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Observations: It Can't Be Fun

I need a mental break from the research and scientific analysis, and I'm thinking maybe you do, too. I like to observe life around me, so I'm going to share some observations this week.

The obesity rate is higher than it's ever been according to a recent study (1). The two groups that are the fattest in the U.S. are Baby Boomer men and black women in any age group. I observe men my age as well as black women who are struggling just to walk. That can't be fun to carry an extra 100 pounds or so. Forget the risk of type 2 diabetes and arthritis; everything they do requires a lot more effort, from simply standing up to sleeping and everything in between. It would seem that the motivation to reduce body weight should be high. Maybe it is, maybe it isn't. What will it take to prompt these people to get started? I think about that all the time, and I wish I had the answer. I'll keep trying.



Remember, these are observations, not solutions—something for us all to think about.

What are you prepared to do today?

Dr. Chet

Reference: JAMA. 2016;315(21):2284-2291. doi:10.1001/jama.2016.6458

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