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ADULT OBESITY CONTINUES GROWING TREND!

American adults continue to grow around the waistline. The bottom line about obesity in the United States is that this condition expanded in 31 states of the union in 2006. This fact is provided from the fourth annual report “F as in Fat: How Obesity Policies are Failing in America, 2007.”

The State of Mississippi topped the list for the highest rate of obesity in the country for the third year in a row. In fact, it became the first state to reach an obesity rate of over 30% (at 30.6%). Colorado was named the leanest state again this year but did have an adult obesity increase from 16.9 to 17.6 percent. Twenty-two states experienced an increase for the last 2 years in a row. No state showed a decrease. In 1991, none of the states exceeded a 20% obesity rate.

A new public survey also featured in the report found that 85% of Americans believe that obesity is a national epidemic and that may point to something positive according to Jeff Levi, Executive Director of the Trust for America’s Health (TFAH), the publisher of the report.

“There has been a breakthrough in terms of drawing attention to the obesity epidemic. Now we need a breakthrough in terms of policies and results,” said Levi. “Poor nutrition and physical inactivity are robbing America of our health and productivity.”

Lack of exercise is certainly one of the leading causes of the increased size of Americans. According to the report, 22% of American adults report that they do not engage in any physical activity. Mississippi has the highest rate of inactivity at 31.6%, and Minnesota had the lowest rate of inactivity at 15.4%.

As for what to do about it, 81% of people surveyed said that the government should get involved and take a role in addressing this obesity problem. Majorities strongly support government working on proposals to expand education programs about healthy living, providing low-cost access to exercise programs and reducing the marketing of unhealthy food.

States with the highest obesity trend: 1. Mississippi**; 2. West Virginia*; 3. Alabama; 4. Louisiana; 5 (tie). South Carolina**, Tennessee*; 7. Kentucky**; 8. Arkansas; 9 (tie). Indiana, Michigan*, Oklahoma**; 12 (tie). Missouri**, Texas; 14. Georgia; 15. Ohio**; 16. Alaska; 17. North Carolina**; 18. Nebraska**; 19. North Dakota; 20 (tie). Iowa, South Dakota**; 22. Wisconsin**; 23 (tie). Pennsylvania, Virginia*; 25 (tie). Illinois, Maryland**; 27: Kansas*; 28. Minnesota; 29. Delaware**; 30. Oregon**; 31 (tie). Idaho, Washington**; 33. Maine*; 34. Florida**; 35. Wyoming**; 36. California; 37. Nevada*; 38 (tie). New Hampshire**, New York; 40 (tie). Washington D.C., New Jersey**; 42. New Mexico**; 43: Arizona; 44. Utah; 45. Montana; 46. Rhode Island**; 47 (tie). Connecticut**, Hawaii*; 49. Vermont; 50, Massachusetts**; 51: Colorado*.

While the government gets to work on this plan, which 81% of people think is necessary, most Americans might start with a good old fashioned “push back from the table.” Eating less and exercising more might be the key slenderizing program most people really need.

NOTE: States with a statistically significant increase for one year get one (*) and those with a significant increase for 2 years running get (**).