



July 26, 2016 – Grand Rapids, MI

The World's State of Obesity

A week ago, I talked to a reader and visitor to [my website](#) who continues to check her BMI occasionally to see where she stands; she still hasn't made it to the normal range but continues to try. I understand—I'm not there yet either. But there's good reason to keep trying based on a recently published study.

The Global BMI Mortality Collaboration decided to examine the deaths from overweight and obesity in the entire world. Sometimes we think that the U.S. is the only overweight nation in the world. Not so; with a world population of over 7.4 billion, 1.3 billion are overweight and an additional 600 million are obese. This isn't just a North American issue, it's a global issue. But believe it or not, the relationship between overweight, obesity, and increased mortality hadn't been definitively answered. Therefore this collaboration of over 500 scientists worldwide took part in examining all published data to establish whether there was a relationship between excess weight and death.



The collaboration scanned hundreds of studies to find subjects that fit the criteria in age, height, weight, smoking status, chronic disease, along with accurate mortality data. They came up with 3,951,455 people in 189 studies who were never-smokers without chronic diseases at recruitment who survived at least five years. I'll take a look at the results on Thursday.

There is still room in Saturday's [Dallas](#) seminar on *Supplementing for Health*. You really don't want to miss this one.

What are you prepared to do today?

Dr. Chet

Reference: [http://dx.doi.org/10.1016/S0140-6736\(16\)30175-1](http://dx.doi.org/10.1016/S0140-6736(16)30175-1).

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