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The Epidemic of Obesity

- “Obesity itself has become a life-long disease, not a cosmetic issue, nor a moral judgment – and it is becoming a dangerous epidemic” The American Heart Association
- Obesity had doubled over the last fifteen years, and could double again over the next 30 years
- Over half of Americans are overweight
- As obesity has increased, so has diabetes
- Diabetes doubles the risk of heart attack and stroke
- In countries adopting an American diet, there has been similar increases in obesity
- The dramatic increase in obesity is believed to be due to larger portion sizes (“Do you want to super size that?”), high fat foods, and decreased physical activity
- Obesity is more prevalent in minorities (37% of African American women and 33% of Mexican American women compared to 22% of white American women)
- According to the Surgeon General obesity has passed smoking as the number one preventable cause of death
- The National Institutes Of Health has declared obesity an epidemic and has made recommendations to deal with it
- Is it worth treating the epidemic of obesity? Yes, there is a 20% reduction in mortality with weight loss
- The economic cost of the obesity epidemic is 100 billion dollars a year in the United States alone
- Childhood obesity has doubled from 7% to 14% over the last 20 years
- 350,000 Americans die annually from obesity related diseases