A study in the January 8th issue of the Journal of the American Medical Association (JAMA) obesity has a profound effect on life span. In this study it was found that Obesity can, on average, cut more than a decade from a person's life; for black men it can shorten life by up to 20 years.

According to the report, obesity is particularly dangerous for younger adults. Severely obese white men, 20 to 30 years of age, live about 13 fewer years than others in the general population. Severely obese white women can expect to live eight fewer years than their non-obese counterparts.

The findings quantify the health risks associated with obesity, especially for young and middle-aged adults. Because about two thirds of the US adult population is overweight or obese, the findings portend an ongoing health crisis, the researchers warn.

In the study based on national survey data, white adults with a body mass index (BMI) of 23 to 25 and black adults with a BMI of 23 to 30 lived the longest.

[Calculate your BMI and start on your healthy new future!](#)

JAMA 2003;289:187-193.