

[IMAGE]

Weight Loss: The Sooner the Better

By Editorial Staff

Anyone who's struggling with their weight knows, deep down, that the sooner they lose the weight, the better off they'll be, certainly from a health perspective. That's because being overweight or obese is linked to numerous negative health consequences, including diabetes, cardiovascular disease and even some cancers. And let's not forget that obesity is one of the top risk factors for COVID-19 complications, according to health authorities.

With all that said, it's pretty clear weight loss should be a priority to reduce the above health issues, any of which can prove deadly. In fact, weight loss reduces your overall risk of death as well, according to research. A study published in *JAMA Network Open* evaluated the connection between weight loss between early adulthood and middle age, and how it influenced all-cause mortality (death). Among nearly 25,000 U.S. adults who were obese as young adults (average age: 25), those who lost weight by middle age (average age: 44 years) had a nearly 55 percent lower mortality risk compared to young adults who lost no weight during that time period.

now - Copyright â Stock Photo / Register Mark Data for the study came from a long-term, ongoing national survey (National Health and Nutrition Examination Survey III), which provided data on the study participants from middle age through their senior years. This provided an accurate picture of their mid-life weight and how it may have influenced their longevity over the years.

Weight loss may not be easy, but the health and wellness benefits are undeniable. Sensible weight loss also appears to reap the most important benefit: a longer life. No matter your age, your weight matters. If you need help developing a healthy nutrition and exercise plan to help meet your weight goals, talk to your doctor.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=2804&no_paginate=true&no_b=true