[IMAGE]

# The Skinny on Obesity

Have you been tipping the scales lately? You're not alone. "A worrisome epidemic" is how the authors of recent findings describe obesity trends in the United States. The study, titled, "Obesity in the United States," notes that between 1960 and 1980, rates of obesity were stable; however, from 1960 through 2000, obesity accelerated at an alarming rate. The primary causes? Lack of exercise and overeating.

What is particularly disturbing are the findings that show obesity in children is on the rise; the study attributes childhood obesity - at least in part - to the amount of television children watch daily. Children who watch fewer than two hours a day of television are less likely to be obese than children who watch TV more frequently. The study also found that 15 percent to 20 percent of young adults between the ages of 17 and 20 would be ineligible to join the military because of excess body weight, and that three in 10 adults are obese.

Some of the factors associated with adult obesity, the study notes, are levels of education and income; however, a lack of physical activity and excess calorie consumption were identified as two primary reasons that obesity has increased over the past 20 years.

Obesity can cause and/or contribute to a number of health-related issues, including diabetes, hypertension, osteoarthritis, and other chronic conditions such as fatigue and depression.

If you are obese, overweight, or just have a few extra pounds to lose, your doctor of chiropractic can help you design a healthy eating and fitness plan.

*Reference*:

Crespo CJ, Arbesman J. Obesity in the United States. *The Physician and Sportsmedicine* 2003;(31)11.

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